

Sunday

Monday

Tuesday


Wednesday


Thursday


Friday

Saturday

Legend:
 (cl)- Café/ Lounge
 (C)- The Cottage
 (MAC)- Market Activity
 Room Room 216
 (fl)- Front Lobby

Shuttle Today
1
 Hairdresser Today
 11:00 (cl) Fit Minds
 1:00 (cl) Racket Balloon

1:30-3:00 (cl) Exercise as Medicine Fair
 3:00 (C) The Java Music Club
 4:00 (cl) Colouring Mandalas
 4:00 (fl) SJT Dog Visit (Lily & Scott)
6:15 (C) Wine Social
 All Fools' Day

2

11:00 (C) Music Appreciation: Neil Diamond
 1:15 (C) Funny Animals
 2:00 (C) **BINGO**
3:00 (cl) By Request Music Hour
 7:00 (C) Toastmasters


3
Shuttle Today
Esthetician Today

 11:00 (cl) Humour Time
 10:40 (sign up) Red Lobster
 2:00 (C) Documentary: "Six Puppies and Us Parts 1 & 2"
 2:30 (cl) Euchre
 3:00 (cl) Racket Balloon


4
 Hairdresser Today
10:30 (C) Bible Study with Chaplain Homer
 11:00 (L) Story Book Time
 2:00 (C) Tablet Lessons

 2:00 (cl) Sing Along With Kent
 6:30 (C) Classical Music

5
 Hairdresser Today
10:30 (C) Java Music Club
 1:30 (C) Journaling Challenge
Happy Hour
 3:00 (cl) **With Cameron Caton**
 6:30 (C) Jeopardy

6
 Saturday Brain Games available at the Front Desk
 10:00 (fl) Visit with St. Johns Therapy Dog Hank
 11:00 (cl) Euchre
 1:00 (cl) Racket Balloon
 2:00 (C) Afternoon Movie: "A Walk into the Woods"
 7:15 (C) Movie: "Walk.Ride.Rodeo"

7

 2:00 (C) Memorial Service With Chaplain Homer

8
Shuttle Today
Hairdresser Today
 10:30 (sign up) Shoppers Drug Mart

 11:00 (cl) Giant Crosswords
 1:00 (cl) Racket Balloon
 1:30 (MAC) Pearl & Lace Craft
 2:00 (C) Java Music Club
 3:00 (cl) Colouring Mandalas
 4:00 (fl) SJT Dog Visit (Lily & Scott)
6:15 (C) Wine Social

9
Foot Care Doctor

11:00 (C) Music Appreciation: Doris Day
 1:15 (C) Funny Animals
 2:00 (C) **BINGO**
3:00 (cl) By Request Music Hour
 7:00 (C) Toastmasters

10
Shuttle Today
Esthetician Today
 11:00 (cl) Finishing Lines

2:00 "Pearls, Lace and Everything Nice" High Tea (sign up) (Suggest \$5 to the Cancer Society)
 2:30 (cl) Euchre
 3:00 (cl) Racket Balloon


11
 Hairdresser Today
BIBLE Study
 10:30 (C) Bible Study
 11:00 (cl) Fit minds


 2:00 (C) Tablet Lessons
 6:30 (C) Classical Music


12
Shuttle Today
Hairdresser Today
 10:00 (Sign up) Walmart


 10:30 (C) Java Music Club
 1:30 (C) Seated Pilates
Happy Hour
 3:00 (cl) **With Kent MacMillan**

13
 Saturday Brain Games available at the Front Desk
 10:00 (fl) Visit with St. Johns Therapy Dog Hank
 11:00 (cl) Euchre
 1:00 (cl) Racket Balloon
 2:00 (C) Movie "The boy who Harnessed the wind"
 7:15 (C) Movie: "Kindergarten Cop"

14

 Palm Sunday


15
Shuttle Today
Hairdresser Today

 10:00 (sign up) Grandads Donuts
 1:30 (sign up) Michael's Crafts
 2:00 (C) Movie: "An Interview with God"
 4:00 (fl) SJT Dog Visit (Lily & Scott)

16
Vendor: Debbie Shane

11:00 (C) Music Appreciation: Connie Frances
 1:15 (C) Funny Animals
 2:00 (C) **BINGO**
3:00 (C) Laughter Yoga
 7:00 (C) Toastmasters

17
 Esthetician Today
 11:00 (cl) Giant Crosswords

 1:30 (MAC) ART class
 2:00 (C) Documentary: "Monty Dons French Gardens"
 2:30 (cl) Euchre
 3:00 (cl) Racket Balloon

18
 Hairdresser Today
 10:30 (C) Bible Study
 11:00 (cl) Name 3
 1:30 (C) Journaling Challenge

 3:00 (cl) **Happy Hour** by Perry Furlotte as ELVIS
 6:30 (C) Classical Music

19

 3:00 (cl) Musical Performance With Dave Burden
 6:30 (C) Jeopardy
 Good Friday

20
 Saturday Brain Games available at the Front Desk
 10:00 (fl) Visit with St. Johns Therapy Dog Hank
 11:00 (cl) Euchre
 1:00 (cl) Racket Balloon
 2:00 (C) Afternoon Movie: "Leatherheads"
 7:15 (C) Movie: "La La Land"

