







# Gladstone Seniors Residence

## April 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 9:30 Upper Body Strength  2:00 Sing-a-long with Pearl	<b>2</b> 9:30 Lower Body Strength  2:00 Cards Corner	<b>3</b> 9:30 Upper Body Strength 11:00 Rosary 2:30 Father Louie 6:30 Making Center Pieces for the Dining room with the Girl Guides	<b>4</b> 9:30 Lower Body Strength 10:30 Lutheran Church 1:00 washes and sets appointment only see office	<b>5</b> 9:30 Upper Body Strength  2:00 Nails	<b>6</b>  10:00 Walk the Chapel  3:00 Dance Innovations
<b>7</b> 10:00 Walk the Chapel  3:00 Coffee Group in Dining room	<b>8</b> 9:30 Upper Body Strength  2:00	<b>9</b> 9:30 Lower Body Strength  2:00 Cards Corner	<b>10</b> 9:30 Upper Body Strength 11:00 Rosary 2:00 Bingo	<b>11</b> 9:30 Lower Body Strength 11:00 Church Service 1:00 washes and sets appointment only see office	<b>12</b> 9:30 Upper Body Strength  2:00 Card Bingo	<b>13</b> 10:00 Walk the Chapel  2:00 Meet a friend the Shuffleboard table
<b>14</b>  10:00 Walk the Chapel  2:00 Meet a friend the Shuffleboard table	<b>15</b> 9:30 Upper Body Strength  2:00 Hangman	<b>16</b> 9:30 Lower Body Strength  2:00 Easter Party with Anything Goes	<b>17</b> 9:30 Upper Body Strength 11:00 Rosary 2:00 Making Easter Cards	<b>18</b> 9:30 Lower Body Strength 11:00 Church Service 1:00 washes and sets appointment only see office	<b>19</b> 	<b>20</b> 10:00 Walk the Chapel  3:00 Coffee Group in Dining room
<b>21</b> 10:00 Walk the Chapel  2:00 Enjoy the Library	<b>22</b> 9:30 Upper Body Strength 2:00 Take advantage of the activity station in the dining room	<b>23</b> 9:30 Lower Body Strength  2:00 Cards Corner	<b>24</b> 9:30 Upper Body Strength 11:00 Rosary  2:00 Oystrick Brothers	<b>25</b> 9:30 Lower Body Strength 11:00 Church Service 1:00 washes and sets appointment only see office	<b>26</b>  BP/W clinic  2:00 Nails	<b>27</b> 10:00 Walk the Chapel  2:00 Enjoy the Library
<b>28</b> 10:00 Walk the Chapel  2:00 Meet a friend the Shuffleboard table	<b>29</b> 9:30 Upper Body Strength  2:00 Sing –a-long with Peter F.	<b>30</b> 9:30 Lower Body Strength  2:00 Birthday Party			<div style="border: 1px solid black; padding: 10px; color: magenta;"> <b>Activities may change on daily basis due to weather, cancellations or last minute additions.</b> </div>	

