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GoldenLife 

REAL LIVING™

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# April 2024

ACTIVITIES . CELEBRATIONS . EVENTS . RECREATION

*Monthly Activity Calendar*

a GoldenLife  Community

GRAND SETON  
*Village*



| Sunday  | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday  |
|---|--|--|--|--|--|---|
| <b>LOCATION</b><br>BISTRO/BAR (B)<br>CRAFT ROOM (CR)<br>COMMUNITY HALL (CH)<br>GAMES ROOM (GR)<br>MULTI-PURPOSE ROOM (MPR)<br>THEATRE (T)<br>FAMILY DINING ROOM(FDR)<br>FITNESS ROOM (FR) | <b>Easter Monday 1</b><br>Happy Birthday Darlene<br>9:30 Exercise with Amy(CH)<br><b>10:30 Bus Trip: Co-op</b><br>11:00 Village Singers (CH)<br>1:00 Wii Virtual Bowling (MPR)<br>1:00 Canasta hand &foot (GR)<br>2:30 Needlework Club with Rosina (GR)<br>7:00 Cribbage (GR)                                  | <b>2</b><br>9:30 Sit & Stretch (CH)<br>10:00 Girl Guide Cookies (B)<br>11:30 GSV Groove & Move (FR)<br>1:00 Floor Curling (CH)<br>3:00 Happy Hour (B)<br>7:00 Bingo (MPR)  | <b>3</b><br><b>10:00 Beginner Chair Yoga with Lorraine</b><br><b>10:30 Advanced Chair Yoga</b><br>1:00 Mexican Train Dominoes(GR)<br>1:00 Arts & Crafts: (CR)<br><b>2:30 - 3:00 Laughter Yoga (T)</b><br>7:00 Cribbage (GR)  | <b>4</b><br>9:30 Sit & Stretch (CH)<br>11:00 FIT MINDS (GR)<br>1:00 Floor Curling (CH)<br>1:00 Canasta hand &foot(CH)<br>3:00 Happy Hour (B)   | <b>5</b><br>Happy Birthday Marg<br>9:30 Exercise & Dance (CH)<br>10:30 Relaxation Session (T)<br><b>10:30 Bus Trip: Reitman's</b><br>1:00 Rosary (FDR)<br><b>2:00 Grand Seton Village 5<sup>th</sup> Anniversary Cake cutting with Recognition of our original Residents &amp; Staff</b><br>7:00 Bingo | <b>6</b><br>12:45 Bridge (GR)<br>3:00 Happy Hour (B)<br>7:00 Movie Night (T)<br><b>Against the Ice</b>  |
| <b>7</b><br><b>12:45 McKenzie Towne Church Service (CH)</b><br>2:00 Sunday Sundaes (B)<br>7:00 Resident Run Movie (T)   | <b>8</b><br>9:30 Exercise with Amy(CH)<br><b>10:30 Bus Trip: Sobeys</b><br><b>10-12 5<sup>th</sup> Avenue Jewelry (B)</b><br>11:00 Village Singers (CH)<br>1:00 Wii Virtual Bowling (MPR)<br>1:00 Canasta hand &foot (GR)<br>2:30 Needlework Club with Rosina (GR)<br>7:00 Cribbage (GR)                       | <b>9</b><br>9:30 Sit & Stretch (CH)<br>11:30 GSV Groove & Move (FR)<br>1:00 Floor Curling (CH)<br>3:00 Happy Hour (B)<br>7:00 Bingo (MPR)  | <b>10</b><br>Happy Birthday Dennis<br><b>10:00 Beginner Chair Yoga with Lorraine</b><br><b>10:30 Advanced Chair Yoga</b><br><b>*10:30 Hear Right Workshop (MPR)</b><br><b>Sign up to learn everything about your hearing aids</b><br>1:00 Mexican Train Dominoes(GR)<br>1:00 Arts & Crafts: (CR)<br>2:30 ARMCHAIR TRAVEL (T)<br>7:00 Cribbage (GR) | <b>11</b><br>Happy Birthday Jane A<br>9:30 Sit & Stretch (CH)<br><b>10:30 Bus Trip: Save On Foods</b><br>11:00 FIT MINDS (GR)<br>1:00 Floor Curling (CH)<br>1:00 Canasta hand &foot(CH)<br>3:00 Happy Hour (B) | <b>12</b><br>9:30 Exercise & Dance (CH)<br>10:30 Relaxation Session (T)<br><b>10:15 Bus Trip: Museum of the Highwood - High River</b><br><b>Film in the Foothills : Exhibit Tour</b><br><b>2:00 St Martha School Band (CH)</b><br>7:00 Bingo   | <b>13</b><br>12:45 Bridge (GR)<br>3:00 Happy Hour (B)<br>7:00 Movie Night (T)<br><b>Heaven is for Real</b>  |
