

LIVE YOUR

best life

GoldenLife 

REAL LIVING™

GOLDENLIFE.CA

APRIL

ACTIVITIES . CELEBRATIONS . EVENTS . RECREATION

Monthly Activity Calendar

a GoldenLife  Community

GRANDE AVENUE
Village



Come join us for coffee, tea and light snacks daily in the Pub

- 9:45 AM
- 2:30 PM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:45 and 10:30 Cardio Drumming(EC) 1:15 Wii Bowling (P) 1:15 Bridge (GR) 3:00 Arm Chair Travels (T) 7:00 Cards (GR) Easter Monday April Fools Day	2 9:45 and 10:30 Fitness w Bands (EC) 2:00 Floor Curling (EC) 3:00 Billiards/Pool (GR) 7:00 Cards (GR)	3 9:45 and 10:30 Fitness w Weights (EC) 1:30 BINGO 2:30 Knitting Group(CR) 7:00 Cards (GR)	4 10:00 Exercise Video 1:15 Brain Games (CR) 3:00 Happy Hour with Dean Jarvey (P) 7:00 Cards (GR)	5 9:45 and 10:30 Fitness w Weights (EC) 11:45 Lunch at Sakura Sushi and Grill 1:15 Shuffleboard (GR) 2:30 Coloring Group (CR) 7:00 Cards (GR)	6 7:00 Movie Night(T) 
7 2:30 Coffee and Conversation	8 9:45 and 10:30 Cardio Drumming(EC) 11:45 Partial Solar Eclipse 1:15 Wii Bowling (P) 1:15 Bridge (GR) 3:00 Arm Chair Travels (T) 7:00 Cards (GR)	9 9:45 and 10:30 Fitness w Bands (EC) 11:30 Trip to Market Mall 2:00 Floor Curling (EC) 3:00 Billiards/Pool (GR) 7:00 Cards (GR)	10 9:45 and 10:30 Fitness w Weights (EC) 1:30 BINGO 2:30 Knitting Group(CR) 7:00 Cards (GR)	11 9:45 and 10:30 Fitness w Bands (EC) 1:15 Brain Games (CR) 3:00 Happy Hour with Rick Kelly (P) 7:00 Cards (GR)	12 9:45 and 10:30 Fitness w Weights (EC) 1:15 Shuffleboard (GR) 2:30 Coloring Group (CR) 7:00 Cards (GR)	13 7:00 Movie Night(T) 
14 2:30 Coffee and Conversation	15 9:45 and 10:30 Cardio Drumming(EC) 1:15 Wii Bowling (P) 1:15 Bridge (GR) 7:00 Cards (GR)	16 9:30 and 10:30 Fitness w Bands (EC) 2:00 Floor Curling (EC) 3:00 SAUCIE Sing A Long (P) 3:00 Billiards/Pool (GR) 7:00 Cards (GR)	17 9:45 and 10:30 Fitness w Weights (EC) 1:30 BINGO (GR) 2:30 Knitting Group(CR) 7:00 Cards (GR)	18 9:45 and 10:30 Fitness w Bands (EC) 11:00 Church service (T) 1:15 Brain Games (CR) 3:00 Happy Hour with Kelly Kalden (P) 7:00 Cards (GR)	19 9:45 and 10:30 Fitness w Weights (EC) 11:00 Coffee Talk w RCMP 1:15 Shuffleboard (GR) 2:30 Coloring Group (CR) 7:00 Cards (GR)	20 7:00 Movie Night(T) 
21 2:30 Coffee and Conversation	22 9:45 and 10:30 Cardio Drumming (EC) 11:15 RCMP Office Tour 1:15 Bridge (GR) 2:30 Stockmans Presentation (P) 7:00 Cards (GR)	23 9:45 and 10:30 Fitness w Bands (EC) 1:30 Floor Curling (EC) 3:00 Kory Simon Special Concert (P) 3:00 Billiards/Pool (GR) 7:00 Cards (GR)	24 9:45 and 10:30 Fitness w Weights (EC) 11:15 Local Walking Adventure 1:00 Village Meeting (P) 2:00 BINGO (GR) 2:30 Knitting Group 7:00 Cards	25 9:45 and 10:30 Fitness w Bands (EC) 1:15 Brain Games (CR) 3:00 Happy Hour Birthday Party w/ Brooks Towers (P) 7:00 Cards (GR)	26 9:45 and 10:30 Fitness w Weights (EC) 1 – 3 HearCanada Screening 1:15 Shuffleboard (GR) 2:30 Coloring Group (CR) 7:00 Cards (GR)	27 7:00 Movie Night(T) 
28 2:30 Coffee and Conversation	29 9:45 and 10:30 Cardio Drumming (EC) 1:15 Wii Bowling (P) 1:15 Bridge (GR) 3:00 Arm Chair Travels (T) 7:00 Cards (GR)	30 9:45 and 10:30 Fitness w Bands (EC) 11:45 Lunch at Boston Pizza 2:00 Floor Curling (EC) 3:00 Billiards/Pool (GR) 7:00 Cards (GR)		Please Note: Some events may not make the monthly calendar. Please check weekly calendar for updates.	Room Abbreviations: (EC) Exercise Connection (P) Hitching Post Pub (GR) Games Room (CR) Craft Room (T) Theatre (MDR) Main Dining Room	



BIRTHDAYS & ANNIVERSARIES

Chris Ediss April 5
 Roma Sinclair April 6
 John Lipanovich April 7
 Gerald Moritz April 18
 Gordon Youck April 21
 Winona Boyle April 30



BUS SCHEDULE

Mondays 1:00-3:00pm
 Wednesdays at 1:00-3:00pm
 Fridays 10:00-12:00pm
 Please sign up at Reception for Shuttle Service