

# APRIL 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>To join by phone, call:  <b>1-855-703-8985</b>            and enter meeting ID:  <b>225-573-6467#</b></p>		<p><b>1</b></p> <ul style="list-style-type: none"> <li>9:30am: Coffee Chat</li> <li>11am: Program Preview</li> <li>1pm: Science Savvy</li> <li>3pm: Exercise</li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li>9:30am: Gratitude</li> <li>11am: Ginger Rogers</li> <li>1pm: Nice To Meet You</li> <li>3pm: Pop Divas' Music</li> </ul>	<p><b>3</b></p> <p style="text-align: center;"><b>Good Friday</b></p>
<p><b>6</b></p> <ul style="list-style-type: none"> <li>11am: Exercise</li> <li>1pm: Next Stop</li> <li>3pm: Life of Frederick Fife</li> <li>4:30pm: Dinner Date</li> </ul>	<p><b>7</b></p> <ul style="list-style-type: none"> <li>9:30am: Ponder This</li> <li>11am: Imagination Circle</li> <li>1pm: Global Events</li> <li>3pm: Recipe Club</li> </ul>	<p><b>8</b></p> <ul style="list-style-type: none"> <li>9:30am: Mystery Chronicles</li> <li>11am: Cost of Living</li> <li>1pm: In the Headlines</li> <li>3pm: Exercise</li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li>1pm: China: Past</li> <li>3pm: Speakers' Corner</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>9:30am: Classical Music</li> <li>11am: Exercise- Chair Yoga</li> <li>1pm: Coffee Chat</li> <li>3pm: Animal Spotlight</li> </ul>
<p><b>13</b></p> <ul style="list-style-type: none"> <li>11am: Exercise</li> <li>1pm: Life Perspectives</li> <li>3pm: Life of Frederick Fife</li> <li>4:30pm: Relaxation</li> </ul>	<p><b>14</b></p> <ul style="list-style-type: none"> <li>9:30am: Let's Talk About</li> <li>11am: Mindfulness</li> <li>1pm: Crime &amp; Justice</li> <li>3pm: Readers' Corner</li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>9:30am: Some Good News</li> <li>11am: Taylor Swift</li> <li>1pm: Coffee Chat</li> <li><b>1pm: Finding Your Joy</b></li> <li>3pm: Exercise Q&amp;A</li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>9:30am: Gratitude</li> <li>11am: China: Present &amp; Future</li> <li>1pm: For Your Body</li> <li>3pm: Working Through Grief</li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li>9:30am: 50's Music</li> <li>11am: Exercise</li> <li>1pm: Writing For Fun</li> <li>3pm: Who Why When</li> </ul>
<p><b>20</b></p> <ul style="list-style-type: none"> <li>11am: Exercise</li> <li>1pm: SCWW Advisory Group</li> <li>3pm: Life of Frederick Fife</li> <li>4:30pm: Broadway Musicals</li> </ul>	<p><b>21</b></p> <ul style="list-style-type: none"> <li>9:30am: Name That Sound</li> <li>11am: Imagination Circle</li> <li>1pm: History Of</li> <li>3pm: Nutrition For Health</li> </ul>	<p><b>22</b></p> <ul style="list-style-type: none"> <li>9:30am: Person Place or Thing</li> <li>11am: Anti-Bullying</li> <li>1pm: Our Power, Our Planet</li> <li><b>1pm: Finding Your Joy</b></li> <li>3pm: Exercise</li> </ul>	<p><b>23</b></p> <ul style="list-style-type: none"> <li>9:30am: Gratitude</li> <li>11am: Next Stop</li> <li>1pm: Story Lines</li> <li>3pm: In the Headlines</li> </ul>	<p><b>24</b></p> <ul style="list-style-type: none"> <li>9:30am: Nature's Anthems</li> <li>11am: Exercise</li> <li>1pm: Coffee Chat</li> <li>3pm: BINGO</li> </ul>
<p><b>27</b></p> <ul style="list-style-type: none"> <li>11am: Exercise</li> <li>1pm: Let's Talk About</li> <li>3pm: Life of Frederick Fife</li> <li>4:30pm: Jeopardy</li> </ul>	<p><b>28</b></p> <ul style="list-style-type: none"> <li>9:30am: Word Games</li> <li>11am: Laughter Yoga</li> <li>1pm: International Space Station</li> <li>3pm: Open Mic</li> </ul>	<p><b>29</b></p> <ul style="list-style-type: none"> <li>9:30am: Coffee Chat</li> <li>11am: Name That Bird</li> <li>1pm: Don't Quote Me</li> <li><b>1pm: Finding Your Joy</b></li> <li>3pm: Exercise</li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li>9:30am: Gratitude</li> <li>11am: Alberta Road Trip</li> <li>1pm: Crafting Circle</li> <li>3pm: NPR Tiny Desk Concerts</li> </ul>	

