

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# April 2022

Connect Leisure Services

403-324-6786

connectrec.ca

09:00 Daily News  
 09:30 Dance Off  
 10:45 Baking  
 12:00 Lunch Prep/Lunch  
 12:30 Megan's Art Program  
 01:30 Volunteering at the Library  
 02:45 Meal Planning  
 03:45 Journal Me  
**6:30 Karaoke Night**

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All Fools' Day

Ramadan Begins

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09:00 Daily News  
 09:30 Let's Move  
 10:30 Creative Art  
 12:00 Lunch Prep/ Lunch  
 12:45 Grocery Shopping  
 02:30 Snack  
 02:45 Healthy Habits:  
 Experiencing Nature  
 03:30 Mind Teasers  
**5:00 Taco or Quesada night**

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09:00 Daily News  
 09:30 Seated Yoga  
 10:15 Snack  
 10:30 Slow Cooker Meal  
 12:00 Lunch Prep/ Lunch  
 01:00 Body Percussions  
 02:00 Snack  
 02:30 Life Skills  
 03:30 Games

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09:00 Daily News  
 09:30 Zumba  
 10:15 Snack  
 10:30 Green thumb  
 12:00 Lunch Prep/Lunch  
 12:45 Sewing Creations  
 02:00 Snack  
 02:15 Name That Instrument  
 03:30 Journal Me  
**6:30 Name that tune**

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09:00 Daily News  
 09:30 Tai Chi  
 10:15 Snack  
 10:30 Slow Cooker Meal  
 12:00 Lunch Prep/ Lunch  
 01:00 Gym  
 02:15 Snack  
 02:30 Book Club  
 03:45 Reflection

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09:00 Daily News  
 09:30 Dance Off  
 10:45 Baking  
 12:00 Lunch Prep/Lunch  
 12:30 Megan's Art Program  
 01:30 Volunteering at the Library  
 02:45 Meal Planning  
 03:45 Journal Me  
**6:30 Movie Night**

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5:00 Flames Pizza Night

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09:00 Daily News  
 09:30 Let's Move  
 10:30 Easter Art  
 12:00 Lunch Prep/ Lunch  
 12:45 Grocery Shopping  
 02:30 Snack  
 02:45 Healthy Habits:  
 Experiencing Nature  
 03:30 Mind Teasers  
**5:00 Let's cook**

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09:00 Daily News  
 09:30 Seated Yoga  
 10:15 Snack  
 10:30 Slow Cooker Meal  
 12:00 Lunch Prep/ Lunch  
 01:00 Drumming  
 02:00 Snack  
 02:30 Life Skills  
 03:30 Games

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09:00 Daily News  
 09:30 Zumba  
 10:15 Snack  
 10:30 Green thumb  
 12:00 Lunch Prep/Lunch  
 12:45 Sewing Creations  
 02:00 Snack  
 02:15 Easter Egg Dyeing  
 03:30 Journal Me  
**9-10:30 Karaoke at the Green bar**

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09:00 Daily News  
 09:30 Tai Chi  
 10:15 Snack  
 10:30 Money Skills  
 12:00 Lunch Prep/ Lunch  
 01:00 Gym  
 02:15 Snack  
 02:30 Book Club  
 03:45 Reflection  
**6:30 Brittani's Birthday and flames night.**

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Happy Easter!  
 No Programs  
 Good Friday  
 Passover Begins

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Palm Sunday

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09:00 Daily News  
 09:30 Let's Move  
 10:30 Spring Art  
 12:00 Lunch Prep/ Lunch  
 12:45 Grocery Shopping  
 02:30 Snack  
 02:45 Healthy Habits:  
 Experiencing Nature  
 03:30 Mind Teasers  
**5:00 Supper at Roadhouse**

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09:00 Daily News  
 09:30 Seated Yoga  
 10:15 Snack  
 10:30 Slow Cooker Meal  
 12:00 Lunch Prep/ Lunch  
 01:00 Body Percussions  
 02:00 Snack  
 02:15 Life Skills  
 03:00 Upcycle Project

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09:00 Daily News  
 09:30 Zumba  
 10:15 Snack  
 10:30 Green thumb  
 12:00 Lunch Prep/Lunch  
 12:45 Sewing Creations  
 02:00 Snack  
 02:15 Nature Walk  
 03:00 Music  
**6:30 Cricut Craft Night**

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09:00 Daily News  
 09:30 Tai Chi  
 10:15 Snack  
 10:30 Slow Cooker Meal  
 12:00 Lunch Prep/ Lunch  
 01:00 Gym  
 02:15 Snack  
 02:30 Book Club  
 03:45 Reflection

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09:00 Daily News  
 09:30 Dance Off  
 10:45 Baking  
 12:00 Lunch Prep/Lunch  
 12:30 Megan's Art Program  
 01:30 Volunteering at the Library  
 02:15 Meal Planning  
 03:00 Making Bird Feeders  
**6:30 Trip to Dairy Queen**

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Possible Trading Post Market for all our entrepreneurs

Earth Day

Easter Sunday

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09:00 Daily News  
 09:30 Let's Move  
 10:30 Creative Art  
 12:00 Lunch Prep/ Lunch  
 12:45 Grocery Shopping  
 02:30 Snack  
 02:45 Healthy Habits:  
 Experiencing Nature  
 03:30 Mind Teasers  
**5:00 Build your own pizza**

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09:00 Daily News  
 09:30 Seated Yoga  
 10:15 Snack  
 10:30 Slow Cooker Meal  
 12:00 Lunch Prep/ Lunch  
 01:00 Body Percussions  
 02:00 Snack  
 02:30 Life Skills  
 03:30 Games

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09:00 Daily News  
 09:30 Zumba  
 10:15 Snack  
 10:30 Green thumb  
 12:00 Lunch Prep/Lunch  
 12:45 Sewing Creations  
 02:00 Snack  
 02:15 Outdoor Scavenger Hunt  
 03:30 Journal Me  
**6:30 Horserace night**

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09:00 Daily News  
 09:30 Tai Chi  
 10:15 Snack  
 10:30 Money Skills  
 12:00 Lunch Prep/ Lunch  
 01:00 Gym  
 02:15 Snack  
 02:30 Book Club  
 03:45 Reflection

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09:00 Daily News  
 09:30 Dance Off  
 10:45 Baking  
 12:00 Lunch Prep/Lunch  
 12:30 Megan's Art Program  
 01:30 Volunteering at the Library  
 02:45 Meal Planning  
 03:45 Journal Me  
**6:30 Karaoke Night**

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Arbor Day

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