

# April 2019

## St. James Town Seniors Corner

200 Wellesley St. E

Tuesdays, Wednesdays and Thursdays: 10am—2pm

### EVERY DAY ACTIVITIES:

**10:00am-10:30am:** Supportive Discussion

**11:00am-12:00pm:** Group Meal Preparation

**12:00pm—12:30pm:** Nutritious Lunch

### Tuesday

### Wednesday

### Thursday

<p>2</p> <p>10:30 - 11:00: <b>Grocery Shopping</b>            11:00-12:00: <b>Trivia Time</b>            12:30– 2:00: <b>Active Game: Darts</b></p>	<p>3</p> <p>10:45 - 11:15: <b>Conversational English</b>            11:15 - 11:45: <b>Get Fit! Group Exercises</b>            1:00 - 2:00: <b>Visit to Progress Place Boutique</b></p>	<p>4</p> <p>10:30 - 11:00: <b>Group Board Games</b>            11:00-12:00: <b>Bring in an Instrument</b>            12:30– 2:00: <b>Creative Corner</b></p>
<p>9</p> <p>10:30 - 11:00: <b>Grocery Shopping</b>            11:00-12:00: <b>Who Am I? Group Game</b>            12:30—2:00: <b>Karaoke</b></p>	<p>10</p> <p>10:45 - 11:15: <b>Conversational English</b>            11:15 - 11:45: <b>Get Fit! Group Exercises</b>            12:30 - 2:00: <b>Current Events</b></p>	<p>11</p> <p><i>Pet Food Day</i></p> <p>10:30 - 11:00: <b>Group Discussion</b>            11:00-12:00: <b>Yarn &amp; Yak</b>            12:30– 2:00: <b>Visit the Rekai Centre</b></p>
<p>16</p> <p>10:30 - 11:00: <b>Grocery Shopping</b>            11:00-12:00: <b>Giant Crossword Puzzle</b>            12:30– 2:00: <b>Decorating Easter Eggs</b></p>	<p>17</p> <p>10:45 - 11:15: <b>Conversational English</b>            11:15 - 11:45: <b>Get Fit! Group Exercises</b>            12:30 - 2:00: <b>Workshop on Food Safety</b></p>	<p>18</p> <p>10:30 - 11:00: <b>Horoscope reading</b>            11:00-12:00: <b>Let's Get Crafty: Easter</b>            12:30– 2:00: <b>Ukulele Lessons</b></p>
<p>23</p> <p>10:30 - 11:00: <b>Grocery Shopping</b>            11:00-12:00: <b>Name That Tune</b>            12:30—2:00: <b>BINGO</b></p>	<p>24</p> <p>10:45 - 11:15: <b>Conversational English</b>            11:15 - 11:45: <b>Get Fit! Group Exercises</b>            12:30 - 2:00: <b>Coffee Filter Flowers</b></p>	<p>25</p> <p>10:30 - 11:30: <b>Group Board Games</b>            11:00-12:00: <b>Wacky Words</b>            12:30-2:00: <b>Creative Corner</b></p>
<p>30</p> <p>10:30 - 11:00: <b>Grocery Shopping</b>            11:00-12:00: <b>YouTube Videos</b>            12:30– 2:00: <b>Making Smoothies</b></p>		