



Mackenzie, Ken      Apr. 10  
 Wingren, Linda      Apr. 15  
 Berberick, Shirley   Apr. 18  
 Summers, Pat      Apr. 22  
 Barnes, Ernie      Apr. 22  
 Schneider, Hilda      Apr. 29

**April Birth Stone: Diamond**



**April Birth Flower: Daisy or Sweet Pea**




**APRIL 2024  
 THE MONTHLY BUZZ**

*April arrives with whispers of spring,  
 A symphony of birds on the wing.  
 Blossoms burst in hues so bright,  
 Chasing away the lingering night.*

*Raindrops fall in gentle showers,  
 Nourishing earth's budding flowers.  
 In April's embrace, new life begins,  
 As nature dances and the world grins.*

*So let us embrace this season's call,  
 In April's charm, we stand tall.  
 With each day's dawn, a fresh start,  
 April's beauty touches every heart.*

***FUN TIMES AT SUNNYSIDE MANOR***



Welcome to April!  
 Before we dive into the festivities, a friendly reminder: please refrain from feeding the seagulls and crows. While making friends is lovely, it can upset the ecosystem and attract unwelcome guests like rats.  
 Let's kick off this month with Earth Day! It's a time to appreciate nature and promote sustainability. Together, let's commit to caring for our planet and making eco-conscious choices every day.  
 As we celebrate Vaisakhi, we're honored to share in the traditions of our Indian staff. Get ready for an exciting celebration featuring vibrant Bhangra dancers and mouthwatering samosas!  
 On a personal note, Pino, our hardworking maintenance hero, is off on a well-deserved vacation to Mexico. While we'll miss him, he'll be back refreshed and ready to keep our space in top condition.  
 Here's to a fantastic and environmentally conscious April ahead!














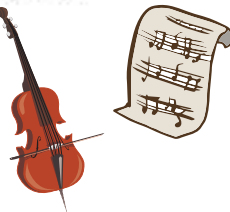







Warm regards,

-Olga, Activity Coordinator



# April 2024

## Sunnyside Manor

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>April' Fool Day 1</b> 10:30 Stronger Seniors DVD (EL) 1:00 Easter Egg Colouring and Chat with Michelle (WL) 1:00 Jelly Bean Contest Winner Announcement (WL) 3:00 Walk Around the Block (Lo) 	<b>10:30 One-to-One Visits (LIB) 2</b> 1:00 Bingo (WL) 3:00 Chair Yoga DVD (EL) 	<b>10:30 Morning Exercises (NL) 3</b> 1:30 Walk 'n' Talk with Olga (Lo) <b>3:00 Happy Hour with Brian Zalo (WL)</b> 	<b>9:45 Communion Service (LIB) 4</b> 10:30 Chair Yoga DVD (EL) <b>1:00 Bus Trip to Cherry Blossom Scenic Drive &amp; Ice Cream (Lo)</b> 3:00 Scrabble with Gigi (EL)	<b>10:30 Stronger Seniors - Chair Aerobics DVD (EL) 5</b> 1:30 Sudoku & Word Search (EL) 3:00 N Series: Harry & Meghan (EL)	<b>8:00 Foot Care (EK) 6</b> 10:30 Zumba Gold with Marifer (NL) 5:30 Saturday Night Chat (WL) 
<b>7</b> 	<b>10:30 Exercise and Balloon Ball (NL) 8</b> 1:00 Knowledge Quest: Fun Jeopardy for All (EL) 3:00 Walking & Balance Exercise Class (EL)	<b>Library Books &amp; Tapes Due 9</b> 1:00 No-Cost Prize Bingo (WL) 3:00 Chair Yoga DVD (EL) 	<b>10:30 Morning Exercises (NL) 10</b> 1:30 Walk 'n' Talk with Olga (Lo) <b>3:00 Vaisakhi Party with Bhangra Dancers (WL)</b> 	<b>9:45 Communion Service (LIB) 11</b> 10:30 Chair Yoga DVD (EL) <b>1:00 Shopping Trip to Walmart (Lo)</b> 3:00 Scrabble with Gigi (EL)	<b>10:30 Stronger Seniors - Chair Aerobics DVD (EL) 12</b> 1:00 Words Creations with Michelle (WL) 3:00 N Series: Harry & Meghan (EL)	<b>10:30 Zumba Gold with Marifer (NL) 13</b> 3:30 Piano Music with Finn (WL) 
<b>1:00 Christian Service with Pastor Les (LIB) 14</b> 	<b>10:30 Morning Exercises (NL) 15</b> <b>1:00 RCMP Presentation on Frauds &amp; Scams (EL)</b> 3:00 Wii Bowling & Games (EL)	<b>10:30 Knit &amp; Chat (EL) 16</b> 1:00 Bingo (WL) 3:00 Chair Yoga DVD (EL) 	<b>10:30 Morning Exercises (NL) 17</b> 1:30 Walk 'n' Talk with Olga (Lo) <b>3:00 Happy Hour with Mike Kinal (WL)</b> 	<b>9:45 Communion Service (LIB) 18</b> 10:30 Chair Yoga DVD (EL) <b>11:00 Bus to Art Knapp &amp; Lunch (BUS)</b> 3:00 Scrabble with Gigi (EL)	<b>10:30 Stronger Seniors - Chair Aerobics DVD (EL) 19</b> 1:00 Environmental Trivia (WL) 3:00 Movie Time: My Octopus Teacher (EL)	<b>Volunteer Appreciation Day 20</b> 10:30 Zumba Gold with Marifer (NL) 5:30 Saturday Night Chat (WL) 
<b>3:00 Student Musicians' Harmonious Hour (WL) 21</b> 	<b>Earth Day 22</b> 10:30 Morning Exercises (NL) 1:00 Our Planet Documentary (EL) 3:00 Nature-Inspired Art Therapy: (EL)	<b>1:00 No-Cost Prize Bingo (WL) 23</b> 3:00 Chair Yoga DVD (EL) 3:45 Chair Yoga Level 2 (EL)	<b>10:30 Parachute Fitness Party (WL) 24</b> 2:00 Town Hall Meeting (DR) <b>3:00 Happy Hour with Patrizia Coletta (WL)</b> 	<b>9:45 Communion Service (LIB) 25</b> 10:30 Chair Yoga DVD (EL) 1:00 Party Prep (DR) <b>1:30 Birthday Party &amp; Welcome Tea (DR)</b> 3:00 Scrabble with Gigi (EL)	<b>10:30 Stronger Seniors - Chair Aerobics DVD (EL) 26</b> 1:00 N Series: Harry & Meghan (EL) 3:00 Cards with Gigi (WL)	<b>10:30 Zumba Gold with Marifer (NL) 27</b> 3:30 Piano Music with Finn (WL) 
<b>28</b> 	<b>10:30 Morning Exercises (NL) 29</b> <b>1:00 Blood Pressure Clinic with Aspen Pharmacy (EL)</b> 3:00 Decorate for Mother's Day (WL)	<b>1:00 Bingo &amp; Bubble Tea (WL) 30</b> 3:00 Chair Yoga DVD (EL) 			Wafaa's Hair Salon Open on Wednesdays 9:00AM-2:00PM 	<b>Locations Legend:</b> East Lounge (EL) West Lounge (WL) North Lounge (NL) Lobby (Lo) Library (LIB) Dining Room (DR) East Kitchenette (EK) Bus Trips (BUS)