| <b>14</b><br><b>12:45 McKenzie Towne Church Service (CH)</b><br>2:00 Sunday Sundaes (B)<br>7:00 Resident Run Movie (T)  | <b>15</b><br>Happy Birthday Liz<br>9:30 Exercise with Amy(CH)<br><b>10:30 Bus Trip: Walmart</b><br>11:00 Village Singers (CH)<br>1:00 Wii Virtual Bowling (MPR)<br>1:00 Canasta hand &foot (GR)<br>2:30 Needlework Club with Rosina (GR)<br>7:00 Cribbage (GR)   | <b>16</b><br>Happy Birthday Sharon<br>9:30 Sit & Stretch (CH)<br>11:30 GSV Groove & Move (FR)<br>1:00 Floor Curling (CH)<br>3:00 Happy Hour (B)<br><b>4:30 The Grand Seton Village 5<sup>th</sup> Anniversary Buffet</b><br><b>6:00 Dance Performance (CH)</b><br>7:00 Bingo (MPR) - cancelled | <b>17</b><br><b>10:00 Beginner Chair Yoga with Lorraine</b><br><b>10:30 Advanced Chair Yoga</b><br><b>10:30 Hearing Aid Clinic (BR)</b><br><b>Sign up for your 15 min. appt.</b><br>1:00 Mexican Train Dominoes(GR)<br>1:00 Arts & Crafts: (CR)<br>2:30 ARMCHAIR TRAVEL (T)<br>7:00 Cribbage (GR)  | <b>18</b><br>9:30 Sit & Stretch (CH)<br>11:00 FIT MINDS (GR)<br>1:00 Floor Curling (CH)<br>1:00 Canasta hand &foot(CH)<br>3:00 Happy Hour (B)  | <b>19</b><br>9:30 Exercise & Dance (CH)<br>10:30 Relaxation Session (T)<br><b>10:30 Bus Trip: Southcentre Mall</b><br><b>1:00 Townhall Meeting (CH)</b><br>7:00 Bingo (MPR)  | <b>20</b><br>Happy Birthday Bill & Faye<br>12:45 Bridge (GR)<br>3:00 Happy Hour (B)<br>7:00 Movie Night (T)<br><b>Ford v Ferrari</b>  |
| <b>21</b><br><b>12:45 McKenzie Towne Church Service (CH)</b><br>2:00 Sunday Sundaes (B)<br>7:00 Resident Run Movie (T)  | <b>22</b><br><b>EARTH DAY</b><br>9:30 Exercise with Amy(CH)<br><b>10:30 Bus Trip: Superstore</b><br>11:00 Village Singers (CH)<br>1:00 Wii Virtual Bowling (MPR)<br>1:00 Canasta hand &foot (GR)<br>2:30 Needlework Club (GR)<br><b>2:30 Kiss the Ground -Climate Change documentary</b><br>7:00 Cribbage (GR) | <b>23</b><br>9:30 Sit & Stretch (CH)<br><b>10:30 Bus Trip - Seton Library</b><br>11:30 GSV Groove & Move (FR)<br>1:00 Floor Curling (CH)<br>3:00 Happy Hour (B)<br>7:00 Bingo (MPR)  | <b>24</b><br><b>10:00 Beginner Chair Yoga with Lorraine</b><br><b>10:30 Advanced Chair Yoga</b><br><b>10:30 Coffee with Chef</b><br>1:00 Mexican Train Dominoes(GR)<br>1:00 Arts & Crafts: (CR)<br>2:30 ARMCHAIR TRAVEL (T)<br>7:00 Cribbage (GR)  | <b>25</b><br>9:30 Sit & Stretch (CH)<br><b>10:30 Bus Trip: Save On Foods</b><br>11:00 FIT MINDS (GR)<br>1:00 Floor Curling (CH)<br>1:00 Canasta hand &foot(CH)<br>3:00 Happy Hour (B)                          | <b>26</b><br>H B-day Catherine, Ray & Sandra<br>9:30 Exercise & Dance (CH)<br>10:30 Relaxation Session (T)<br><b>10:30 Bus Trip: Carburn Park</b><br><b>2:00 Birthday Party with Matt Beatty</b><br>7:00 Bingo (MPR)   | <b>27</b><br>Happy Birthday Bill & Eleanore<br>12:45 Bridge (GR)<br>3:00 Happy Hour (B)<br>7:00 Movie Night (T)<br><b>La Bamba</b>  |
| <b>28</b><br>Happy Birthday Ursula<br><b>12:45 McKenzie Towne Church Service (CH)</b><br>2:00 Sunday Sundaes (B)<br>7:00 Resident Run Movie (T)   | <b>29</b><br>Happy Birthday Scott & Elsa<br>9:30 Exercise with Amy(CH)<br>11:00 Village Singers (CH)<br>1:00 Wii Virtual Bowling (MPR)<br>1:00 Canasta hand &foot (GR)<br>2:30 Needlework Club with Rosina (GR)<br>7:00 Cribbage (GR)  | <b>30</b><br>9:30 Sit & Stretch (CH)<br>11:30 GSV Groove & Move (FR)<br>1:00 Floor Curling (CH)<br>3:00 Happy Hour (B)<br>7:00 Bingo (MPR)   | <b>GRAND SETON VILLAGE FIFTH ANNIVERSARY!</b><br><b>APRIL 5<sup>th</sup> &amp; APRIL 16<sup>th</sup></b><br><b>SEE POSTER FOR MORE INFORMATION</b><br><b>5 YEARS</b>   | <b>COFFEE TIME</b><br><b>10:00AM &amp; 2:00PM</b> daily in the Bistro.<br>Come down for a coffee, a pastry, and a chat!  | <b>EARTH DAY APRIL 22</b>  | 1-to-1 recreation can be arranged on an individual basis with <u>MARIA</u><br>Transportation for personal appointments can be arranged on an individual basis with <u>HEIDI</u> |



