

THE RESIDENCE AT LITLEDALE ACTIVITIES CALENDAR APRIL 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	<p>11:00 AM Stretching and Massage with Miika in Conservatory</p> <p>11:45 AM Stretching and Massage with Miika 2nd Floor.</p> <p>3:00 PM Therapeutic Art 2nd Floor</p> <p><i>Easter Monday</i></p>	<p>11:00 AM Exercise Group with Silvo in Conservatory</p> <p>11:00 AM Exercise with Miika 3rd Floor</p> <p>11:45 AM Exercise Group with Silvo 2nd Floor</p> <p>2:00 PM Quilting Circle in Multipurpose Room</p> <p>3:00 PM Puppy Visits on 2nd and 3rd floor</p>	<p>11:00 AM Dance & Movement with Silvo in Conservatory</p> <p>11:00 AM Exercise with Miika 3rd Floor</p> <p>11:45 AM Dance & Movement with Silvo 2nd Floor</p> <p>2:00 PM–4:00 PM Music Therapist 2nd & 3rd Floors</p> <p>3:00 PM Coffee & Cards in Bistro</p> <p>6:00 PM Creative Arts Group in Multipurpose Room</p>	<p>11:00 AM Tai Chi with Silvo in Conservatory</p> <p>11:45 AM Tai Chi with Silvo 2nd Floor</p> <p>2:00 PM Outing</p>	<p>11:00 AM Yoga with Silvo in Conservatory</p> <p>11:45 AM Yoga with Silvo 2nd Floor</p> <p>2:00 PM Pool Game in Multipurpose Room</p> <p>3:00 PM Happy Hour in Bistro with Entertainment</p>	<p>11:00 AM Exercise with Miika in Conservatory</p> <p>11:45 AM Exercise with Miika 2nd Floor</p> <p>2:00 PM Movie in Theatre</p>
7	8	9	10	11	12	13
<p>10:30 AM Sunday Mass in Theatre</p> <p>2:00 PM Exercise with Miika in Conservatory</p> <p>2:45 PM Exercise Group with Miika 2nd Floor</p> <p>3:30 PM Scrabble in Bistro</p> <p>6:00 PM Movie in Theatre</p>	<p>11:00 AM Stretching and Massage with Silvo in Conservatory</p> <p>11:00 AM Exercise with Miika 3rd Floor</p> <p>11:45 AM Stretching and Massage with Silvo 2nd Floor.</p> <p>2:00 PM Foot Soaks with Epsom Salts in Multipurpose Room</p> <p>3:00 PM Coffee & Cards in Bistro</p>	<p>11:00 AM Exercise Group with Silvo in Conservatory</p> <p>11:00 AM Exercise with Miika 3rd Floor</p> <p>11:45 AM Exercise Group with Silvo 2nd Floor</p> <p>2:00 PM Sing Along & Sharing Music in Multipurpose Room</p> <p>3:00 PM Puppy Visits on 2nd and 3rd floor</p>	<p>11:00 AM Dance & Movement with Silvo in Conservatory</p> <p>11:00 AM Exercise with Miika 3rd Floor</p> <p>11:45 AM Dance & Movement with Silvo 2nd Floor</p> <p>2:00 PM Baking Group</p> <p>3:00 PM Tea Social</p> <p>6:00 PM Creative Arts Group in Multipurpose Room</p>	<p>11:00 AM Tai Chi with Silvo in Conservatory</p> <p>11:45 AM Tai Chi with Silvo 2nd Floor</p> <p>2:00 PM TimeSlips Creative Storytelling 2nd Floor</p>	<p>11:00 AM Yoga with Silvo in Conservatory</p> <p>11:45 AM Yoga with Silvo 2nd Floor</p> <p>2:00 PM Bingo in Multipurpose Room</p> <p>3:00 PM Happy Hour in Bistro with Entertainment</p>	<p>11:00 AM Exercise with Miika in Conservatory</p> <p>11:45 AM Exercise with Miika 2nd Floor</p> <p>2:00 PM Movie in Theatre</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
14	15	16	17	18	19	20
<p>10:30 AM Sunday Mass in Theatre</p> <p>3:00 PM St. Patrick's Day Party in Bistro with Entertainment</p> <p>6:00 PM Movie in Theatre</p>	<p>11:00 AM Stretching and Massage with Silvo in Conservatory</p> <p>11:00 AM Exercise with Miika 3rd Floor</p> <p>11:45 AM Stretching and Massage with Silvo 2nd Floor.