

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

April 2026

Woodland Towers Activities

5  6:30 Uno Game DR Easter Sunday	6 1:30 Crokinole RR	7 9:30 Pump it Up: BalanceGA 1:30 Guest Speaker: Parkinson's and "The Spinning Wheels Tour" GA 3:00 Session #6: "Building A Toolbox" with Michael Bannerman from Seniors Mental Health (Last Session!) GA	8 10:00 Pump it Up: Combined GA 10:00 Aquatic Balance/ Falls Prevention Pool 1:00 Hand Waxing ML 1:30 DROM FIT GA 2:00 Brainteasers ML All Fools' Day Passover Begins	9 8:30 Breakfast with Rob \$ 10:00 Stay Fit Exercise GA 10:00 Bible Study SR 10:00 Billiards and Coffee 1:30 Worship Service with Pastor Charles Swartwood (Bethel Church) followed by refreshments and fellowship GA	10 9:30 Pump it Up: StrengthGA 1:30 Karaoke ML 3:00 Happy Hour RR 6:30 W.T.E.A Euchre RR 6:30 Praises with Steph ML	11 12:00 Lunch Bunch Pizza Party WR \$ Please Sign Up
12 6:30 Uno Game DR	13 1:30 Crokinole RR 1:30 Pump it Up:Strength GA 3:00 Afternoon Coffee RR	14 9:30 Pump it Up: BalanceGA 1:30 Guest Speaker: Constable Paul McCallum from Stratford Police ~Scam's and Fraud Q&A GA 6:30 Toonie Tuesday Pub Night with: Tracey Kennedy \$ GA	15 Hamlet Spring Supper 10:00 Aquatic Balance/ Falls Prevention Pool 1:00 Hand Waxing ML 2:00 General Resident Meeting DR 4:20 – 6:20 Wing Night Outing to the Army and Navy \$ Please sign up	16 International Wear Your Pajama's to Work Day! 10:00 Stay Fit Exercise GA 10:00 Hymn Sing GR 10:00 Bible Study SR 10:00 Billiards and Coffee 10:45 BP Clinic ML 1:30 Avondale United Communion Service GA 1:30-3:00 Creative CornerSR	17 9:30 Pump it Up: StrengthGA 10:30 DROM FIT GA 2:00 Swing into Spring Dance with the Adam's Family Band GA 3:00 Manicures SR 6:30 W.T.E.A Euchre RR 6:30 Praises with Steph ML	18
19 6:30 Uno Game DR	20 10:00 Sing Along with KimGR 1:30 Crokinole RR 1:30 Pump it Up:StrengthGA	21 <u>Country Western Dress-up Day!!</u> 9:30 Pump it Up: Balance GA 2:00 "The Rostock Country Square's": Square Dancing Demonstration GA 	22 10:00 Pump it Up: Combined GA 10:00 Aquatic Balance/ Falls Prevention Pool 1:00 Hand Waxing ML 1:30 DROM FIT GA 2:00 New Resident Welcome Tea! DR Earth Day Administrative Professionals Day	23 9:30 Stay Fit Exercise WR 10:00 Hymn Sing GR 10:40 Lunch Outing: Swiss Chalet (sign-up) ML 10:00 Bible Study SR 10:00 Billiards and Coffee 1:30-3:00 Creative CornerSR 3:00 Brainteasers ML	24 10:00 to 2:00 Elaine and Jackie's Spring Craft Sale ML 10:30 DROM FIT GA 2:00 Air Fryer Friday \$ RR Please sign up 6:30 W.T.E.A Euchre RR 6:30 Praises with Steph ML Arbor Day	25 9:00 Coffee Hour Bistro 3:00 Happy Hour RR
26 6:30 Uno Game DR	27 1:30 Crokinole RR 1:30 Pump it Up:StrengthGA 3:00 Afternoon Coffee	28 9:30 Pump it Up: BalanceGA 2:00 Birthday Party with Caroline and Joe DR	29 10:00 Pump it Up: Combined GA 10:00 Aquatic Balance/ Falls Prevention Pool 1:00 Hand Waxing ML 1:30 DROM FIT RR 2:00 Bring and Brag RR	30 10:00 Stay Fit Exercise GA 10:00 Hymn Sing GR 10:00 Bible Study SR 10:00 Billiards and Coffee 1:30-3:00 Creative CornerSR 2:00 Movie Matinee: Cheaper by the Dozen GA	LEGEND RR- Rose Room WR- Wellness Room SR- Spruce Room DR- Dining Room GR- Green Room ML- Main Lobby GA- Griffith Aud. SL – Spruce Lodge	

