

April 2026 Poplar Heights Activities with Lynsey

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Exercise calendars are posted in the resident home area.	One to One visit happens when recreation therapist is present.	Programs are subject to change	1 10:00 Colouring 2:00 Bingo	2 10:00 Sing-along 2:00 Social	3 10:00 Church Service 2:00 Tuck Shop Open	4
5	6 8:00 Breakfast 10:30 Crokinole 1:30 Bingo	7 10:00 Bible Study 10:00 Sing-along 2:00 Social	8 10:00 Country Drive 2:00 Music	9 9:30 Resident Council 10:00 Painting 2:00 Choir 2:00 Travelogue	10 9:30 Euchre 10:00 Green Thumbs 2:00 Happy Hour	11
12	13 9:30 Piano Music 10:00 Trivia 2:00 Bingo	14 10:00 Postcards of the Past 2:00 United Church 2:00 Painting	15 2:00 Maker's Club 2:00 Reading Group 5:00 Supper	16 10:00 Crafts 10:30 Catholic Mass 2:00 Bell Choir	17 9:30 Walking Group 2:00 Music	18
19	20 2:00 Bingo 6:15 Pub Night	21 9:00 Sing-along 12:00 Luncheon 2:15 Trivia	22 9:30 Library Bus Trip 1:30 Music	23 10:00 Ball Toss 2:00 Painting	24	25 8:00 Breakfast Club 10:30 Crokinole 1:30 Bell Choir
26 10:00 Hymn Sing 2:00 Euchre	27	28 9:00-11:00 Norview Cafe 2:00 Baptist Church	29 10:00 You Be the Judge 2:00 Bingo	30 10:00 Yarn Ninjas		Recreation Therapist is Lynsey Sendrowski