</p> <p>2:00 PM Current Events Discussion Group in Multipurpose Room</p> <p>3:00 PM Social Games 2nd floor</p>	<p>11:00 AM Exercise Group with Silvo in Conservatory</p> <p>11:00 AM Exercise with Miika 3rd Floor</p> <p>11:45 AM Exercise Group with Silvo 2nd Floor</p> <p>2:00 PM Shared Reading Group in Multipurpose Room</p> <p>3:00 PM Puppy Visits on 2nd and 3rd floor</p>	<p>11:00 AM Dance & Movement with Silvo in Conservatory</p> <p>11:00 AM Exercise with Miika 3rd Floor</p> <p>11:45 AM Dance & Movement with Silvo 2nd Floor</p> <p>2:00 PM–4:00 PM Music Therapist 2nd & 3rd Floors</p> <p>3:00 PM Coffee & Cards in Bistro</p> <p>6:00 PM Creative Arts Group in Multipurpose Room</p>	<p>11:00 AM Tai Chi with Silvo in Conservatory</p> <p>11:45 AM Tai Chi with Silvo 2nd Floor</p> <p>2:00 PM Outing</p>	<p>11:00 AM Yoga with Silvo in Conservatory</p> <p>11:45 AM Yoga with Silvo 2nd Floor</p> <p>2:00 PM Pool Game in Multipurpose Room</p> <p>3:00 PM Happy Hour in Bistro with Entertainment</p>	<p>11:00 AM Exercise with Miika in Conservatory</p> <p>11:45 AM Exercise with Miika 2nd Floor</p> <p>2:00 PM Movie in Theatre</p>
21	22	23	24	25	26	27
<p>10:30 AM Sunday Mass in Theatre</p> <p>2:00 PM Exercise with Miika in Conservatory</p> <p>2:45 PM Exercise Group with Miika 2nd Floor</p> <p>3:30 PM Scrabble in Bistro</p> <p>6:00 PM Movie in Theatre</p>	<p>11:00 AM Stretching and Massage with Silvo in Conservatory</p> <p>11:00 AM Exercise with Miika 3rd Floor</p> <p>11:45 AM Stretching and Massage with Silvo 2nd Floor.</p> <p>2:00 PM Coffee & Cards in the Bistro</p> <p>3:00 PM Sensory Activities 2nd floor</p> <p><i>St. George's Day</i></p>	<p>11:00 AM Exercise Group with Silvo in Conservatory</p> <p>11:00 AM Exercise with Miika 3rd Floor</p> <p>11:45 AM Exercise Group with Silvo 2nd Floor</p> <p>2:00 PM Sing Along & Sharing Music in Multipurpose Room</p> <p>3:00 PM Puppy Visits on 2nd and 3rd floor</p>	<p>11:00 AM Dance & Movement with Silvo in Conservatory</p> <p>11:00 AM Exercise with Miika 3rd Floor</p> <p>11:45 AM Dance & Movement with Silvo 2nd Floor</p> <p>3:00 PM Monthly Birthday Party in Bistro</p> <p>6:00 PM Creative Arts Group in Multipurpose Room</p>	<p>11:00 AM Tai Chi with Silvo in Conservatory</p> <p>11:45 AM Tai Chi with Silvo 2nd Floor</p> <p>2:00 PM Gardening Workshop</p>	<p>11:00 AM Yoga with Silvo in Conservatory</p> <p>11:45 AM Yoga with Silvo 2nd Floor</p> <p>2:00 PM Bingo in Multipurpose Room</p> <p>3:00 PM Happy Hour in Bistro with Entertainment</p>	<p>11:00 AM Exercise with Miika in Conservatory</p> <p>11:45 AM Exercise with Miika 2nd Floor</p> <p>2:00 PM Movie in Theatre</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30				
<p>10:30 AM Sunday Mass in Theatre</p> <p>2:00 PM Exercise with Miika in Conservatory</p> <p>2:45 PM Exercise Group with Miika 2nd Floor</p> <p>3:30 PM Scrabble in Bistro</p> <p>6:00 PM Movie in Theatre</p>	<p>11:00 AM Stretching and Massage with Silvo in Conservatory</p> <p>11:00 AM Exercise with Miika 3rd Floor</p> <p>11:45 AM Stretching and Massage with Silvo 2nd Floor.</p> <p>2:00 PM Current Events Discussion Group in Multipurpose Room</p> <p>3:00 PM Therapeutic Art 2nd floor</p>	<p>11:00 AM Exercise Group with Silvo in Conservatory</p> <p>11:00 AM Exercise with Miika 3rd Floor</p> <p>11:45 AM Exercise Group with Silvo 2nd Floor</p> <p>2:00 PM Woodworking in Multipurpose Room</p> <p>3:00 PM Puppy Visits on 2nd and 3rd floor</p>				

Program Descriptions

Current Events Discussion Group in Multipurpose Room: Join us for an engaging and humorous discussion about what today’s world got wrong and what it hopefully got right.

