






**PHYSIO THERAPY EXERCISE
(ACTIVITY ROOM)**
TUESDAYS 1-2PM & 2-3PM
THURSDAYS 9-10AM & 10-11AM

**April
2016**



**FALLS PREVENTION SESSIONS
(ACTIVITY ROOM)**
TUESDAYS 3-4PM
THURSDAYS 11-12PM

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>LEGEND</p> <p>AR-ACTIVITY ROOM LR-LIVING ROOM NH-NURSING HOME</p>	<p>CHRIST THE KING CHURCH VISITS EVERY WEDNESDAY EVENING (NH)</p>	<p>REFRESHMENTS ARE SERVED DAILY IN THE MAIN LOUNGE</p>	<p>WEEKLY PET VISITS</p> <p>Mondays with Scrappy @ 2:00pm!</p>		<p>1 2PM- Golf Game (LR) 3PM- Throwaway BINGO (AR)</p> 	<p>2 10AM- Hymn Sing (NH) 6PM- Movie Night (LR)</p>
<p>3 2:15PM- New Covenant Church Service (NH)</p> <p>Daylight Savings Ends </p>	<p>4 2PM- Roman Catholic Communion (Tour) 2:30PM- BINGO (AR) 3:30PM- Nail Care (Tour)</p>	<p>5 10AM- Carpet Bowling (LR) 11AM- Reminiscing Game (LR) 1PM- Physio+ Balance Classes (AR) 2PM- Physio+ Balance Classes (AR) 2:15PM- Kenmuir Baptist Church Service (NH) 3PM-Falls Prevention (LR)</p>	<p>6 10AM- TRIP TO CLOVERDALE MALL</p> <p>2:15pm- St. Patrick's Roman Catholic Church Service (NH)</p>	<p>7 9AM- Physio + Balance (AR) 10AM- Physio + Balance (AR) 11AM- Fall Prevention (AR) 6PM- Movie and Snacks (LR) 7PM- Knitting Club (AR)</p>	<p>8 2PM- Golf Game (LR) 3PM- Throwaway BINGO (AR)</p>	<p>9 10AM- Hymn Sing (NH) 6PM- Movie Night (LR)</p>
<p>10 2:30PM- Salvation Army Church Service (NH)</p>	<p>11 2PM- Roman Catholic Communion (Tour) 2PM- Western Party with Mike Farentino (LR)</p> 	<p>12 1PM- Physio+ Balance Classes (AR) 2PM- Physio+ Balance Classes (AR) 2:15PM- Mississauga City Baptist Church Service (NH) 3PM-Falls Prevention (AR)</p> <p>6:30PM- Volunteer Recognition Dinner (NH)</p>	<p>13 10AM- Flower Pot Decorating (AR) 11AM- Flower Planting (AR) 1:30PM- Foot Doctor (AR)</p> <p>7PM- Church of God (NH)</p>	<p>14 9AM- Physio + Balance (AR) 10AM- Physio + Balance (AR) 11AM- Fall Prevention (AR) 6PM- Movie and Snacks (LR) 6:30PM- Nail Care (Tour)</p>	<p>15 2PM- Golf Game (LR) 3PM- Throwaway BINGO (AR) 7PM- Bible Study (NH)</p>	<p>16 10AM- Hymn Sing (NH) 2:15PM- New Life Fellowship Church of God Service (NH) 6PM- Movie Night (LR)</p>
<p>17 2:30PM- Kingdom Covenant Church Service (NH)</p>	<p>18 2PM- Roman Catholic Communion (Tour) 2:30PM- BINGO (AR) 3:30PM- Nail Care (Tour)</p>	<p>19 10AM- Carpet Bowling (LR) 11AM- Jeopardy (AR) 1PM- Physio+ Balance Classes (AR) 2PM- Physio+ Balance Classes (AR) 2:15PM- Church of Holy Spirit Anglican Service (NH) 3PM-Falls Prevention (AR)</p>	<p>20 10AM- TRIP TO ROCKWOOD MALL</p> <p>7pm- Rosary (NH)</p>	<p>21 9AM- Physio + Balance (AR) 10AM- Physio + Balance (AR) 11AM- Fall Prevention (AR)</p> <p>6PM- Movie and Snacks (LR)</p>	<p>22 2PM- Golf Game (LR) 3PM- Throwaway BINGO (AR)</p> <p>Earth Day</p> 	<p>23 10AM- Hymn Sing (NH) 6PM- Movie Night (LR)</p>
<p>24 2:15PM- Applewood Heights Gospel Hall Service (NH)</p>	<p>25 10AM- BINGO (AR) 11AM- Resident Management Meeting (AR) 2PM- Roman Catholic Communion (Tour)</p>	<p>26 10AM- Carpet Bowling (LR) 11AM- Knitting Club (AR) 1PM- Physio+ Balance Classes (AR) 2PM- Physio+ Balance Classes (AR) 2:15PM- Westminster United Church Service (NH) 3PM-Falls Prevention (AR)</p>	<p>27 2PM- Birthday Party featuring Frances DeMello! (LR)</p> 	<p>28 9AM- Physio + Balance (AR) 10AM- Physio + Balance (AR) 11AM- Fall Prevention (AR) 6PM- Movie and Snacks (LR) 6:30PM- Nail Care (TOUR)</p>	<p>29 2PM- Golf Game (LR) 3PM- Throwaway BINGO (AR)</p>	<p>30 10AM- Hymn Sing (NH) 6PM- Movie Night (LR)</p>

April
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Tyndall Senior's
Retirement Home
Recreation Calendar