



# April 26th thru May 2nd

## Medical and Physical Offerings for the Terrace, Homes and Ridge

Sunday, Apr. 26	Monday, Apr. 27	Tuesday, Apr. 28	Wednesday, Apr. 29	Thursday, Apr. 30	Friday, May 1
Open Swim -All Day	<b>7:00-11:15am, 12:00-4:00</b> Open Swim - Pool  <b>8:00</b> Men's Circuit - IFC  <b>8:45</b> Women's Circuit - IFC  <b>9:30</b> Balance & Stability - BS  <b>10:15</b> Men's Circuit - IFC  <b>10:45</b> Chair Aerobics - IFC  <b>11:30</b> Water Walking - Pool  <b>1:00</b> Learn to Swim Lessons - Pool  <b>2:00</b> Chair Aerobics - BS  <b>2:30</b> Wii Bowling - VI	<i>Wear your name tag !</i>  <b>7-9am, 11am-10pm</b> Open Swim - Pool  <b>9:00</b> Pool Aerobics - Pool  <b>9:00-11:15</b> Drop-in hour for Blood Pressure Check - HC  <b>10:00</b> Arthritis Aquatics - Pool  <b>1:00</b> Breton Striders Walking Group - BS  <b>1:00</b> Ping Pong - IFC	<b>6:30-6:45</b> St. Mary's Lab draw - HC  <b>7:00-11:15am, 12:00-10:00pm</b> Open Swim - Pool  <b>8:00</b> Men's Circuit - IFC  <b>8:45</b> Women's Circuit - IFC  <b>9:30</b> Balance & Stability - BS  <b>10:15</b> Men's Circuit - IFC  <b>10:45</b> Chair Aerobics - IFC  <b>11:30</b> Water Walking - Pool  <b>1:00</b> Ping Pong - VI  <b>2:00</b> Chair Aerobics - BS  <b>4:00</b> Wii Bowling- VI	<b>7-9am, 11am-10pm</b> Open Swim - Pool  <b>9:00</b> Pool Aerobics - Pool  <b>9:00-10:00</b> Drop-in hours for Blood Pressure Checks - BS  <b>10:00</b> Arthritis Aquatics - Pool  <b>1:00</b> Breton Striders Walking Group - IFC  <b>1:30</b> Line Dancing - EX  <b>2:30</b> Beginners Line Dancing - EX	<i>Wear your nametag!</i>  <b>7-11:15am, 12-10pm</b> Open Swim—Pool  <b>8:00</b> Men's Circuit- IFC  <b>8:45</b> Women's Circuit- IFC  <b>9:30</b> Balance & Stability- BS  <b>10:15</b> Men's Circuit- IFC  <b>10:45</b> Chair Aerobics- IFC  <b>11:30</b> Water Walking- Pool  <b>1:00 - 2:00</b> Recreation Club - IFC
					<b>Saturday, May 2</b>
					Open Swim - All Day

**Location Key:**

**Terrace**

- AS - Art Studio
- BR - Billiard Room
- CAM -Cambridge Place
- CP - Centre Place
- CS - Cyberspace
- EX - Expressions
- HC - Health Centre
- IFC - Fitness Centre
- TLI - Terrace Library
- TPDR - Terrace Private Dining Rooms
- RSO - Resident Service Office
- TH- Theatre
- WC - Woods Café

**Ridge**

- BI - Bistro
- BS - Body Shop
- GR - Game Room
- Zia's - Ridge Private Dining Room
- RI - Ristorante
- RLI- Library
- VI - Vineyard