Sanctuary Views—A Global Meditation Experience: Come and sit in our quiet theatre any time during the day to watch a continuous reel of tranquil landscapes around the world.

Exercise/Yoga/Tai Chi/Dance & Movement: Gentle stretching, strengthening, or aerobic exercises to hydrate and loosen stuck connective tissue that restricts movement. Increased mobility and less pain through movement. Exercise in the conservatory includes seated and standing exercises. Exercise on 2nd floor is seated.

Sing Along & Sharing Music in Multipurpose Room: Sing along to all-time favourites and ask to have some of *your* favourite songs played for the group.

Foot Soaks in Multipurpose Room: Soak your feet in a warm and comforting Epsom salt bath.

Happy Hour in Bistro with Entertainment: Sing, dance, or savour accompanying music by a local band or musician. Alcoholic beverages available for purchase.

Movie in Theatre: Bring forward a movie suggestion to Silvo, Miika, or the Concierge. Pop and chips (or popcorn) provided.

Scrabble in Bistro: Improve your cognitive flexibility with a classic game of Scrabble.

Social Games on 2nd Floor: Connect and laugh with other residents in a game of Jenga, picture dominoes, card matching, or light-hearted trivia.

Coffee & Cards in Bistro: Enjoy a social game of Bridge, 120s, Cribbage, or another card game of your choice, accompanied with coffee or tea.

Creative Arts Group in Multipurpose Room: Art-making facilitated for all ability levels from beginner to fine artist.

Outing: Join us for a local outing on our Littledale Bus, a sign-up sheet provided at the Concierge Desk. 10 seats available! Potential outings include The Rooms, Bidgood’s, Petty Harbour, The Ground’s Café in Portugal Cove, and other scenic drives.

Pool Game in Multipurpose Room: Practice your strategy and coordination in a classic game of pool.

Puppy Visits: Form a special bond with Silvo’s Shih-Tzu “Sisu”, every Tuesday at 3 PM.

Music Therapist 2nd & 3rd Floors: Experience the therapeutic benefits of a stimulating session of song and rhythm, facilitated by our visiting music therapist Renée White.

Monthly Birthday Party in Bistro: A birthday party celebrated for everyone who had a birthday this month!

Accordion Music 2nd Floor: Feel invigorated by a stimulating session of Eastern European accordion music played by our very own accordionist, Silvo!

Quilting Circle in Multipurpose Room: We have new quilting supplies! Come strengthen your creativity, fine hand use, and visuospatial perception by working on a collaborative quilt, a handmade treasure you can be a part of!

Bingo in Multipurpose Room: Enjoy the small thrills of winning small gifts and prizes in the popular game of Bingo.

Sensory Activities 2nd Floor: Engage the mind and the senses through simple pleasures like sewing cards, essential oils, folding socks and towels, rolling yarn, or calming music.

Therapeutic Art 2nd Floor: Stimulate thinking, feeling, and willing through form drawing, painting, sculpting with clay, or origami.

Shared Reading Group: Connect with other residents through reading and discussing literature together. Bring a short story, poem, or book you would like to share.

Baking Group in Multipurpose Room: Help us prepare a recipe that *you can suggest* to us before the scheduled group.

Tea Social in Multipurpose Room: Enjoy fresh homemade delights prepared with care by residents in the baking group.

TimeSlips Creative Storytelling: TimeSlips Storytelling is loads of fun! We'll be weaving stories together based on surprise photographs, singing a bit and learning a lot about the art of telling a story with objects that trigger powerful memories. Come along and see what TimeSlips is all about with TimeSlips Facilitator, Jan Buley

Gardening Workshop: Come and welcome (or hurry!) spring along in the Avalon with another gardening workshop with Jan Buley. We'll be learning about pussywillows and exploring a bit of gardening poetry too! No experience as a gardener is necessary. Bring your smiles and your creative selves and we'll have a wonderful time together.

Woodworking in Multipurpose Room: Help us assemble wooden birdhouses with ready made pieces of wood pre-cut and shaped locally.