Home #: 519-271-4090

Kim: x2230

Karen: x 2257

Music Therapy: 2209

Pool: Tamara x 2282



Wendy Austin.....April 1st
Paul Fischer.....April 11th
Sandra Lavallee.....April 12th
Don Henderson.....April 13th
Bette Shaw.....April 15th
Steven Schultz.....April 16th
Garry Jantzi.....April 17th
Ann Lindensmith.....April 18th
Jim Tremaine.....April 23rd
Eileen Rutledge.....April 26th
Dennis Purcell.....April 29th
Jack Nowack.....April 30th
Kimberly Tew.....April 30th
Sue Dickson.....April 30th

Please Join us for the Woodland Towers Birthday Party at 2:00pm in the Dining Room on Tuesday, April 28th, with special entertainment by Caroline and Joe!
Complimentary cake, ice cream, coffee/tea/juice will be served.
Please sign-up in the sign-ups book.

Guest Speaker: Parkinson's and "The Spinning Wheels Tour"

We're excited to welcome Mike Lohrin and friends from the Spinning Wheels Tour to our community on **Tuesday, April 7th at 1:30 pm in the Griffith Auditorium** — and everyone is invited! The Spinning Wheels Tour is a coast-to-coast cycling initiative dedicated to raising awareness and support for people living with Parkinson's Disease and their families. Riders — including individuals living with Parkinson's themselves — cycle across Canada to share the powerful message that staying active can help maintain physical and mental wellbeing, and that no one has to face this journey alone. Join us for an informative and inspiring presentation as Mike and the team speak about Parkinson's Disease and the meaningful work they are doing across the country. All are welcome!

Travelogue: The Holy Land with Rick Steves

Join us on **Wednesday, April 8th at 2:30 pm in the Griffith Auditorium** as we watch a special travelogue, "**The Holy Land**" with **Rick Steves**. In this thoughtful, hour-long program from Rick Steves' Europe, Rick weaves together both Israeli and Palestinian narratives — exploring the historic ramparts of Jerusalem and the modern skyline of Tel Aviv, while also visiting Hebron, Bethlehem, and Ramallah. Along the way, we'll gain insight into the culture, history, and ongoing challenges facing the region. All are welcome to join us for this informative and engaging visual presentation!

Breakfast with Rob and Friends Thursday April 9th at 8:30 am

(doors open at 8:15) **Woodland Towers Dining Room**. Please **sign up \$8** The Menu is Ham and Cheese Omelets, Fruit Cup, and Savory Potatoes and **Service with a SMILE**.

Worship Service: Pastor Charles Swartwood

Join us on **Thursday, April 9th at 1:30 pm in the Griffith Auditorium** for a worship service with Pastor Charles Swartwood **from** Bethel Church. Enjoy a Hymn Sing and Worship, with refreshments and fellowship to follow. All are welcome!

Scams & Fraud Prevention – Q&A Session

Join us for an informative Question & Answer session with Constable Paul McCallum of the Stratford Police Community Resource Unit. With a background in Criminal Investigations, Constable McCallum will share valuable insights on current scams in our area and how to protect yourself. Bring your questions and learn how to stay safe and informed. **Tuesday, April 14th at 1:30 PM in the Griffith Auditorium**

Toonie Tuesday Pub Night

On **Tuesday, April 14th at 6:30pm** in **the Griffith Auditorium**, we will be hosting our monthly Pub Night! Join us for live entertainment by **Tracey Kennedy**, drinks, snacks, dancing and more! **Admission is only \$2/ person**, and the drink and snack bar will be open all night, so be sure to bring some cash if you'd like anything! Tie up those dancing shoes, and look forward to a night of laughter and fun! All welcome 😊.