21


 2:00 (C) Murdoch Mysteries Season 7 Ep 15 & 16th
 Easter Sunday

22
Hairdresser Today
 11:00 (cl) Brain Games

 2:00 (C) Java Music Club
 3:00 (cl) Colouring Mandalas
 4:00 (fl) SJT Dog Visit (Lily & Scott)
6:15 (C) Wine Social
 Earth Day

23

11:00 (C) Music Appreciation: The Platters
 1:15 (C) Funny Animals
 2:00 (C) **BINGO**
 7:00 (C) Toastmasters

24
 Esthetician Today

 11:00 (cl) Fit Minds
 2:00 (C) Documentary: "Billy Graham an Extraordinary Journey"
 2:10 (cl) Finishing Lines
 2:30 (cl) Euchre
 3:00 (cl) Racket Balloon

25
Hairdresser Today
 10:30 (C) Bible Study with Chaplain Homer

 11:00 (cl) Right, Left, Center
 1:30 (C) Journaling Challenge
 2:00 (cl) Sing Along With Kent
 6:30 (C) Classical Music

26
Hairdresser Today
10:30 (C) Java Music Club
 1:30 (C) Seated Pilates
Happy Hour
 3:00 (cl) **With Ken Lighthouse**
 6:30 (C) Jeopardy
 Arbor Day

27
 Saturday Brain Games available at the Front Desk
 10:00 (fl) Visit with St. Johns Therapy Dog Hank
 11:00 (cl) Euchre
 1:00 (cl) Racket Balloon
 2:00 (C) Afternoon Movie: "Dog Days"
 7:15 (C) Movie: "The Confirmation"

28

 2:00 (C) Murdoch Mysteries Season 7 Ep 17 & 18th

29
Shuttle Today
Hairdresser Today
 11:00 (cl) Table Top Curling
 1:00 (cl) Racket Balloon

 2:00 (C) Resident Council Meeting
 3:00 (cl) Cookie Coffee Social
 4:00 (fl) SJT Dog Visit (Lily & Scott)
6:15 (cl) Wine Social

30

11:00 (C) Music Appreciation: Engelbert Humperdinck
 1:15 (C) Funny Animals
 2:00 (C) **BINGO**
3:00 (cl) By Request Music Hour
 7:00 (C) Toastmasters

April 2019
 Behind the Clouds, The Sun is Still Shining!

WELLNESS CLASSES

ALL ARE WELCOME

	Monday	Tuesday	Wednesday	Thursday	Friday
8:45-9:45					Better Balance (gym)
10:15-11:00	Group Exercises	Group Exercises	Group Exercises	Group Exercises	Group Exercises
11:15-12:00		Tai Chi/Breathe Right	Hand Therapy	Tai Chi/Breathe Right	Hand Therapy
1:00-2:00	Sit To Be Fit	Fewer Falls (gym)	Pedaling Class (gym)		
2:00-3:00	Hip and Knee Therapy (gym)		Hip and Knee Therapy (gym)		
3:00-4:00			Sit To Be Fit		

Classes Are In The Café Unless Posted Otherwise



Wet Monday

The Irish have St. Patrick's Day. Mexicans have Cinco de Mayo. Even the Italians have Columbus Day. For those of Polish descent, there is Dyngus Day, always celebrated the Monday after Easter Sunday.

Dyngus Day is a celebration tied to the end of the Lenten season, but like many modern religious holidays, it has pagan origins. Just as Easter is filled with symbolism of rebirth, so, too, is Dyngus Day. In fact, one of the major rituals of Dyngus Day is for boys to splash water on girls. Nowadays, this is most often achieved with squirt guns, but in the past, this was done with buckets of water. For this reason, Dyngus Day is also known as Wet Monday or even Water Plunge Monday.

There are two explanations behind this wet tradition. The first harkens back many centuries to the pagan ritual of watering the Corn Mother, which was a doll woven of corn

and was meant to be an icon of the goddess of fertility. Watering the Corn Mother every spring ensured a bountiful growing season. The second explanation is also a story of rebirth but not of crops. The ritual splashing of water began with the baptism of Prince Mieszko I on Easter Monday in the year 966 AD. The baptism of the prince signified the acceptance of Catholicism as the national religion of Poland. In these two ways, Dyngus Day is both a celebration of Catholicism and an homage to pagan fertility rituals. During a Dyngus Day celebration, boys often only drench those girls that they are sweet on. In many ways, Dyngus Day is a flirting festival, where young men publicly identify the women they would like to court. Young women, too, have their say. They could prevent a soaking by offering painted eggs to boys. These eggs, called *pysanky*, are magical charms said to ensure a good harvest and a large, happy family. Also, on the Tuesday following Easter Monday, women have their chance to soak the boys, or, as an alternative to water, they may throw dishes or crockery. On Dyngus Day, love is in—and sailing through—the air.

McMaster University & Caroline Place Present:

Exercise As Medicine Health Fair

Join us to learn about the latest science behind how exercise can help manage age related diseases from 3rd and 4th year McMaster Kinesiology students!

Topics Include:

- Hypertension
- Diabetes
- Stroke
- Osteoarthritis
- And more...



Monday April 1st

1:30pm-3:00pm



Caroline Place Retirement Residence



Memorial Service



Join us
Sunday April 7th

At 2:00 PM In the Cottage

To honour those we have lost