|  |  |  |
| --- | --- | --- |
| **\*\*Please note calendar is subject to change \*\***  **Notices will be posted** | April 2025 | Location of Activities: RR = Retirement Residence | SS = Seniors’ Suites | A = Auditorium |  B= Bistro | T = Theatre | P = Patio | AR = Activity Room | C= Chapel |  L = Lobby |

Type of Activity: Blue = Fitness | Green = New | Red = Movie / TV / Virtual | Pink = Special | Orange = Game | Purple = Concert

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| Easter Recipes and Food Traditions | Green Chef UK  20+ Free Hello April Images | Free HD ... | | **1**  **April Fools Day**  **10:00 Fitness with Activities (SS-A)**  **10:00 Outing: Shopping at Walmart**  **10:40 Current Events Discussion Group (RR-B)**  **1:15 Gentle Fitness (RR-A)**  **2:00 Sing A Long with Kelly (RR-L)**  **3:00 Group Crossword (SS-B)**  **7:15 Movie Night: Barbie**  **(SS-T)** | **2**  **10:00 Fitness with Activities (SS-A)**  **10:30 Group Crossword**  **(RR-B)**  **10:30 Current Events with Professor Cammy (SS-T)**  **10:45-11:45 Tuck Shop**  **(RR-LL)**  **1:15 Chair Drums (RR-A)**  **2:00 Gardening Club Interest meeting (SS-A)**  **3:00 Social Hour**  **(SS-B & RR-B)** | **3**  **9:30 Fitness with Sid**  **(RR-A)**  **10:00 Fitness with Activities (SS-A)**  **10:45 Words within Words**  **(RR-B)**  **1:30 Scrabble (RR-B)**  **1:45 “A Circle of Time” Senior’s Play by Seniors**  **(SS-T)**  **3:00 Buff Brains**  **(SS-B & RR-B)**  **7:15 Movie Night: Sleepless in Seatle (SS-T)** | **4**  **10:00 Fun and Fitness with Gabe (SS-A)**  **10:30-11:00 Blood Pressure Clinic SS Residents (Wellness Centre)**  **10:30 Concert with Don McDougal (RR-A)**  **2:00 Afternoon Concert with Larry Garnet (SS-DR)**  **2:00 Outing: Scenic Drive: Parliament Buildings**  **3:00 Social Hour**  **(SS-B & RR-B)**  **7:00 Independent Games Night (SS-B)** | **5**  **10:00 Coffee and Current Events (SS-B)**  **1:45 Bingo** **(SS-B)**  **3:15 Afternoon TV (SS-T)**  **3:30 Gentle Fitness & Stretching (RR-A)**  **7:15 Movie Night: Second Act (SS-T)** |
| **6**  **10:00 Virtual Catholic Mass(RR-A)**  **10:30 Virtual United Church Service (SS-T)**  **10:40 Tai Chi with Xian (RR-A)**  **2:00 Group Crossword**  **(RR-B)**  **2:30 Knitting Club (SS-L)**  **3:00 Crafty Hour (RR-B)**  **7:15 Movie Night: Unfrosted (SS-T)** | **7**  **9:30 Fitness with Sid**  **(RR-A)**  **10:00 Fitness with Activities (SS-A)**  **10:45 Morning Trivia**  **(RR-B)**  **1:30 Bingo (RR-AR)**  **3:00 Social Hour**  **(SS-B & R-B)**  **7:15 Movie Night:**  **Perfect Pairing (RR-A)** | **8**  **10:00 Fitness with Activities (SS-A)**  **10:00 Outing: Museum of Nature**  **10:40 Current Events Discussion Group (RR-B)**  **1:15 Gentle Fitness (RR-A)**  **2:00 Sing A Long with Kelly (RR-L)**  **3:00 Group Crossword (SS-B)**  **7:15 Movie Night:**  **Kinda Pregnant (SS-T)** | **9**  **10:00 Fitness with Activities (SS-A)**  **10:30 Group Crossword**  **(RR-B)**  **10:45 -11:45 Tuck Shop**  **(RR-LL)**  **1:15 Chair Drums (RR-A)**  **2:00: Crafty Hour (RR-AR)**  **2:00 Sing A Long with Kelly (SS-L)**  **3:00: Social Hour**  **(SS-B & RR-B)** | **10**  **9:30 Fitness with Sid**  **(RR-A)**  **10:00 Fitness with Activities (SS-A)**  **10:45 Words within Words**  **(RR-B)**  **1:30 Scrabble (RR-B)**  **2:00 Sudoku with Elina (SS-B)**  **2:00 Movie Committee Meeting (SS-T)**  **3:00 Buff Brains**  **(SS-B & RR)**  **7:15 Movie Night: The Intern(SS-T)** | **11**  **10:00 Fun and Fitness with Gabe (SS-A)**  **10:30 Concert with Peter Foret (RR-A)**  **1:30 Baking Group (RR-A)**  **2:00 Play Jeopardy! (SS-T)**  **2:00 Outing: Walk at Andrew Hayden Park**  **3:00 Social Hour**  **(SS-B & RR-B)**  **7:00 Independent Games Night (SS-B)** | **12**  **10:00 Coffee and Current Events (SS-B)**  **1:45 Bingo (SS-B)**  **2:00 Paint and Sip with Family (SS-A)**  **3:30 Gentle Fitness & Stretching (RR-A)**  **7:15 Movie Night:**  **Murder Mystery (SS-T)** |
| **13**  **10:00 Virtual Catholic Mass (RR-A)**  **10:30 Virtual United Church Service (SS-T)**  **10:40 Tai Chi with Xian (RR-A)**  **2:00 Group Crossword (RR-B)**  **2:30 Knitting Club (SS-L)**  **3:00 Crafty Hour (RR-B)**  **7:15 Movie Night: How to Be Single (SS-T)** | **14**  **9:30 Fitness with Sid**  **(RR-A)**  **10:00 Fitness with Activities (SS-A)**  **11:00 Minute to Win it with Management (SS-B)**  **1:30 Bingo (RR-AR)**  **3:00 New Resident Meet and Greet Social hour**  **(SS-B & RR-B)**  **7:15 Movie Night:**  **Falling Inn Love (RR-A)** | **15**  **10:00 Fitness with Activities (SS-A)**  **10:40 Current Events Discussion Group (RR-B)**  **11:30 Outing: Lunch at Mandarin**  **11:30 Homemade Quilt Sale (SS-L)**  **1:15 Gentle Fitness (RR-A)**  **2:00 Sing A Long with Kelly (RR-L)**  **2:00 Outing: Merivale Mall**  **3:00 Group Crossword (SS-B)**  **7:15 Movie Night:**  **Ticket To Paradise (SS-T)** | **16**  **10:00 Fitness with Activities (SS-A)**  **10:30 Group Crossword**  **(RR-B)**  **10:45-11:45 Tuck Shop**  **(RR-LL)**  **1:15 Chair Drums (RR-A)**  **2:00 Easter Crafty Hour**  **(RR-AR)**  **3:00 Social Hour**  **(SS-B & RR-B)** | **17**  **9:30 Fitness with Sid**  **(RR-A)**  **10:00 Fitness with Activities (SS-A)**  **10:00-12:00 Laurie & Elina’s Easter Bake Sale (SS-L)**  **10:45 Easter Egg Hunt with Activities (SS-L)**  **1:30 Words within Words (SS-B)**  **3:00 Easter Tea (SS-B)**  **7:15 Movie Night:**  **Paul Blart Mall Cop (SS-T)** | **18**  **Good Friday**  **10:00 Fitness with Activities (SS-A)**  **10:45 Words within Words**  **(SS-B)**  **1:30 Group Crossword (RR-B)**  **7:00 Independent Games Night (SS-B)** | **19**  **10:00 Coffee and Current Events (SS-B)**  **1:45 Bingo (SS-B)**  **3:15 Afternoon TV (SS-T)**  **3:30 Gentle Fitness & Stretching (RR-A)**  **7:15 Movie Night:**  **My Big Fat Greek Wedding (SS-T)** |