# MAY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
To join by phone, call: <b>1-855-703-8985</b> and enter meeting ID: <b>225-573-6467#</b>				<b>1</b> 9:30am: All Request Music 11am: Exercise 1pm: Writing For Fun 3pm: Cost of Living
<b>4</b> 11am: Exercise 1pm: Small Talk 3pm: Life of Frederick Fife 4:30pm: Relaxation	<b>5</b> 9:30am: Ponder This 11am: Imagination Circle 1pm: Journalling 3pm: Next Stop	<b>6</b> 9:30am: Who Why When 11am: Artful Minds 1pm: Brain Games <b>1pm: Finding Your Joy</b> 3pm: Exercise	<b>7</b> 9:30am: Gratitude 11am: In the Headlines 1pm: Global Events 3pm: Trivia	<b>8</b> 9:30am: Canadian Folk Music 11am: Exercise- Chair Yoga 1pm: Author Spotlight 3pm: Stan Rogers
<b>11</b> 11am: Exercise 1pm: Life Perspectives 3pm: Life of Frederick Fife 4:30pm: Wheel of Fortune	<b>12</b> 9:30am: Who Sang It First 11am: Music Meditation 1pm: Science Savvy 3pm: Readers' Corner	<b>13</b> 9:30am: Mystery Chronicles 11am: Crime & Justice 1pm: Every Voice Matters <b>1pm: Finding Your Joy</b> 3pm: Exercise	<b>14</b> 1pm: Animal Spotlight 3pm: Coffee Chat	<b>15</b> 9:30am: Songs of Faith 11am: Exercise 1pm: Writing For Fun 3pm: Let's Talk About
<b>18</b> <p style="text-align: center;"><b>Victoria Day</b></p>	<b>19</b> 9:30am: Coffee Chat 11am: Imagination Circle 1pm: Story Lines 3pm: Nutrition For Health	<b>20</b> 9:30am: Group Crossword 11am: Alberta Road Trip 1pm: Healthy Aging <b>1pm: Finding Your Joy</b> 3pm: Exercise	<b>21</b> 9:30am: Gratitude 11am: In the Headlines 1pm: For Your Body 3pm: Working Through Grief	<b>22</b> 9:30am: Jazz Music 11am: Exercise 1pm: Tulipmania 3pm: Jeopardy
<b>25</b> 11am: Exercise 1pm: Would You Rather? 3pm: Life of Frederick Fife 4:30pm: Dinner Date	<b>26</b> 9:30am: Crystal Ball 11am: Malcolm X 1pm: Video Coffee Chat 3pm: SPCA Presents	<b>27</b> 9:30am: Name That Tune 11am: Health Social Determinants 1pm: Some Good News <b>1pm: Finding Your Joy</b> 3pm: Exercise	<b>28</b> 9:30am: Gratitude 11am: Musical Memories 1pm: History Of 3pm: Let's Talk About	<b>29</b> 9:30am: Women of Rock Music 11am: Exercise 1pm: Writing For Fun 3pm: BINGO

# JUNE 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>  11am: Exercise  1pm: Who Why When  3pm: Life of Frederick Fife  4:30pm: Broadway Musicals	<b>2</b>  9:30am: Ponder This  11am: Imagination Circle  1pm: Becoming Conscious Allies  3pm: Celebrating Seniors	<b>3</b>  9:30am: All Request Music  11am: Next Stop  1pm: In the Headlines  <b>1pm: Finding Your Joy</b>  3pm: Exercise	<b>4</b>  9:30am: Gratitude  11am: Small Talk  1pm: Science Savvy  3pm: Wheel of Fortune	<b>5</b>  9:30am: Classical Music  11am: Exercise  1pm: Speakers' Corner  3pm: Superman
<b>8</b>  11am: Exercise  1pm: Life Perspectives  3pm: Life of Frederick Fife  4:30pm: Brain Games	<b>9</b>  9:30am: Animal Spotlight  11am: Music Meditation  1pm: Story Lines  3pm: Readers' Corner	<b>10</b>  9:30am: Mystery Chronicles  11am: Global Events  1pm: Coffee Chat  <b>1pm: Finding Your Joy</b>  3pm: Exercise	<p style="text-align: center;"><b>No Programs</b></p>	<b>12</b>  9:30am: Queer Anthems  11am: Exercise- Chair Yoga  1pm: Writing For Fun  3pm: Crime & Justice
<b>15</b>  11am: Exercise  1pm: Save the Seeds  3pm: Life of Frederick Fife  4:30pm: Dinner Date	<b>16</b>  9:30am: Coffee Chat  11am: Imagination Circle  1pm: Literary Reflections  3pm: History Of	<b>17</b>  9:30am: Crystal Ball  11am: EPL Presents!  1pm: Next Stop  3pm: Exercise	<b>18</b>  9:30am: Gratitude  11am: Person Place or Thing  1pm: For Your Body  3pm: Working Through Grief	<b>19</b>  9:30am: Name That Tune  11am: Exercise  1pm: Cost of Living  3pm: BINGO
<b>22</b>  11am: Exercise  1pm: Let's Talk About  3pm: Life of Frederick Fife  4:30pm: Vinyl Cafe	<b>23</b>  9:30am: In the Headlines  11am: Laughter Yoga  1pm: David Thompson  3pm: Nutrition For Health	<b>24</b>  11am: Coffee Chat  1pm: Scandals of Royal Families	<b>25</b>  11am: Gratitude  1pm: Some Good News	<b>26</b>  11am: Exercise  1pm: Accidental Inventions
<b>29</b>  11am: Exercise  1pm: Life of Frederick Fife	<b>30</b>  11am: Coffee Chat  1pm: A Place to Belong	To join by phone, call: <b>1-855-703-8985</b> and enter meeting ID: <b>225-573-6467#</b>		

