



INSPIRED
SENIOR LIVING

April 2025

Orchard Manor



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Parkinson's Awareness Month		9:00 Gentle Exercise (OML) 9:00 Go 4 Life Walking Club (OM) 9:30 Sing Along (OMLR) 10:30 Debbie's Surprise Birthday Party! (ORC) 11:00 Balloon Badminton (ORC) 1:15 BINGO with Prizes! (OM) 1:30 Sentimental Journey Game (OMLR) 2:30 Scattegories! (ORC) 3:30 Bean Bag Toss Game (OMLR)	9:00 Go 4 Life Walking Club (OM) 9:30 Dog Therapy with Dawn and Angel (OM) 9:30 Fun & Fitness (ORC) 10:30 Sing A Long (OMLR) 1:00 Working with Weights & In Room exercises (OMLR) 1:45 Afternoon Social and Entertainment (OMLR) 2:00 Tea & Tee Time! (Golf Putting) (OM) 3:30 Brain Games (C)	9:00 Go 4 Life Walking Club (OM) 9:30 Ball Therapy! (OMLR) 10:30 Men's Club (OM) 11:00 visits in the garden (OC) 1:30 Giant Crossword puzzle (OMLR) 3:30 Courtyard Walks and Visits (OMLR)	9:00 Go 4 Life Walking Club (OM) 9:15 Fun Fitness Friday! (OM) 10:00 Fit Minds- Brain Games (OM) 10:30 Beach Ball Game (OMLR) 1:00 Table Top Board Games! (OMLR) 2:00 Coffee, Tea & Me- Remember When (OM) 3:30 Scattegories & Word Games (OMLR)	9:00 Go 4 Life Walking Club (OM) 9:30 Chair Exercises & Stretches (OMLR) 10:00 Memory lane (OMLR) 11:00 Get Moving-Active Games (OMLR) 1:00 Silly Poems and Stories (OMLR) 2:00 Table Top Board Games and Trivia! (OMLR) 3:30 "Answer This" Trivia (OM)
	9:00 Go 4 Life Walking Club (OM) 9:30 Piano Music with Beryl (OMLR) 11:00 Finish The Line..... (OMLR) 1:00 Central Okanagan United Church Service (LO) 1:30 Guided Painting (ORC) 2:30 Suzie-Q Sing-a-Long (OMLR) 3:30 Horse Race Game! (ORC) 4:00 Sunday Movie Night (ORC)	9:00 Gentle Exercise (OML) 9:00 Go 4 Life Walking Club (OM) 9:30 Sing Along (OMLR) 10:00 BINGO with Prizes! (OM) 11:00 Balloon Badminton (ORC) 1:15 Java Club (ORC) 1:30 Sentimental Journey Game (OMLR) 2:30 Scattegories! (ORC) 3:30 Shooting Hoops! (OML)	9:00 Go 4 Life Walking Club (OM) 9:30 Dog Therapy with Dawn and Angel (OM) 9:30 Fun & Fitness (ORC) 10:00 Block Party- Cedar Way (OM) 10:00 Reading Short Stories & Reminiscing (OMLR) 11:00 Sing A Long (OMLR) 1:00 Working with Weights & In Room exercises (OMLR) 2:00 Tea & Tee Time! (Golf Putting) (OM) 3:30 Brain Games (C)	9:00 Go 4 Life Walking Club (OM) 9:30 Ball Therapy! (OMLR) 10:00 Brain Games- Trivia and more (OM) 10:30 Music Therapy with Norma (LO) 1:30 Trivia- What am I? (LO) 2:30 Active Games (OMLR) 3:00 Afternoon Social and Entertainment with Rolland! (OMLR)	9:00 Go 4 Life Walking Club (OM) 9:30 Fun Fitness Friday! (OM) 10:00 Fit Minds- Brain Games (OM) 10:30 Beach Ball Game (OMLR) 1:00 Table Top Board Games! (OMLR) 2:00 Coffee, Tea & Me- Remember When (OM) 3:30 Scattegories & Word Games (OMLR)	9:00 Go 4 Life Walking Club (OM) 9:30 Chair Exercises & Stretches (OMLR) 10:00 BC and Canada Trivia (OMLR) 11:00 Get Moving-Active Games (OMLR) 1:00 Silly Poems and Stories (OMLR) 2:00 Table Top Board Games and Trivia! (OMLR) 3:30 "Answer This" Trivia (OM)
