

April 2024

Forward Club House Monday–Friday 1-5:30, Saturday 10-5:30

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Advance Care Planning 10-12*	Connect grp 10-11* Natasha 10-1*	Meditation & QiGong 10:30*	Swimming group 9:30-1*		* PLEASE SIGN UP TO BE INCLUDED IN THESE ACTIVITIES
LGBTQ+ 1:30-2:30 Music Fun 3-4:30 on 8th, 15th & 25th Event Planning 3-4 on 22nd Dinner 5-5:30	Stephen's Stories 1:30-2 Art in the Den 2:30-4:30 Get Moving* 2:30-4:30 Coffee House & Games 4:30-5:30	Gardening 1:30-3 Men's Group 3-4:30 Dinner 5-5:30	Craft Time 1:30-2:30 Gentle Stretch 2:30-3:30 Documentaries & Coffee House 4-5:30	HUG Meeting 1:30-2 Writing Circle 2-3 Mexican Train (2 games in Den) 3-4:30 Dinner 5-5:30	6th Quiz Time 10:30-11:30 Comedy Hour 11:30-12:30 Sorry Tournament 2-4 Outdoor Fun 4-5:30 13th Meditation 10:30-11:30 Comedy Hour 11:30-12:30 Sorry Tournament 2-4 Trivia 4-5:30 20th Discussion 10:30-11:30 Comedy Hour 11:30-12:30 Sorry Tournament 2-4 Outdoor Fun 4-5:30 27th Relaxation 10:30-11:30 Comedy Hour 11:30-12:30 Sorry Tournament 2-4 Trivia 4-5:30
CLOSED on Easter Monday April 1st	Music Therapy on 16th & 30th 11:30-12:30*	Lunch served daily at 1pm. Dinner served on Mondays, Wednesdays & Fridays at 5pm	House is open daily from 10-1 for quiet activities	Get Moving* 2-Swimming 9-Mini Golf 16-Cathedral Grove 23-Butterfly World 30-Wave Pool	