| **20**  **Easter**  **10:00 Virtual Catholic Mass (RR-A)**  **10:30 Virtual United Church Service (SS-T)**  **10:40 Tai Chi with Xian (RR-A)**  **11:30 Easter Buffet Lunch**  **(Regular Seating Times**  **SS-DR & RR-DR)**  **2:00 Group Crossword (RR-B)**  **2:30 Knitting Club (SS-L)**  **3:00 Crafty Hour (RR-B)**  **7:15 Movie Night: As Good As It Gets (SS-T)** | **21**  **9:30 Fitness with Sid**  **(RR-A)**  **10:00 Fitness with Activities (SS-A)**  **10:45 Morning Trivia**  **(RR-B)**  **1:30 Bingo (RR-AR)**  **3:00 Social Hour**  **(SS-B & RR-B)**  **7:15 Movie Night:**  **50 First Dates (RR-A)** | **22**  **Earth Day**  **10:00 Fitness with Activities (SS-A)**  **10:00 Outing: Ottawa Public Library (Merivale)**  **10:45 Walk Around the Pond to Clean Up Our Community (Meet in the Parking Lot)**  **1:15 Gentle Fitness (RR-A)**  **2:00 Sing A Long with Kelly (RR-L)**  **2:00 Outing: Coffee at Equator’s**  **3:00 Group Crossword (SS-B)**  **7:15 Movie Night: Spy (SS-T)** | **23**  **10:00 Fitness with Activities (SS-A)**  **10:30 Group Crossword**  **(RR-B)**  **10:45-11:45 Tuck Shop**  **(RR-LL)**  **1:15 Chair Drums (RR-A)**  **2:00 Book Club Interest Meeting (SS-A)**  **3:00 Social Hour**  **(SS-B & RR-B)** | **24**  **9:30 Fitness with Sid**  **(RR-A)**  **10:00 Fitness with Activities (SS-A)**  **10:45 Words within Words**  **(RR-B)**  **11:00 GM Chat (SS-T)**  **1:30 Paint and Sip**  **(SS-A)**  **3:00 Buff Brains**  **(SS-B & RR-B)**  **7:15 Movie Night:**  **Man of the House (SS-T)** | **25**  **10:00 Fun and Fitness with Gabe (SS-A)**  **10:30 Concert with Derek (RR-A)**  **1:30 Baking Group**  **(RR-AR)**  **2:00 Play Jeopardy with Management! (SS-T)**  **2:00 Outing: Painting and Pottery at The Mud Oven**  **3:00 Social Hour**  **(SS-B & RR-B)**  **7:00 Independent Games Night (SS-B)** | **26**  **10:00 Coffee and Current Events (SS-B)**  **2:00 ASNY Performance Troop (SS-DR)**  **3:15 Afternoon TV (SS-T)**  **3:30 Gentle Fitness & Stretching (RR-A)**  **7:15 Movie Night: Girls Trip (SS-T)** |

|  |  |  |  |
| --- | --- | --- | --- |
| **27**  **10:00 Virtual Catholic Mass (RR-A)**  **10:30 Virtual United Church Service (SS-T)**  **10:40 Tai Chi with Xian (RR-A)**  **2:00 Group Crossword (RR-B)**  **2:30 Knitting Club (SS-L)**  **3:00 Crafty Hour (RR-B)**  **7:15 Movie Night: Home Again (SS-T)** | **28**  **9:30 Fitness with Sid**  **(RR-A)**  **10:00 Fitness with Activities (SS-A)**  **10:30 Inquiring Minds**  **(SS-T)**  **10:45 Morning Trivia**  **(RR-B)**  **1:30 Bingo (RR-AR)**  **2:00 Resident Council Meeting (SS-A)**  **3:00 Social Hour**  **(SS-B & RR-B)**  **7:15 Movie Night: Mother’s Day (RR-A)** | **29**  **10:00 Fitness with Activities (SS-A)**  **10:00 Outing: Coffee & Discussion at Tim Hortons**  **10:40 Current Events Discussion Group (RR-B)**  **1:15 Gentle Fitness (RR-A)**  **2:00 Sing A Long with Kelly (RR-L)**  **2:00 Outing: College Square Mall**  **3:00 Group Crossword (SS-B)**  **7:15 Movie Night: Identity Thief (SS-T)** | **30**  **10:00 Fitness with Activities (SS-A)**  **10:30 Group Crossword**  **(RR-B)**  **10:45-11:45 Tuck Shop**  **(RR-LL)**  **1:15 Chair Drums (RR-A)**  **2:15 Meet me at the Movies (SS-T)**  **5:00 Birthday Dinner**  **(SS-DR & RR-DR One Seating)** |

110 & 120 Central Park Drive, Ottawa ON T: 613-727-2773 E: lifestyle.parkplace@alavidalifesyles.com W: www.AlavidaLifestyles.com FB: www.facebook.com/ALAVIDALifestyles