

Our hours are 9:00am to 4:00pm Monday to Friday.
 Sit Down lunches are served Monday to Friday from 12:00 to 12:45pm only.

April 2024

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>1 9-11am: Crafts 10am: Beginner Magic with Joey 1pm: Movie 1:30pm: Bingo</p>	<p>2 10am: Mindfulness Group 10am: Bowling 1:30pm: Pool Tournament 3:00pm: Hot Chocolate</p>	<p>3 10am: Adaptable dance workout 10:30am: Collaborative Scrapbooking 1:30pm: Lawson Group 1:30pm: Documentary 2:15pm: Community Kitchen</p>	<p>4 9:30am: Loom/Crocheting Group with Chantal 10am: Stretching 1:30pm: Movie 2:00pm: Karaoke</p>	<p>5 10am: RT Games 10:30am: Coping with Anxiety Group 1:30pm: Bingo</p>	
<p>8 9-11am: Crafts 1pm: Movie 1pm: Swimming at Sandra Schmirler 1:30pm: Bingo 2:30pm: Pet Therapy Visit</p>	<p>9 10am: Mindfulness Group 1:30pm: Photo Walk 3:00pm: Hot Chocolate</p>	<p>10 10am: Managing Your Money presentation 1:30pm: Lawson Group 1:30pm: Documentary</p>	<p>11 10am: Stretching 10am: WFYL 1:30pm: Movie 2:00pm: Karaoke 2:15pm: Community Kitchen</p>	<p>12 10am: RT Games 10:30am: Artist Trading Cards 1:30pm: Trip to Walmart 1:30pm: Bingo</p>	
<p>15 9-11am: Crafts 1pm: Movie 1:30pm: Bingo</p>	<p>16 10am: Mindfulness Group 10am: Bowling 2pm: Trip to Regina Floral Conservatory 3:00pm: Hot Chocolate</p>	<p>17 10am: Adaptable dance workout 10:30am: Collaborative Scrapbooking 10:30am: Yoga with Twyla Club closes at 1:45 for staff meeting</p>	<p>18 10am: Stretching 10:30am: Chess Tournament 1:30pm: Movie 2:00pm: Karaoke</p>	<p>19 10am: RT Games 10:30am: Coping with Anxiety Group 1:30pm: Bingo</p>	
<p>22 9-11am: Crafts 1pm: Swimming at Sandra Schmirler 1pm: Movie 1:30pm: Bingo 2:30pm: Pet Therapy Visit</p>	<p>23 10am: Mindfulness Group 1:30pm: Trip to Mackenzie Art Gallery 3:00pm: Hot Chocolate</p>	<p>24 10am: Adaptable dance workout 10:30am: Yoga with Twyla 12:45pm: Tea with the Acting ED 1:30pm: Lawson Group 1:30pm: Documentary 2:15pm: Community Kitchen</p>	<p>25 9:30am: Loom/Crocheting Group with Chantal 10am: Stretching 10am: WFYL 1:30pm: Movie 2:00pm: Karaoke</p>	<p>26 10am: RT Games 1:30pm: Bingo 2:30pm: April Birthday Party</p>	
<p>29 9-11am: Crafts 1pm: Movie 1:30pm: Bingo</p>	<p>30 10am: Mindfulness Group 10am: Bowling 1:30pm: Photo Walk 3:00pm: Hot Chocolate</p>	<div style="border: 1px solid black; padding: 10px; margin: 0 auto; width: 80%;"> <p>“Be so happy that when others look at you, they become happy too!”</p> </div>			



WHAT'S GOING ON IN APRIL AT THE MEMBER'S CLUB!!

Our hours are 9:00am to 4:00pm Monday to Friday.

Sit Down lunches are served Monday to Friday from 12:00 to 12:45pm only.

Member's Club will be closed on Wednesday April 17th at 1:45pm for a staff meeting.

- **Crafts:** Mondays from 9:00 to 11:00am. There are some members on some of the Mondays throughout the month who enjoy leading us in crafts. **Thank-you for the help and creativity.**
- **Wednesday Documentaries:** from 1:30pm to 3:00pm
- **Community Kitchen:** on April 3rd, 11th, and 24th at 2:15pm. You may sign up one session per month. Maximum 4 members for each cooking session.
- **Thursday Movies:** at 1:30 will be playing at the club in the TV room.
- **Karaoke:** on Thursdays at 2pm.
- **Bingo:** is on Monday and Friday afternoons from 1:30 to 3:00pm.
- **Stretching:** on Thursday mornings at 10am.
- **Photo Walks:** on April 9th and 30th at 1:30pm. More details on the sign-up sheets in club, please join us and enjoy the photography insights.
- **WFYL - "Writing for Your Life":** group on April 11th and 25th at 10am. New members welcome!
- **Mindfulness Group:** guided meditations on Tuesdays at 10am.
- **Managing Your Money:** presentation on April 10th at 10am. Learn strategies to save money, reduce spending, and invest in savings at this presentation by Chartered Professional Accountants Canada!
- **Tea with the Acting ED:** on April 24th at 12:45pm.
- **Therapy Dog Visit:** on April 8th and 22nd at 2:30pm. Come see Jigs from St. John's Ambulance's Therapy Dog program!
- **Coping with Anxiety:** group on April 5th and 19th at 10:30am.
- **Artist Trading Cards:** on April 12th at 10:30am. These are miniature pieces of art that are created to be traded!
- **Bowling:** we will be going bowling at the Glencairn Bolodrome on April 2nd, 16th, and 30th at 10am! We will leave at 10am sharp. If you would like to arrange your own transport, please arrive by 10:30am. Be sure to sign up!
- **Yoga with Twyla:** on April 17th and 24th at 10:30am!
- **Adaptable Dance Workout:** on Wednesdays at 10am! We will be following along to dance routines that can be done standing or sitting!
- **Loom/Crocheting Group with Chantal:** on April 4th and 25th at 9:30am we will have a loom/crocheting group! Beginners to experts are all welcome!
- **Scrapbooking:** on April 3rd and 17th at 10:30am we will be making a collaborative scrapbook for the club to display! Bring your own pictures if you want and we will have some printed out as well!
- **Lawson Group:** We will be returning to the Lawson as a group for various activities including walking on the track, using workout equipment, and swimming! We will be attending on April 3rd, 10th, and 30th at 1:30pm.
- **Swimming at Sandra Schmirler:** on April 8th and 22nd at 1pm. You can go swimming or check out the library!
- **Community Outings:** We will be going to the North Walmart on April 12th at 1:30pm, the Regina Floral Conservatory on April 15th at 2pm, and the Mackenzie Art Gallery on April 23rd at 1:30pm!
- **RT Games:** on Fridays at 10am. These are Reality Therapy games that incorporate games like Jeopardy to teach us about mental health and wellness!
- **Tournaments:** we will have a pool tournament on April 2nd at 1:30pm, and a chess tournament on April 18th at 10:30pm.

*Please be mindful if you have signed up in a tournament before to allow other members to have a chance as well. If you played in the previous and there were members who didn't get a chance, they will get priority for the next one. Thank you for your understanding!

April's birthday party will be celebrated on Friday April 26th at 2:30pm!

COMMUNITY EVENTS BOARD: Check out information posted in the Club on what's free and fun around town.