



# April 2025 Active Living Daily Choices

## King Gardens Retirement Residence

Sandy Zha ~ Active Living Manager   Email: sandy.zha@cogirseniorliving.ca



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Calendar Legend</div> <div>All Day</div> <div>Technology *</div> <div>Special Program</div> <div>Outing</div> <div>TEP - Tiered Exercise Program</div>	<div>Locations Legend</div> <div>Lobby (L)</div> <div>Outdoor (O)</div> <div>Private Dinning Room (PDR)</div> <div>Theater (T)</div> <div>Resident's Suite (RS)</div> <div>Bistro (B)</div> <div>Front Desk (FD)</div> <div>Galleria (G)</div>	<div>Happy April Fool's Day 1</div> <div>10:30 Zumba with Ariam (L)</div> <div>11:00 Mind Joggers (L)</div> <div>2:30 Chocolate Bar Bingo (G)</div> <div>3:30 Fun Jewllery Making (B)</div> <div>4:00 Nature &amp; Walking (O)</div> <div>7:30 Healthy Mind Presentation by Lianne Harris - "MescoAmerica: Inca - Maya -Aztec" * (L)</div>	<div>10:30 TEP Exercise - Tier 3 (L) 2</div> <div>11:00 St. John Ambulance Therapy Dog Phoebe Visit (L)</div> <div>1:30 Seated Pompom Dance (L)</div> <div>2:30 Art &amp; Painting (L)</div> <div>3:30 Word Game - April Letter List (L)</div> <div>7:00 Documentary - Ghana: A Nation of Rich History and Iconic Wildlife* (L)</div>	<div>9:30 Outing to Stacked Pancake Breakfast House &amp; Walmart (O) 3</div> <div>10:30 TEP Exercise - Tier 1 (L)</div> <div>2:00 Lifemark Fall Prevention Program (L)</div> <div>2:30 World Party Day with entertainer Samira Yao (L)</div> <div>3:00 Lifemark Seated Tai Chi Program (L)</div> <div>4:00 Therapy Dogs Nala &amp; Finn's Visit (L)</div>	<div>10:30 TEP Exercise - Tier 2 (L) 4</div> <div>11:00 Balloon Badminton (L)</div> <div>11:00 Active Living Program Plan Meeting (L)</div> <div>1:30 Seated Pompom Dance (L)</div> <div>2:00 Students' Fun Cooking Class - " Gulab Jamun" (L)</div> <div>3:30 Friday Happy Hour (L)</div> <div>7:00 Friday Movie Night * (T)</div>	<div>10:30 TEP Exercise - Tier 1 (L) 5</div> <div>11:00 World within a word (L)</div> <div>2:30 Saturday Chocolate Bar Bingo (L)</div> <div>3:45 Spring Craft (L)</div>
<div>9:15 Reading: Prayer of the week (RS) 6</div> <div>10:30 Catholic Mass: Prayer for the Nation (L)</div> <div>11:00 Spelling Bee Word Game (B)</div> <div>2:30 Golden Classic Sing Along with Phyllis Cavallini (L)</div> <div>3:45 Ice Tea Social (L)</div>	<div>10:00 Redefine Aging Exercise by Lifemark (L) 7</div> <div>11:00 Fun Trivia (L)</div> <div>2:00 St.Catherine of Sienna Prayer Service (PDR)</div> <div>2:30 "World Health Day" Happy Hour with Davis Steven (G)</div> <div>4:00 Activity Kits On The Go (L)</div> <div>7:30 Communion Service with Father Roy Enmauel (PDR)</div>	<div>10:30 Zumba with Ariam (L) 8</div> <div>11:00 Mind Joggers (L)</div> <div>2:30 Chocolate Bar Bingo (L)</div> <div>3:30 Artful Talks &amp; Slide Show - Mexican Art (L)</div> <div>4:00 Nature &amp; Walking (O)</div> <div>7:00 Trivia Challengers (FD)</div>	