

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Happy Easter April 21, 2019</p>	<p>10:00 Fitness Class 1 11:00 Falls Prevention 12:15 pm Art/Painting 2:00 pm Mah-Jong 1:45pm MOVIE MATINEE The Best Exotic Marigold Hotel-Judi Dench Maggie Smith 3pm Social Tea/4:00 Trivia <small>All Fools' Day</small></p>	<p>9:30 Smart Fit 2 10:00 Upper Body Strength 10:30 Gentle Stretching 12:30pm Hot Wax-PH 12:15pm Crafts 1:45pm Java Music 3pm Social Tea/4pm Trivia</p>	<p>10-3pm Kristina's Fashions 3 10:00 Fitness Class 11:00 Falls Prevention 12:15pm Scrabble 2pm Bingo 3pm Bible Study 3pm Social Tea/4pm Trivia 7:00pm Pub night/Gary Gregg & the Band The Dorian Group</p>	<p>9:30 Smart Fit 4 10:00 EGLINTON SQ. 10:30 Catholic Service † 10:00 Lower Body Strength 10:30 Gentle Stretching 12:30pm Hot Wax PH 12:15pm Adult Coloring 1:45pm CARD GAMES 2:00pm Gospel Fellowship CH 3pm Social Tea/4pm Trivia</p>	<p>9:30 Body Balance 5 1:45pm SHUTTLE BUS 10:00 Gentle Stretching 12:30pm Hand Therapy 1:45pm MOVIE MATINEE The Green Book 3:00pm Social Tea 4:00pm Trivia</p>	<p>6 2:00pm Bingo 3:00pm Social Tea 4:00pm Trivia</p>
<p>11:00am to 11:30am 7 Sunday Worship-Lounge 2pm Bingo 3pm Social Tea 4pm Resident Directed Trivia</p>	<p>10:00 Fitness Class 8 11:00 Falls Prevention 12:15 pm Art/Painting 2:00 pm Mah-Jong 2:00pm Lianne Harris-Historical Presentation-Beijing 3pm Social Tea 4:00 pm Trivia</p>	<p>9:30 Smart Fit 9 10:00 Upper Body Strength 10:30 Gentle Stretching 12:30pm Hot Wax-PH 12:15pm Crafts 1:45pm Java Music 3pm Social Tea/4pm Trivia</p>	<p>10:00 Fitness Class 10 11:00 Falls Prevention 12:15pm Scrabble 1:00pm Wheel of Fortune 2:00pm Bingo 3:00pm Bible Study 3pm Social Tea/4pm Trivia 6:00pm Euchre Club</p>	<p>9:30 Smart Fit 11 10:00 Anglican Service † 10:00 Lower Body Strength 10:30 Gentle Stretching 12:30pm Hot Wax PH 12:15pm Adult Coloring 1:45pm CARD GAMES 1:45pm Cliffcrest Plaza 2:00pm Gospel Fellowship CH 3pm Social Tea/4pm Trivia</p>	<p>9:30 Body Balance 12 10:00 Gentle Stretching 12:30pm Hand Therapy 11:30pm LUNCH AT HALIBUT HOUSE 1:45pm MOVIE MATINEE JAMES BOND 3:00pm Social Tea 4:00pm Trivia</p>	<p>13 2:00pm Bingo 3:00pm Social Tea 4:00pm Trivia</p>
<p>9:00am – 10:00am 14 Walking Club/Dawood 11:00am to 11:30am Sunday Worship-Lounge 2pm Bingo 3pm Social Tea 4pm Resident Directed Trivia <small>Palm Sunday</small></p>	<p>10:00 Fitness Class 15 11:00 Falls Prevention 12:15 pm Art/Painting 1:30pm Fit Minds 2:00 pm Mah-Jong 3pm Social Tea 4:00 pm Trivia</p>	<p>9:30 Smart Fit 16 10:00 Upper Body Strength 10:30 Gentle Stretching 12:30pm Hot Wax-PH 12:15pm Crafts 2:00pm 2B1 Returns to Entertain Residents 3pm Social Tea/4pm Trivia</p>	<p>10-3pm Anna's Fashions 7 10:00 Fitness Class 11:00 Falls Prevention 12:15pm Scrabble 1:00pm BOCCE BALL 2:00pm Bingo 3:00pm Bible Study 3pm Social Tea/4pm Trivia 6:00pm Euchre Club</p>	<p>9:30 Smart Fit 18 10:00 Lower Body Strength 10:30 Gentle Stretching 12:30pm Hot Wax PH 12:15pm Adult Coloring 1:45pm CARD GAMES 1:45pm WALMART 2:00pm Gospel Fellowship CH 3pm Social Tea / 4pm Trivia</p>	 <p>19 1:45pm MOVIE MATINEE 3:00pm Social Tea 4:00pm Trivia <small>Good Friday</small></p>	<p>20 2:00pm Bingo 3:00pm Social Tea 4:00pm Trivia</p>
 <p>21 10:00 Easter Worship at Holy Trinity Church Must sign up to go. <small>Easter Sunday</small></p>	<p>10:00 Fitness Class 22 11:00 Falls Prevention 12:15 pm Art/Painting 1:30pm Fit Minds 2:00 pm Mah-Jong 3pm Social Tea 4:00 pm Trivia <small>Earth Day</small></p>	<p>9:30 Smart Fit 23 10:00 Upper Body Strength 10:30 Gentle Stretching 12:30pm Hot Wax-PH 12:15pm Crafts 1:45pm Java Music 3pm Social Tea/4pm Trivia</p>	<p>10:00 Fitness Class 24 11:00 Falls Prevention 12:15pm Scrabble 1:00pm CARPET BOWLING 2:00pm Bingo 3:00pm Bible Study 3pm Social Tea/4pm Trivia 6:00pm Euchre Club</p>	<p>9:30 Smart Fit 25 10:00 Lower Body Strength 10:00 FOX THEATRE 10:30 Gentle Stretching 12:15pm Adult Coloring 12:30pm Hot Wax PH 1:45pm CARD GAMES 2:00pm Gospel Fellowship CH 2:00pm Birthday Party/Paula 3pm Social Tea / 4pm Trivia</p>	<p>10:30 Ez Fit Shoe Sale 26 9:30 Body Balance 10:00 Gentle Stretching 12:30pm Hand Therapy 1:45pm SHUTTLE BUS 1:45pm MOVIE MATINEE 3:00pm Social Tea 4:00pm Trivia <small>Arbor Day</small></p>	<p>27 2:00pm Bingo 3:00pm Social Tea 4:00pm Trivia</p>
<p>11:00am to 11:30am 28 Sunday Worship- lounge 2pm Bingo 3pm Social Tea 4pm Resident Directed Trivia</p>	<p>10:00 Fitness Class 29 11:00 Falls Prevention 12:15 pm Art/Painting 1:30pm Fit Minds 2:00 pm Mah-Jong 3pm Social Tea 4:00 pm Trivia</p>	<p>9:30 Smart Fit 30 10:00 Upper Body Strength 10:30 Gentle Stretching 12:30pm Hot Wax-PH 12:15pm Crafts 2:00pm Les Zaiser will Entertain 3pm Social Tea/4pm Trivia</p>				