	9:00 Go 4 Life Walking Club (OM) 9:30 Monday Morning Movie (OMLR) 10:15 Drumfit in Hawthorn Park (O) 10:30 Catholic Communion Service (T) 10:45 Coffee in the Bistro (BIST) 11:00 The Price is Right! (ORC) 1:00 Individual Visits and Walks (OM) 2:30 Music & Movement (AF) 3:00 Laughter Hour- Jokes & Trivia (OM) 3:30 Snack and Chat! (OM)	9:00 Gentle Exercise (OML) 9:00 Go 4 Life Walking Club (OM) 9:30 Sing Along (OMLR) 10:00 BINGO with Prizes! (OM) 11:00 Lunch Bunch - White Spot (OM) 1:15 Java Club (ORC) 1:30 Sentimental Journey Game (OMLR) 2:30 Scattegories! (ORC) 2:30 Canidate Visit- Steve Fuhr with the Liberal Party (LO) 3:30 Bean Bag Toss Game (OMLR)	9:00 Go 4 Life Walking Club (OM) 9:30 Dog Therapy with Dawn and Angel (OM) 9:30 Fun & Fitness (ORC) 10:00 Block Party- Birch Way (O) 10:00 Reading Short Stories & Reminiscing (OMLR) 11:00 Sing A Long (OMLR) 1:00 Working with Weights & In Room exercises (OMLR) 1:45 Afternoon Social and Entertainment with Sandra! *New Entertainer (OMLR) 2:00 Tea & Tee Time! (Golf Putting) (OM) 3:30 Brain Games (C)	9:00 Go 4 Life Walking Club (OM) 9:30 Ball Therapy! (OMLR) 10:00 Brain Games- Trivia and more (OM) 10:00 KLO Middle School Students visit (LO) 10:30 Men's Club (OM) 1:30 Giant Crossword puzzle (OMLR) 2:30 Active Games (OMLR) 3:00 Afternoon Social and Entertainment with Ria! (OMLR)	9:00 Go 4 Life Walking Club (OM) 9:15 Fun Fitness Friday! (OM) 10:00 Fit Minds- Brain Games (OM) 10:30 Beach Ball Game (OMLR) 1:00 Table Top Board Games! (OMLR) 2:00 Coffee, Tea & Me- Remember When (OM) 3:30 Scattegories & Word Games (OMLR)	9:00 Go 4 Life Walking Club (OM) 9:30 Chair Exercises & Stretches (OMLR) 10:00 Memory lane (OMLR) 11:00 Get Moving-Active Games (OMLR) 1:00 Silly Poems and Stories (OMLR) 2:00 Table Top Board Games and Trivia! (OMLR) 3:30 "Answer This" Trivia (OM)
9:00 Go 4 Life Walking Club (OM) 9:30 Current Events & News! (OM) 9:30 Bocce Ball in the Courtyard (C) 10:00 Piano Music with Beryl (OMLR) 11:00 Finish The Line..... (OMLR) 1:30 Guided Painting (ORC) 2:30 Suzie-Q Sing-a-Long (OMLR) 3:30 Horse Race Game! (ORC) 4:00 Sunday Movie Night (ORC)	9:00 Go 4 Life Walking Club (OM) 10:00 Scenic Drive (MEE) 10:30 Catholic Communion Service (T) 1:00 Individual Visits and Walks (OM) 2:30 Music & Movement (AF) 