

April 2024

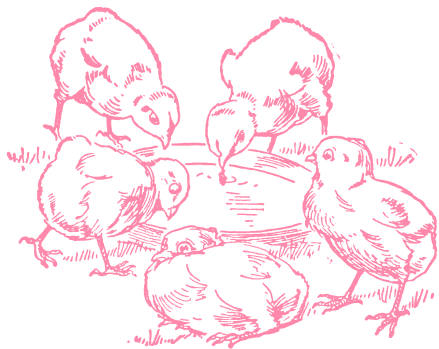
ELDERCARE VITALITY

PROGRAM CALENDAR



Program Announcements

1. If you are going to be absent from the day program, please call our head office to notify us at (780) 434 - 4747.
2. Please note, we will charge for all absences except for hospitalization and coronavirus.
3. Please inform us of any medication and contact information changes.



Celebrating April

April Fool's Day | April 1st

Pet Day | April 11th

Grilled Cheese Sandwich Day | April 12th

Earth Day | April 22nd

Mahjong Day | April 30th

April Birthdays

Those born between April 1 – 20 are the star sign, Aries. Aries are fire signs who are active, direct, and dedicated. Those born between April 21 – 31 are the star sign, Taurus. Taurus are earth signs who are trustworthy, grounded, and generous.

April Birth Stone: Diamond

April Flower: Daisy

Vitality Daily Schedule

9:00am - 9:30am	Client Arrival
9:30am - 10:00am	Client Choice Activities
10:00am - 11:15am	Morning Activities
11:15am - 11:45pm	Fun & Fit (Exercise Program)
11:45pm - 12:15pm	Lunch
12:45pm - 2:00pm	Afternoon Activities
2:00pm - 2:30pm	Light Refreshment
2:30pm - 3:00pm	Client Departure

Program Closures

We will be closed
Monday, April 1st for Easter

APRIL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLOSED EASTER	1 10:00 April Door Decor 2 10:45 April IQ 11:15 Exercise 11:45 Lunch 12:45 Walk 1:00 Haggis Toss 2:00 Scottish Folklore	3 10:00 Remembering Gardens 3 10:45 Bingo 11:15 Exercise 11:45 Lunch 12:45 Walk 1:00 Caber Toss 2:00 Scottish Clans	4 10:00 Travel to Scotland 4 10:45 Scottish Traditions 11:15 Exercise 11:45 Lunch 12:45 Walk 1:00 Heads, Shoulders, Cups 2:00 Scottish Word Matching	5 10:00 Scottish Spelling Bee 5 10:45 Bingo 11:15 Exercise 11:45 Lunch 12:45 Walk 1:00 Kelly Hoang (AHS) presentation 2:00 Scottish Quiz
8 10:00 Guess The Seed 8 10:45 Song Pictionary 11:15 Exercise 11:45 Lunch 12:45 Walk 1:00 Mini Golf 2:00 Blossom Word Game	9 10:00 Picture This 9 10:45 Music with Jacqueline 11:15 Exercise 11:45 Lunch 12:45 Walk 1:00 Hilltop Game 2:00 Backwards Geography	10 10:00 Lavendar Painting 10 10:45 Many Kings 11:15 Exercise 11:45 Lunch 12:45 Walk 1:00 Craig Repchuk 2:00 Spring Reminiscing	11 10:00 Pet Therapy 11 10:45 Bingo 11:15 Exercise 11:45 Lunch 12:45 Walk 1:00 Wayne O. 2:00 Flower Quiz	12 10:00 Fish Trivia 12 10:45 What's in My Tackle Box 11:15 Exercise 11:45 Lunch 12:45 Walk 1:00 Go Fish! 2:00 Fishbowl Game
15 10:00 Laundry Jeopardy 15 10:45 Bingo 11:15 Exercise 11:45 Lunch 12:45 Walk 1:00 Terry Jorden 2:00 Fabric Wives	16 10:00 EPL Visit 16 10:45 Names Word Find 11:15 Exercise 11:45 Lunch 12:45 Walk 1:00 Parachute Basketball 2:00 Hangman	17 10:00 Potted Plants 17 10:45 Garden Trivia 11:15 Exercise 11:45 Lunch 12:45 Walk 1:00 Soccer 2:00 Spring Family Feud	18 10:00 Cherry Blossom Trees 18 10:45 Hidden Animals 11:15 Exercise 11:45 Lunch 12:45 Walk 1:00 Cup Jenga 2:00 First Things First Quiz	19 10:00 Picnic Basket Budget 19 10:45 Picnic Unscramble 11:15 Exercise 11:45 Lunch 12:45 Walk 1:00 Party Favor Relay 2:00 Spring Secret Themes
22 10:00 Mango Float 22 10:45 Themed Words 11:15 Exercise 11:45 Lunch 12:45 Walk 1:00 Jumbo Jenga 2:00 Right Side Up- Upside Down	23 10:00 Earth Day Crossword 23 10:45 Bingo 11:15 Exercise 11:45 Lunch 12:45 Walk 1:00 Patrick Dupuis 2:00 Reduce, Reuse, Recycle Mining	24 10:00 Making Charoset 24 10:45 Music with Jacqueline 11:15 Exercise 11:45 Lunch 12:45 Walk 1:00 Ring Tower 2:00 40 Things...Boomers	25 10:00 Pet Therapy 25 10:45 Yahtzee 11:15 Exercise 11:45 Lunch 12:45 Walk 1:00 Bowling 2:00 BC Word Unscramble	26 10:00 Dried Flower Glass 26 10:45 Tree Reminiscing 11:15 Exercise 11:45 Lunch 12:45 Walk 1:00 Larry Dorosh 2:00 Name That Tree
29 10:00 Flower String Art 29 10:45 Quirky Quiz 11:15 Exercise 11:45 Lunch 12:45 Walk 1:00 Ladderball 2:00 Funny Gardening Stories	30 10:00 Thingamijigs 30 10:45 Song Pictionary 11:15 Exercise 11:45 Lunch 12:45 Walk 1:00 Ring Toss 2:00 Random Trivia	1	2	3

*Please Note: Activities are subject to change dependent upon client preference and PF discretion.