

# April 2019 Harmony Hill Retirement Community

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Not sure where you are going? Use this guide to find your way around.

Second Floor  
AR—Activity Room  
C/TH—Chapel/Theatre  
B/L—Bar Lounge  
BR—Billiards Room  
GH—Green House

Main Floor  
B—Bistro  
L—Library  
LB—Lobby  
DR—Dining Room  
P—Pool



	1	2	Walker Clinic 3	4	5	Theatre Outing 6
	10:00/11:00 Fitness AR 10:30 Aqua Fit P  2:00 Bingo AR 2:45 Bowling Club L 3:30 Tea Time B/L  7:00 Bridge B/L 7:00 Dominos GH	9:15 Functional Fitness AR 10:30 Java Music Club C/T 11:00 Scrabble L <b>12:00 Outing Fish &amp; Chips SU</b> 2:15 Falls Prevention AR 2:30 Catholic Mass C/Th 3:00 Euchre B/L 4:00 Computer Help L 7:15 Triominos B/L	<b>9:30 Outing Walmart SU</b> 10:00 /11:00 Fitness AR 10:30 Aqua Fit P  2:00 Bingo AR 2:30 Hand Wax And Mini manicures GH  7:15 5 cent L-R-C B/L	9:15 Functional Fitness AR 10:30 Fit Minds B/L  2:15 Falls Prevention AR 2:30 Name That Singer C/TH 4:00 Social Time B/L  7:00 Bridge B/L 7:15 Card Bingo AR	10:00 Fitness AR 10:30 Aqua Fit P 11:00 Standing Fitness AR  3:00 Happy Hour with Tim C B/L  7:00 Colouring & Cocktails B/L	<b>Meet in the Lobby At 12:30</b> 10:00 Billiards B/L 10:30 Scattergories B/L 2:00 Bingo AR 3:00 Card Games Your Choice B/L 3:00 Movie Matinee C/T 7:15 Movie Night C/TH
<b>Volunteer Awareness 7 Week</b> 10:30 Coffee & Conversation B/L  2:30 Bid Euchre B/L  3:00 Movie Matinee C/T	8 10:00/11:00 Fitness AR 10:30 Aqua Fit P  2:00 Bingo AR 2:45 Bowling Club L 3:30 Tea Time B/L  7:00 Bridge B/L 7:00 Dominos GH	9 <b>Parkinson's Awareness Special Programs Throughout the Day</b> 9:15 Functional Fitness AR <b>10:00 Outing White Feather SU</b> 11:00 Scrabble L 2:15 Falls Prevention AR 3:00 Euchre B/L 4:00 Computer Help L 7:15 Triominos B/L	10 <b>9:30 Outing Walmart SU</b> 10:00/11:00 Fitness AR 10:30 Aqua Fit P  11:00 Standing Fitness AR <b>12:00 Outing Lunch at Swiss Chalet SU</b> 2:00 Bingo AR 2:30 Hand Wax And Mini Manicures GH 4:00 Computer Help L 7:15 UNO B/L	11 9:15 Functional Fitness AR 10:30 Fit Minds B/L  <b>11:30 Outing Casino Ajax SU</b> 2:15 Falls Prevention Ar 2:30 Volunteer Tea B 4:00 Social Time B/L  7:00 Bridge B/L 7:15 Card Bingo AR	12 10:00 Fitness AR 10:30 Aqua Fit P  11:00 Standing Fitness AR  2:30 Jeopardy with Alicia C/T 4:00 Social Time B/L  7:00 Pub Night With Art B/L	13 <b>Theatre Outing Meet in the Lobby At 5:00</b> 10:00 Billiards B/L 10:15 Scattergories AR 2:00 Bingo AR 3:00 Movie Matinee C/T  7:15 Movie Night C/TH

