



APRIL 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	01 Office Closed Easter Monday	02 10:00-2:00pm: Drop in Games	03 9:00-10:00am: Yoga 9:30-11:00am: Wacky Walkers 1:00-3:00pm: Drop-in & Crop 4:30-5:30pm: Yoga	04 10:00-11:30am: Cross-stitching with Donnela 1:00-2:00pm: Exercise Class 2:30-3:30pm: Exercise Class	05 10:00-12:00pm: Knitting Group 12:30-3:00pm: Chateauguay Senior Group at OLPH	06
07	08 9:30-11:00am: Happy laps 11:30-1:00pm: Coloring Cafe 1:00-3:00pm: Grief Group 4:30-5:30pm: Zumba at NOVA	09 11:30-2:00pm: Art with Ilana	10 9:00-10:00am: Yoga 9:30-11:00am: Wacky Walkers 11:00-2:00pm: Lunch and Learn 1:00-3:00pm: Drop-in & Crop 4:30-5:30pm: Yoga	11 10:00-11:30am: Cross-stitching with Donnela 1:00-2:00pm: Exercise Class 2:30-3:30pm: Exercise Class	12 10:00-12:00pm: Knitting Group 12:30-3:00pm: Chateauguay Senior Group at OLPH	13 
14	15 9:30-11:00am: Happy laps 11:30-1:00pm: Coloring Cafe 1:00-3:00pm: Grief Group 4:30-5:30pm: Zumba at NOVA	16 2:00-3:30pm: Nature Walk with Taylor	17 9:00-10:00am: Yoga 9:30-11:00am: Wacky Walkers 1:00-3:00pm: Drop-in & Crop 4:30-5:30pm: Yoga	18 10:00-11:30am: Cross-stitching with Donnela 1:00-2:00pm: Exercise Class 2:30-3:30pm: Exercise Class	19 10:00-12:00pm: Knitting Group 12:30-3:00pm: Chateauguay Senior Group at OLPH	20 Office: 255 Boulevard D'Anjou Community Room: 259 Boulevard D'Anjou
21	22 9:30-11:00am: Happy laps 11:30-1:00pm: Coloring Cafe 1:00-3:00pm: Grief Group 4:30-5:30pm: Zumba at NOVA	23 12:30-3:30pm: Session with Kathy	24 9:30-11:00am: Wacky Walkers 1:00-3:00pm: Drop-in & Crop	25 10:00-11:30am: Cross-stitching with Donnela 1:00-2:00pm: Exercise Class 2:30-3:30pm: Exercise Class	26 10:00-12:00pm: Knitting Group 12:30-3:00pm: Chateauguay Senior Group at OLPH	27 Phone Number: 450-691-1444
28	29 9:30-11:00am: Happy laps 11:30-1:00pm: Coloring Cafe 1:00-3:00pm: Grief Group 4:30-5:30pm: Zumba at NOVA	30 1:00-2:30pm: Bingo				