<div>10:30 TEP Exercise - Tier 3 (L) 9</div> <div>11:00 Seated Pompom Dance (L)</div> <div>1:30 Paper Ornaments - Easter Bunny (L)</div> <div>2:00 Seated Yoga - Virtual Class* (L)</div> <div>3:30 "Live Happy" Ladies' High Tea Social (L)</div> <div>7:00 Documentary - Our Planet: Coastal Seas* (L)</div>	<div>10:30 TEP Exercise - Tier 1 (L) 10</div> <div>12:30 Pacini - Italian Restaurant Mississauga Lunch Trip (O)</div> <div>2:00 Lifemark Fall Prevention Program (L)</div> <div>2:30 Healthy Mind: "Women of Evolutionary Anthropology" by Dr. Eve Smeltzer * (L)</div> <div>3:00 Lifemark Seated Tai Chi Program (L)</div> <div>4:00 Therapy Dogs Nala &amp; Finn's Visit (L)</div>	<div>10:30 TEP Exercise - Tier 2 (L) 11</div> <div>11:00 Balloon Badminton (L)</div> <div>2:00 Cooking &amp; Tasting - "Tanghulu" (L)</div> <div>3:00 Creative workshop - Spring Centerpiece with painted jar (L)</div> <div>7:00 Friday Movie Night * (T)</div>	<div>10:30 Seated Exercise (L) 12</div> <div>11:00 World within a word (L)</div> <div>2:30 Saturday Chocolate Bar Bingo (L)</div> <div>3:45 Mini Manicures (L)</div>
<div>9:15 Reading: Prayer of the week (RS) 13</div> <div>10:30 Catholic Mass: Prayer for the Nation (L)</div> <div>2:30 Sunday Nickel Bingo (L)</div> <div>3:30 Urban Myth (L)</div>	<div>10:00 Redefine Aging Exercise by Lifemark (L) 14</div> <div>11:00 Fun Trivia (L)</div> <div>2:00 St.Catherine of Sienna Prayer Service (PDR)</div> <div>2:30 Java Music Club - Group A (L)</div> <div>3:30 Plant A Flower Day (L)</div> <div>4:00 Activity Kits On The Go (L)</div>	<div>10:30 Zumba with Ariam (L) 15</div> <div>11:00 Mind Joggers (L)</div> <div>1:30 Live Opera Concert by Sara Papini (L)</div> <div>2:30 Chocolate Bar Bingo (L)</div> <div>3:30 Artful Enrichment Session 1 - Painted Eggs (L)</div> <div>4:00 Nature &amp; Walking (O)</div> <div>7:00 Trivia Challengers (FD)</div>	<div>10:30 TEP Exercise - Tier 3 (L) 16</div> <div>11:00 Film Festival Trivia (L)</div> <div>1:30 Chair Yoga - Virtual Class (L)</div> <div>2:30 National Film Day entertainment with Kelly Davis (L)</div> <div>3:30 Art &amp; Painting - Lotus (L)</div> <div>7:00 Documentary - The Ice Walker: Surviving On the Frozen Zanskar River * (L)</div>	<div>10:30 TEP Exercise - Tier 1 (L) 17</div> <div>11:00 Seated Pompom Dance (L)</div> <div>2:00 Lifemark Fall Prevention Program (L)</div> <div>3:00 Lifemark Seated Tai Chi Program (L)</div> <div>3:30 Creative Workshop - Make A Easter Door Wreath (L)</div> <div>4:00 Therapy Dogs Nala &amp; Finn's Visit (L)</div>	<div>Good Friday 18</div> <div>10:30 TEP Exercise - Tier 2 (L)</div> <div>11:00 Balloon Badminton (L)</div> <div>1:30 New Residents Welcome Home Event (PDR)</div> <div>2:30 Good Friday Celebration with Veronica (L)</div> <div>3:30 Farewell Event to our students Asha &amp; Mishika (L)</div> <div>7:00 Friday Movie Night * (T)</div>	<div>10:30 Seated Exercise (L) 19</div> <div>11:00 World within a word (L)</div> <div>2:30 Saturday Chocolate Bar Bingo (L)</div> <div>3:45 iPad Games - Charade * (L)</div>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Happy Easter (L)</i> <b>20</b> 9:15 Reading: Prayer of the week (RS) 10:30 Catholic Mass: Prayer for the Nation (L) 2:30 Easter Sunday Special Nickle Bingo Game (L) 3:30 Easter Scramble Word Game (L)	<i>Easter Monday (L)</i> <b>21</b> 10:00 Redefine Aging Exercise by Lifemark (L) 11:00 Easter Jeopardy Trivia Game (L) 2:00 St.Catherine of Sienna Prayer Service (PDR) 3:00 Creative Workshop - Make A Easter Door Wreath (B) 4:00 Activity Kits On The Go (L)	10:30 Zumba with Ariam (L) <b>22</b> 11:00 Mind Joggers (L) 1:30 Fun Jewllery Making (L) 2:30 Chocolate Bar Bingo (L) 3:30 Earth Day Art & Craft (L) 7:00 "National Dance Week" Speical entertainment night with Marcus Schwan (L)	10:30 TEP Exercise - Tier 3 (L) <b>23</b> 12:30 <b>Outing to Prince Japanese Steakhouse &amp; Centennial Park Conservatory (O)</b> 2:00 Craft Corner - 3D Spring Garden (L) 3:00 Residents' General Meeting (L) 4:00 Godlen Buzzer -Mind Blowing Dancing show * (L) 7:00 Documentary - Where Tibet and Nepal Meet* (L)	10:30 <i>Laughter Yoga with Katalie (L)</i> <b>24</b> 2:00 <i>St. Anglican Church Service with Father Daniel (PDR)</i> 2:00 Lifemark Fall Prevention Program (L) 3:00 Spring Garden In A Jar (L) 3:00 Lifemark Seated Tai Chi Program (L) 4:00 Therapy Dogs Nala & Finn's Visit (L)	10:30 TEP Exercise - Tier 2 (L) <b>25</b> 11:00 Fun Trivia (L) 1:30 Cornhole Game Hour (L) 2:30 <i>Chef Demo with Chef Rekaiah (L)</i> 3:30 Friday Happy Hour - Pub Quiz (L) 7:00 Friday Movie Night * (T)	10:30 Seated Exercise (L) <b>26</b> 11:00 World within a word (L) 2:30 Saturday Chocolate Bar Bingo (L) 3:45 Mini Manicures (L)
9:15 Reading: Prayer of the week (RS) <b>27</b> 10:30 Catholic Mass: Prayer for the Nation (L) 2:30 Sunday Nickel Bingo (L) 3:30 Ice Tea Social (L)	10:00 Redefine Aging Exercise by Lifemark (L) <b>28</b> 11:00 Fun Trivia (L) 2:00 St.Catherine of Sienna Prayer Service (PDR) 2:30 Java Music Club - Group B (L) 3:00 <i>Food Committee Meeting (L)</i> 4:00 Activity Kits On The Go (L)	10:30 Zumba with Ariam (L) <b>29</b> 11:00 Mind Joggers (L) 2:30 <i>Residents Birthday Celebration with Tristan Alexander (L)</i> 3:30 Artful Enrichment Session 2 - Collaged Tulips (L) 4:00 Nature & Walking (O) 7:00 Trivia Challengers (FD)	10:30 TEP Exercise - Tier 3 (L) <b>30</b> 2:30 Art & Painting (L) 3:30 Presentation: Arbor Day & Trees Learning & Discussion* (L) 7:00 Documentary - Stories From Guatemala * (L)	<u>Calendar Legend</u> <i>All Day</i> Technology * <i>Special Program</i> <b>Outing</b>  TEP - Tiered Exercise Program	<u>Locations Legend</u> Lobby (L) Outdoor (O) Private Dinning Room (PDR) Theater (T) Resident's Suite (RS) Bistro (B) Front Desk (FD) Galleria (G)	<u>Dimensions Of Wellness Legend</u> Intellectual Social Physical Emotional Spiritual Community Engagement Environmental

