



APRIL 2024

Important Notes:

Please attend programs virtually through Zoom, when you're able to.

Note that programs are subject to limits and will be filled on a "first come, first served" basis, so please, try to come to your desired programs on time!

For programs highlighted **YELLOW**, please register by contacting Sarah verbally or through email at Sarah.Allen@theBSF.ca

Colour Coding:

- Pre-Registration Required
- Educational Presentation
- Physical Programs & Exercises
- Live Entertainment/ Guest Host

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <i>EASTER MONDAY</i> 10:15-11: ROM Seated Exercise 11:15-12: Presentation: Benefits of Positive Thinking 1:15-2: "Earthy" Family Feud 2:15-3: Caregiver Peer Support	2 10:15-11: Strength & Balance 11:15-12: Art History: Baroque Art 1:15-2: Cranium Crunches	3 10:15-11: ROM Seated Exercise 11:15-12: Presentation; CNIB Technology & Seniors 1:15-2: Weather Or Dance? Guess A Letter	4 10:15-11: Strength & Balance 11:15-12: Do You Know Your Neighbour? Game 1:15-2: Spot The Difference	5 10:15-11: Gentle Zumba 11:15-12: Live Music with Hannah 1:15-2: Fortune Telling Forecast Card Game	NO VIRTUAL PROGRAMS
8 10:15-11: ROM Seated Exercise 11:15-12: Live Music with Hannah 1:15-2: 50's & 60's Trivia 1:15-2: Caregiver Peer Support	9 10:15-11: Strength & Balance 11:15-12: Presentation: Conflict 1:15-2: April Fools Day Hangman	10 10:15-11: ROM Seated Exercise 11:15-12: Virtual Trip with Peter: Holland: The Land of Tulips & Cheese 1:15-2: Dance-Craze Music Chat	11 10:15-11: Strength & Balance 11:15-12: "Earthy" Family Feud 1:15-2: Spelling Bee	12 10:15-11: Gentle Zumba 11:15-12: "April" Hangman 1:15-2: Seniors Week Scattegories	
15 10:15-11: ROM Seated Exercise 11:15-12: Scrambled Eggs Game 1:15-2: Seniors Week Hangman 2:15-3: Caregiver Peer Support	16 10:15-11: Strength & Balance 11:15-12: What's Cookin' In April? 1:15-2: Junk Drawer Detective	17 10:15-11: ROM Seated Exercise 11:15-12: Live Music with Hannah 1:15-2: Trivial Matters	18 10:15-11: Strength & Balance 11:15-12: "3-Peat" Dice Game 1:15-2: SNAIL Categories	19 10:15-11: Gentle Zumba 11:15-12: Photographic Memory 1:15-2: Timeslips	NO VIRTUAL PROGRAMS
22 EARTH DAY 10:15-11: ROM Seated Exercise 11:15-12: Presentation: Downsizing 1:15-2: Word Connect 2:15-3: Caregiver Peer Support	23 10:15-11: Strength & Balance 11:15-12: Live Music with Hannah 1:15-2: Which One Is NOT Like The Others?	24 10:15-11: ROM Seated Exercise 11:15-12: "Let's Get Physical" Team Challenge 1:15-2: Roll-A-Garden	25 10:15-11: Strength & Balance 11:15-12: Golden Stories with David: "How my Life Began at 68" 1:15-2: Lochness Monster Word Mining	26 10:15-11: Gentle Zumba 11:15-12: What Tree Am I? 1:15-2: Materials Scavenger Hunt	
29 10:15-11: ROM Seated Exercise 11:15-12: Live Music with Hannah 1:15-2: Name That TV Theme Song 2:15-3: Caregiver Peer Support	30 10:15-11: Strength & Balance 11:15-12: "Easter" Jeopardy 1:15-2: Group Crossword Puzzle				