

















# April 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2	<b>3</b> Get Crackin' H1 Individual Exercises 10:30 Sit N' Be Fit <i>1:30 Easter Eggs painting</i>	<b>4</b> Get Crackin' H2 10:00 Group Exercise <b>11:00 Casino restaurant</b>	<b>5</b> Get Crackin' H3 Individual Exercises 10:30 Sit N' Be Fit <b>1:30 Canteen</b>	<b>6</b> Get Crackin' H4 <b>10:00 Catholic Mass</b> <b>1:30 Egg Hauntin'</b>	<b>7</b> <b>NO RECREATION</b>	8
9 	<b>10</b> Get Crackin' H1 Individual Exercises 10:30 Sit N' Be Fit <b>1:30 Birthday Party H1</b> 	<b>11</b> Get Crackin' H2 10:00 Group Exercise 10:30 Bakin' <b>1:30 Birthday Party H2</b> 	<b>12</b> Get Crackin' H3 Individual Exercises 10:30 Sit N' Be Fit <b>1:30 "The Old Timers"</b> 	<b>13</b> Get Crackin' H4 10:00 Group Exercise <b>10:30 Crosswords</b> <b>1:30 Wine Makin'</b> 	<b>14</b> Individual Exercises 10:30 Sit N' Be Fit 1:30 BINGO 	15 
16 	<b>17</b> Get Crackin' H1 Individual Exercises 10:30 Sit N' Be Fit <b>1:30 Kaiser Tournament</b>	<b>18</b> Get Crackin' H2 10:00 Group Exercise 10:30 Bakin' <b>1:30 Birthday Party H3</b> 	<b>19</b> Get Crackin' H3 Individual Exercises 10:30 Sit N' Be Fit <b>1:00 Ladies Afternoon</b>	<b>20</b> Get Crackin' H4 10:00 Group Exercise <b>10:30 Crosswords</b> <b>1:30 Card Games</b>	<b>21</b> Individual Exercises 10:30 Sit N' Be Fit 1:30 BINGO 	22 
23	<b>24</b> Get Crackin' H1 Individual Exercises 10:30 Sit N' Be Fit <b>1:00 Volleyball/Basketball/Ball games</b>	<b>25</b> Get Crackin' H2 10:00 Group Exercise 10:30 Bakin' <b>1:30 Birthday Party H4</b> 	<b>26</b> Get Crackin' H3 Individual Exercises 10:30 Sit N' Be Fit 11:00 WELLNESS H1 12:30 WELLNESS H2 <b>1:30 Movie Afternoon</b>	<b>27</b> Get Crackin' H4 10:00 Group Exercise <b>11:00 WELLNESS H3</b> <b>12:30 WELLENESS H4</b> <b>1:30 Wine Makin'</b> 	<b>28</b> Individual Exercises 10:30 Sit N' Be Fit 1:30 BINGO 	29
30 	<b>Agnes Lucarz April 7<sup>th</sup>, 1924</b> <b>John deBruin April 15<sup>th</sup>, 1935</b> <b>Roman Buziak April 16<sup>th</sup>, 1932</b> <b>Ed Urbanowski April 22<sup>nd</sup>, 1927</b>					
						<b>Herman French April 7<sup>th</sup>, 1931</b> <b>William Swistun April 16<sup>th</sup>, 1934</b> <b>Ed Mohr April 19<sup>th</sup>, 1936</b> <b>Norma Monteith April 28<sup>th</sup>, 1946</b>