PROGRAMS SUBJECT TO CHANGE. CHANGES WILL BE POSTED ON THE BOARD OUTSIDE THE DINING ROOM.



We are still in Flu Season:

1) **Good coughing etiquette:** Cover your cough and sneeze. Influenza is spread by droplets that carry the influenza virus. They can travel in the air and land on people or object surfaces. If the virus comes in contact with mucous membranes (lining of nose, mouth, eyes) or is inhaled, it can cause infection.

2) **Wash your hands:** Wash hands with alcohol sanitizers or soap and water often, as this can get rid of the virus if it gets on your hands.

3) Stay in your suite if you are not feeling well: **(to decrease the risk of spread to others) If you have symptoms of influenza like illness (fever, cough, runny nose, headache, poor appetite), inform our Health & Wellness team immediately**

PUB NIGHT!

**At RSBL
APRIL 3RD AT
7:00PM
FEATURING
GARY GREGG
&
The Band**

VENDORS THIS MONTH AT RSBL

Wednesday, April 3rd 10-3pm
Kristin's Creations

Wed., April 17th
10-3pm Anna's Fashion

Friday, April 26th
10-2pm EZ FIT Shoes



Doreen M. – April 2nd
Margaret M. – April 6th
Cyril S. – April 6th
Irene G. – April 8th
Evelyn W. – April 24th

Resident Birthday Party
April 25, 2019
From 2-4pm

April 2019 Calendar
Retirement Suites By The Lake
2121 Kingston Rd. Toronto, On. M1N 1T5
416 267-2121



APRIL EVENTS

Monday, April 1st
1:45pm Movie: The Exotic
Marigold Hotel

Wednesday, April 3rd
7:00pm Pub Night.

Friday, April 5th
1:45pm Movie: The Green
Book

Monday, April 8th
2:00pm Lianne Harris
Presentation / Beijing

Friday April 12th
1:45pm Movie
James Bond

Sunday, April 14th
Walking Club with
Dawood

Tuesday, April 16th
2B1 return to
Entertain

Sunday, April 21st
10:00am Easter Worship
At Holy Trinity Church

Thursday, April 25th
Birthday Bash with Paula

Tuesday, April 30th
2:00pm Les Zaiser performs



Wishing you and all your
loved ones a very Happy
Easter

From all the staff at RSBL

Resident who wish to attend Easter
Worship at Holy Trinity Church
(Guildwood) must sign up. We will leave
at 10:00am.