- Darlene B.-Apr 1
- Marg J. - Apr 5
- Dennis P. - Apr 10
- Jane A.-Apr 11
- Liz C. - Apr 15
- Sharon H - Apr 16
- Bill S. - Apr 20
- Faye H.-Apr 20
- Catherine A. - Apr 26
- Raymond H. - Apr 26
- Sandra S - Apr 26
- Eleanore H. - Apr 27
- Bill V - Apr 27
- Ursula T.-Apr 28
- Scott S - Apr 29
- Elsa G. - Apr 29

### Welcome to our new resident!

Cynthia Bell



**PLEASE SIGN UP FOR BUS TRIPS AT RECEPTION (Starting on the 1<sup>st</sup> of every month)**

- Monday, Apr 1 Co-op
- Friday, Apr 5 Reitman's 130<sup>th</sup> Ave
- Monday, Apr 8 Sobeys
- Thursday, Apr 11 Shoppers/Save On Foods
- Friday, Apr 12 Museum of the Highwood
- Monday, Apr 15 Walmart
- Friday, Apr 19 Southcentre Mall
- Monday, Apr 22 Superstore
- Tuesday, Apr 23 Seton Public Library
- Thursday, Apr 25 Shoppers/Save On Foods
- Friday, Apr 26 Carburn Park

\* Trips may be cancelled on short notice due to staffing or weather\*