Wing Night Outing to the Army & Navy! **Wednesday April 15th** join us on the bus to the Army & Navy for Wing night! The bus will pick us up at **4:20pm**. Please pay \$5.50 for the bus in the money box and sign up!

Avondale United Communion Service

Join us on **Thursday, April 16th at 1:30 pm in the Griffith Auditorium** for a service with **Avondale United Church**. Everyone is welcome to attend, and refreshments and fellowship will follow.

Swing into SPRING Dance with the Adam's Family Band!

After a long and snowy winter, **join us for our Swing Into Spring Dance** with the lively **Adam's Family Band!** On Friday, **April 17th at 2:00pm** in the Griffith Auditorium, enjoy a variety of your favourite tunes performed by this talented musical family. **Wear your most loved spring colours and shine up your dancin' shoes!** Everyone is welcome, and a **cash bar will be available**.

Rostock Country Square Dancers

On Tuesday, April 21st at 2:00pm in **the Griffith Auditorium**, we will be welcoming back our friends from the Country Squares Square Dancing Group out of Rostock, ON! Come watch and enjoy the dancers, or bring your dancing shoes, and get up on the floor to give it a whirl yourself! Wear your country attire for our Western Day, and stick around after the program for some refreshments and conversation! All are welcome.

RAFFLE We will be selling tickets for a Mother's Day Raffle. We will be raising funds towards our new **Resident's Coffee Bistro**, More details to come..... Please see posters

Lunch Outing: Swiss Chalet

Join us for a **lunch outing to Swiss Chalet** on **Thursday, April 23rd at 10:40am**. The **bus cost is \$5.50**, and spots are limited — please sign up and pay by Thursday, April 16th to reserve your seat. If you'd like to arrange your own transportation and still join us for lunch, be sure to **add your name to the sign-up list**.

Elaine and Jackie's Spring Craft Sale

Elaine and Jackie are back with their wonderful Spring Craft Sale! Stop by the Main Lobby and browse a great selection of ornaments, door decorations, and so much more. It's the perfect opportunity to do a little shopping and find something special for the season.

Friday, April 24th from 10:00 AM – 2:00 PM
Main Lobby

Air Fryer Friday...in the Rose Room

Please sign up! **Limited** spots available. Join us as we cook in the *Air Fryer* and social time. Bring along **\$4** as a donation to the fund to cover the cost of the food. See you then! Pop and Water available \$1

Movie Matinee: Cheaper By the Dozen

Join us for our April Movie Matinee on Thursday, April 30th at 2:00pm in the Griffith Auditorium, featuring the family comedy **Cheaper by the Dozen**, starring **Steve Martin** and **Bonnie Hunt!** In this fun, heart-warming film, Tom and Kate Baker juggle busy careers while raising their *twelve* lively children, leading to lots of laugh-out-loud chaos and family antics as they discover the ups and downs of big-family life. Grab a seat and enjoy the energy and humour of this beloved comedy — **pop is just \$1 and popcorn is free!**

SAVE the DATE! SATURDAY MAY 2nd, 10am – 3pm in the Griffith Auditorium at Woodland Towers.

Join us for our **Spring Market and One Stop Shop**. We will be having various Vendors, Silent Auction, Penny Sale, Coffee and Donuts. **Admission by donation**. All money raised will go towards our Residents Activity Fund. Please see posters for more details.

Mother's Day Tea and Entertainment Social Join us on Friday, May 8th for a delightful afternoon of music and celebration as we honour all mothers this Mother's Day. Enjoy live entertainment by Ginny and Charles while relaxing with tea, coffee, and a delicious lemon raspberry cake. Please see the poster for additional details. A sign-up sheet is available in the sign-up book. Kindly place your \$2 payment in the black money box, with your name and the event on envelope.