

APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<p>1</p> <p>9:00am FIT with Dale 9:45am FIT with Dale 10:30am Chair Yoga 2:00pm Flower Arranging 3:30pm FIT with Antonya 7:00pm Movie: Knives Out</p>	<p>2</p> <p>Good Friday-No Car Service 9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Stretch with Antonya 3:30pm Candle Lighting</p>	<p>3</p> <p>National Chocolate Mousse Day 10:15am FIT with Dale 11:00am FIT with Dale 1:00pm Chocolate Mousse Food Demo 1:45pm Piano Playing 2:45pm Weight Training with Dale 3:15pm Knit and Chat 7:00pm Movie: Mamma Mia</p>
<p>4</p> <p>Easter Sunday 1:00pm Documentary: If You're Not In The Obits, Eat Breakfast 6:30pm Music with Michael 7:00pm Documentary: If You're Not In The Obits, Eat Breakfast</p>	<p>5</p> <p>Easter Monday 9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Zumba with Antonya 12:30pm OUTING: Cherry Blossom 1:45pm Piano Playing 2:00pm Cantonese Social Hour 2:45pm Gentle FIT with Dale 3:30pm FIT with Dale 7:00pm Movie: Dreamgirls</p>	<p>6</p> <p>8:30am Bus Drop Off: London Drugs 9:00am FIT with Dale 9:45am FIT with Dale 10:30am Chair Yoga 11:15am Power Hour with Dale 2:00pm PERK Activities 3:30pm FIT with Antonya 7:00pm Bingo</p>	<p>7</p> <p>9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Zumba with Antonya 1:45pm Piano Playing 2:30pm Happy Hour 2:45pm Gentle FIT with Dale 3:00pm Gardening Club 3:30pm FIT with Dale 7:00pm Movie: Meet the Parents</p>	<p>8</p> <p>9:00am FIT with Dale 9:45am FIT with Dale 10:30am Chair Yoga 10:30am Tai Chi with Master Lee 3:30pm Cardio Class with Rachael 6:45pm Chair Yoga with Annette</p>	<p>9</p> <p>8:30am Bus Drop Off: Safeway 9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Stretch with Antonya 3:30pm Candle Lighting 3:30pm FIT with Dale 4:30pm Piano Playing</p>	<p>10</p> <p>10:15am FIT with Dale 11:00am FIT with Dale 12:00pm Sushi Saturday! 1:45pm Piano Playing 2:45pm Weight Training with Dale 3:15pm Knit and Chat 7:00pm Movie: Rocketman</p>
<p>11</p> <p>1:00pm Documentary: Heal 2:30pm Wine Demo with Suzanne 7:00pm Documentary: Heal</p>	<p>12</p> <p>9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Zumba with Antonya 12:30pm OUTING: Cherry Blossom 1:45pm Piano Playing 2:00pm Cantonese Social Hour 2:45pm Gentle FIT with Dale 3:30pm FIT with Dale 7:00pm Movie: The Great Gatsby</p>	<p>13</p> <p>8:30am Bus Drop Off: London Drugs 9:00am FIT with Dale 9:45am FIT with Dale 10:30am Chair Yoga 11:15am Power Hour with Dale 2:00pm Men's Club with Rob 2:00pm PERK Activities 3:30pm FIT with Antonya 7:00pm Bingo</p>	<p>14</p> <p>9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Zumba with Antonya 1:30pm Spanish for Beginners 1:45pm Piano Playing 2:30pm Happy Hour 2:45pm Gentle FIT with Dale 3:30pm FIT with Dale 7:00pm Movie: Finding Grace</p>	<p>15</p> <p>9:00am FIT with Dale 9:45am FIT with Dale 10:30am Chair Yoga (TR) 2:00pm Bonsai Sculpting 2:00pm Men's Health Info Seminar with Dr.Pollock 3:30pm Cardio Class with Rachael 6:45pm Chair Yoga with Annette</p>	<p>16</p> <p>8:30am Bus Drop Off: Safeway 9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Stretch with Antonya 2:00pm Fraud Prevention Seminar 3:30pm Candle Lighting 3:30pm FIT with Dale 4:30pm Piano Playing</p>	<p>17</p> <p>International Haiku Poetry Day 10:15am FIT with Dale 11:00am FIT with Dale 1:45pm Piano Playing 2:45pm Weight Training with Dale 3:15pm Knit and Chat 3:30pm Haiku Poetry Reading 7:00pm Movie: Wonder</p>
<p>18</p> <p>1:00pm Movie: Audrey 2:30pm Ladies Tea & Talk 7:00pm Movie: Audrey</p>	<p>19</p> <p>9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Zumba with Antonya 12:30pm OUTING: City Tour 7:00pm Movie: Ladies in Black</p>	<p>20</p> <p>8:30am Bus Drop Off: London Drugs 9:00am FIT with Dale 9:45am FIT with Dale 10:30am Chair Yoga 11:15am Power Hour with Dale 2:00pm PERK Activities 3:30pm FIT with Antonya 7:00pm Bingo</p>	<p>21</p> <p>9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Zumba with Antonya 1:45pm Piano Playing 2:30pm Happy Hour 2:45pm Gentle FIT with Dale 3:00pm Gardening Club 3:30pm FIT with Dale 7:00pm Movie: La La Land</p>	<p>22</p> <p>International Earth Day 9:00am FIT with Dale 9:45am FIT with Dale 10:30am Chair Yoga 2:00pm Plant a Garden for Earth Day 3:00pm Book Club - Session 4 3:30pm Cardio Class with Rachael 6:45pm Chair Yoga with Annette</p>	<p>23</p> <p>8:30am Bus Drop Off: Safeway 9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Stretch with Antonya 11:00am Nitobe Garden - walking tour 2:00pm Paint & Sip 3:30pm Candle Lighting 3:30pm FIT with Dale 4:30pm Piano Playing</p>	<p>24</p> <p>10:15am FIT with Dale 11:00am FIT with Dale 1:45pm Piano Playing 2:45pm Weight Training with Dale 3:15pm Knit and Chat 7:00pm Movie: Captain Fantastic</p>
<p>25</p> <p>1:00pm Documentary: Canada Untold 7:00pm Documentary: Canada Untold</p>	<p>26</p> <p>9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Zumba with Antonya 12:30pm OUTING: Burnaby Lake 1:45pm Piano Playing 2:00pm Cantonese Social Hour 2:45pm Gentle FIT with Dale 3:30pm FIT with Dale 7:00pm Movie: The Bucket List</p>	<p>27</p> <p>8:30am Bus Drop Off: London Drugs 9:00am FIT with Dale 9:45am FIT with Dale 10:30am Chair Yoga 11:15am Power Hour with Dale 2:00pm PERK Activities 3:30pm FIT with Antonya 7:00pm Bingo</p>	<p>28</p> <p>World Denim Day 9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Zumba with Antonya 1:45pm Piano Playing 2:30pm Happy Hour - Wear Denim 2:45pm Gentle FIT with Dale 3:30pm FIT with Dale 7:00pm Movie: Chicago</p>	<p>29</p> <p>9:00am FIT with Dale 9:45am FIT with Dale 10:30am Chair Yoga 2:00pm Fire Drill 3:30pm Cardio Class with Rachael 6:45 Chair Yoga with Annette</p>	<p>30</p> <p>International Day of Jazz 8:30am Bus Drop Off: Safeway 9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Stretch with Antonya 2:00pm The Ben Lockwood Jazz Trio 3:30pm Candle Lighting 3:30pm FIT with Dale 4:30pm Piano Playing</p>	