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>14</p> <p>10:30 Coffee &amp; Conversation B/L</p> <p>2:30 Gospel Hour with The BEEZ C/TH</p> <p>7:15 Learn Basic Line Dance AR</p>	<p>15</p> <p>10:00/11:00 Fitness AR</p> <p>10:30 Aqua Fit P</p> <p>2:00 Bingo AR</p> <p>2:45 Bowling Club L</p> <p>3:30 Tea Time B/L</p> <p>7:00 Bridge B/L</p> <p>7:00 Dominos GH</p>	<p>16</p> <p>9:15 Functional Fitness AR</p> <p>10:30 Dance for Parkinson's</p> <p>11:00 Scrabble L</p> <p><b>1:30 Outing Van Belle Greenhouse &amp; Shopping At Bowmanville Mall SU</b></p> <p>2:15 Falls Prevention AR</p> <p>2:30 Catholic Prayers AR</p> <p>3:00 Euchre B/L</p> <p>4:00 Computer Help L</p> <p>7:15 Triominos B/L</p>	<p>17</p> <p><b>9:30 Outing Walmart SU</b></p> <p>10:00/11:00 Fitness AR</p> <p>10:30 Aqua Fit P</p> <p>11:00 Standing Fitness AR</p> <p>2:00 Bingo AR</p> <p>2:30 Hand Wax</p> <p>And Mini manicures GH</p> <p>4:00 Computer Help SU</p> <p>7:15 5 cent L-R-C B/L</p>	<p>18</p> <p>9:15 Functional Fitness AR</p> <p>10:30 Fit Minds B/L</p> <p>11:00 Easter Service With the United Church C/T</p> <p><b>1:30 Oshawa Centre SU</b></p> <p>2:15 Falls Prevention AR</p> <p>3:00 Easter Tea B</p> <p>4:00 Social Time B/L</p> <p>7:00 Pub Night with Brian G B/L</p>	<p>19</p> <p><b>Good Friday</b></p> <p>Pick up some Puzzles from the Reception Desk</p> <p><b>2:30 Movie The Passion</b></p> 	<p>20</p> <p>10:00 Billiards B/L</p> <p>10:15 Scattergories B/L</p> <p>2:00 Bingo AR</p> <p>3:00 Movie Matinee C/T</p> <p>3:00 Card Games Your Choice B/L</p> <p>7:00 Movie Night C/T</p>
<p><b>Easter</b> 21</p> <p>10:30 Coffee &amp; Conversation B/L</p> <p>2:30 Bid Euchre B/L</p> <p>2:30 Movie Matinee Easter Parade C/TH</p>	<p>22</p> <p>10:00/11:00 Fitness AR</p> <p>10:30 Aqua Fit P</p> <p>2:00 Bingo AR</p> <p>3:30 Tea Time B/L</p> <p>7:30 Community Concert Band of Whitby B/L</p>	<p>23</p> <p>9:15 Functional Fitness AR</p> <p>10:30 Dance for Parkinson's</p> <p>10:30 Garden Meeting GH</p> <p>11:00 Scrabble L</p> <p><b>12:30 Outing Superpower Dogs-Science Centre \$ SU</b></p> <p>2:15 Falls Prevention AR</p> <p>2:30 Food Meeting C/TH</p> <p>3:30 Euchre B/L</p> <p>4:00 Computer Help L</p>	<p><b>Theatre Outing 24</b></p> <p><b>Bus Leaves at 11:30</b></p> <p><b>9:30 Outing Walmart SU</b></p> <p>10:00/11:00 Fitness AR</p> <p>10:30 Aqua Fit P</p> <p>11:00 Standing Fitness AR</p> <p>2:30 Monthly Birthday Celebration with Jeannette V B/L</p> <p>4:00 Computer Help SU</p> <p>7:15 Bingo AR</p>	<p>25</p> <p>9:15 Functional Fitness AR</p> <p><b>9:30 Outing Shopper's Drug Mart &amp; Banks SU</b></p> <p>10:30 Fit Minds B/L</p> <p><b>11:30 Outing OSSC Lunch and Tea Social \$ SU</b></p> <p>2:15 Falls Prevention AR</p> <p>3:00 Resident Meeting C/T</p> <p>4:00 Social Time B/L</p> <p>7:15 Card Bingo AR</p>	<p>26</p> <p>10:00 Fitness AR</p> <p>10:30 Aqua Fit P</p> <p>11:00 Standing Fitness AR</p> <p>2:30 Sing Along with Ivan And Ruth C/T</p> <p>4:00 Social Time B/L</p> <p>7:00 Pub Night with Country Spice B/L</p>	<p>27</p> <p>10:00 Billiards B/L</p> <p>10:15 Scattergories B/L</p> <p>2:00 Bingo AR</p> <p>3:00 Movie Matinee C/T</p> <p>3:00 Card Games Your Choice B/L</p> <p>7:15 Movie Night C/T</p>
<p>28</p> <p>10:30 Coffee &amp; Conversation B/L</p> <p>2:30 Sunday Sing Along With Janette C/T</p> <p>7:15 Learn Basic Line Dance AR</p>	<p>29</p> <p>10:00 /11:00 Fitness AR</p> <p>10:30 Aqua Fit P</p> <p>2:00 Bingo AR</p> <p>3:30 Tea Time B/L</p> <p>7:00 Bridge B/L</p> <p>7:00 Dominos GH</p>	<p><b>Anna&amp;Art Jewelry 30</b></p> <p>9:15 Functional Fitness AR</p> <p><b>10:00 Outing Shoreline Casino Peterborough SU</b></p> <p>11:00 Scrabble L</p> <p>10:30 Dance for Parkinson's</p> <p>2:15 Falls Prevention AR</p> <p>3:00 Euchre B/L</p> <p>3:00 Movie C/T</p> <p>4:00 Computer Help L</p> <p>7:15 Triominos B/L</p>				