3:00 Laughter Hour- Jokes & Trivia (OM) 3:30 Snack and Chat! (OM)	9:00 Gentle Exercise (OML) 9:00 Go 4 Life Walking Club (OM) 9:30 Sing Along (OMLR) 10:00 BINGO with Prizes! (OM) 11:00 Lunch Bunch - White Spot (OM) 1:15 Java Club (ORC) 1:30 Sentimental Journey Game (OMLR) 2:30 Scattegories! (ORC) 2:30 Canidate Visit- Steve Fuhr with the Liberal Party (LO) 3:30 Bean Bag Toss Game (OMLR)	9:00 Go 4 Life Walking Club (OM) 9:30 Dog Therapy with Dawn and Angel (OM) 9:30 Fun & Fitness (ORC) 10:00 Block Party- Birch Way (O) 10:00 Reading Short Stories & Reminiscing (OMLR) 11:00 Sing A Long (OMLR) 1:00 Working with Weights & In Room exercises (OMLR) 1:45 Afternoon Social and Entertainment with Sandra! *New Entertainer (OMLR) 2:00 Tea & Tee Time! (Golf Putting) (OM) 3:30 Brain Games (C)	9:00 Go 4 Life Walking Club (OM) 9:30 Ball Therapy! (OMLR) 10:00 Brain Games- Trivia and more (OM) 10:00 KLO Middle School Students visit (LO) 10:30 Men's Club (OM) 1:30 Giant Crossword puzzle (OMLR) 2:30 Active Games (OMLR) 3:00 Afternoon Social and Entertainment with Ria! (OMLR)	9:00 Go 4 Life Walking Club (OM) 9:15 Fun Fitness Friday! (OM) 10:00 Fit Minds- Brain Games (OM) 10:30 Beach Ball Game (OMLR) 1:00 Table Top Board Games! (OMLR) 2:00 Coffee, Tea & Me- Remember When (OM) 3:30 Scattegories & Word Games (OMLR)	9:00 Go 4 Life Walking Club (OM) 9:30 Chair Exercises & Stretches (OMLR) 10:00 Memory lane (OMLR) 11:00 Get Moving-Active Games (OMLR) 1:00 Silly Poems and Stories (OMLR) 2:00 Table Top Board Games and Trivia! (OMLR) 3:30 "Answer This" Trivia (OM)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Easter Sunday 20 9:00 Go 4 Life Walking Club (OM) 9:30 Easter Bunny Races! (ORC) 10:00 Easter Sunday Celebration with Mar *Special Drink: Pink Bunny Mocktail* (ORC) 11:00 Finish The Line..... (OMLR) 1:30 Painting Easter Eggs! (ORC) 2:30 Suzie-Q Sing-a-Long (OMLR) 4:00 Sunday Movie Night (ORC)	9:00 Go 4 Life Walking Club (OM) 21 10:00 Scenic Drive (MEE) 10:30 Catholic Communion Service (T) 1:00 Individual Visits and Walks (OM) 2:30 Music & Movement (AF) 3:00 Laughter Hour- Jokes & Trivia (OM) 3:30 Snack and Chat! (OM)	Earth Day 22 9:00 Gentle Exercise (OML) 9:00 Go 4 Life Walking Club (OM) 9:30 Sing Along (OMLR) 10:00 BINGO with Prizes! (OM) 10:30 Premium Mobility Walker Clinic- Come on down! (LO) 11:00 Balloon Badminton (ORC) 1:15 Java Club (ORC) 1:30 Sentimental Journey Game (OMLR) 2:30 Scattegories! (ORC) 3:30 Shooting Hoops! (OML)	9:00 Go 4 Life Walking Club (OM) 23 9:30 Dog Therapy with Dawn and Angel (OM) 9:30 Fun & Fitness (ORC) 10:00 Reading Short Stories & Reminiscing (OMLR) 11:00 Sing A Long (OMLR) 1:00 Working with Weights & In Room exercises (OMLR) 2:00 Tea & Tee Time! (Golf Putting) (OM) 3:30 Brain Games (C)	9:00 Go 4 Life Walking Club (OM) 24 9:30 Ball Therapy! (OMLR) 10:00 Brain Games- Trivia and more (OM) 10:00 KLO Middle School Students visit (LO) 10:30 Music Therapy with Norma (LO) 1:30 Trivia- What am I? (LO) 2:30 Active Games (OMLR) 3:00 Afternoon Social and Entertainment with Jeremy (OMLR)	9:00 Go 4 Life Walking Club (OM) 25 9:30 Fun Fitness Friday! (OM) 10:00 Fit Minds- Brain Games (OM) 10:30 Beach Ball Game (OMLR) 1:00 Table Top Board Games! (OMLR) 2:00 Coffee, Tea & Me- Remember When (OM) 3:30 Scattegories & Word Games (OMLR)	9:00 Go 4 Life Walking Club (OM) 26 9:30 Chair Exercises & Stretches (OMLR) 10:00 BC and Canada Trivia (OMLR) 11:00 Get Moving-Active Games (OMLR) 1:00 Silly Poems and Stories (OMLR) 2:00 Table Top Board Games and Trivia! (OMLR) 3:30 "Answer This" Trivia (OM)
9:00 Go 4 Life Walking Club (OM) 27 9:30 Current Events & News! (OM) 9:30 Bocce Ball in the Courtyard (C) 10:00 Piano Music with Beryl (OMLR) 11:00 Finish The Line..... (OMLR) 1:30 Guided Painting (ORC) 2:30 Suzie-Q Sing-a-Long (OMLR) 3:30 Horse Race Game! (ORC) 4:00 Sunday Movie Night (ORC)	Artful Enrichment Week (AF) 28 9:00 Go 4 Life Walking Club (OM) 10:00 Scenic Drive (MEE) 10:30 Catholic Mass with Father Gerald (T) 1:00 Individual Visits and Walks (OM) 2:30 Spring Crafting Project (AF) 3:00 Laughter Hour- Jokes & Trivia (OM) 3:30 Snack and Chat! (OM)	Artful Enrichment Week (AF) 29 9:00 Gentle Exercise (OML) 9:00 Go 4 Life Walking Club (OM) 9:30 Sing Along (OMLR) 10:00 BINGO with Prizes! (OM) 11:00 Balloon Badminton (ORC) 11:30 Pizza Luncheon in the Oak Room! (O) 1:00 Staff and Resident Art Display in Hawthorn Park (LO) 1:30 Sentimental Journey Game (OMLR) 2:30 Scattegories! (ORC) 3:30 Bean Bag Toss Game (OMLR)	Artful Enrichment Week (AF) 30 9:00 Go 4 Life Walking Club (OM) 9:30 Dog Therapy with Dawn and Angel (OM) 9:30 Fun & Fitness (ORC) 11:00 Sing A Long (OMLR) 1:00 Working with Weights & In Room exercises (OMLR) 1:30 Afternoon Social & Entertainment with Vic & Caorl (OMLR) 2:00 Tea & Tee Time! (Golf Putting) (OM) 3:30 Brain Games- Art appreciation and Trivia (C)	TUESDAY APRIL 1 April Fool's Day		



Locations Legend	
Orchard Manor Living Room (OMLR)	Courtyard (C)
Orchard Manor (OM)	All Floors (AF)
Orchard Manor Activity Room (ORC)	Meet by bus (MEE)
Lounge (LO)	Theatre (T)
Orchard Manor Lobby (OML)	Oakroom (O)
	OM courtyard (OC)
	Bistro (BIST)

Calendar Legend
Artful Enrichment Week
Outing
Special Program
Cruise Week
Living, Loving, Local
Signature Program
Artful Enrichment