

# Elston Unit- Convalescent Care- Activity Calendar

# April 2026



Recreation Facilitator- Nicole Bahlke, Ext. 361  
nbahlke@ioof.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Please Note</b> Weekend programs are in Home Auditorium Ask PSW for portering assistance if needed.</p> 			<p>1 9:00am Physio 10:30am <b>Good Laughter</b> 1:00pm Group Exercise</p>	<p>2 9:00am Physio 10:00am <b>Paraffin Wax</b> 11:00am Tuck Cart 1:00pm Group Exercise 2:00pm <b>Crafty Corner</b></p>	<p>3 <b>No Physio Today</b> <b>No Programs</b></p>	<p>4 10:00am <b>Easter Bingo- Home Aud</b>  <b>(Self Transport)</b></p>
<p>5 </p>	<p>6 9:00am Physio 10:30am <b>Easter Church Service - Home</b> 10:30am Did you know 1:00pm Group Exercise 2:00pm Egg Toss</p>	<p>7 9:00am Physio 1:00pm Group Exercise 2:00pm Puzzles 6:00pm <b>Music With Adrien Robitaille - Home</b></p>	<p>8 9:00am Physio 1:00pm Group Exercise 2:00pm Fancy Fingers 5:00pm <b>In House Dinner- Rotisserie Chicken Caesar with Garlic Bread</b></p>	<p>9 9:00am Physio 10:00am <b>Paraffin Wax</b> 11:00am Tuck Cart 1:00pm Group Exercise 2:00pm Board Games</p>	<p>10 9:00am Physio 10:30am <b>Bingo</b> 1:00pm Group Exercise 2:00pm Puzzles </p>	<p>11 10:00am <b>Maple Syrup Experience- Home Aud</b>  <b>(Self Transport)</b></p>
<p>12 </p>	<p>13 9:00am Physio 10:30am Morning Chit Chat 1:00pm Group Exercise 2:00pm <b>Ice Cream Social</b> </p>	<p>14 9:00am Physio 1:00pm Group Exercise 2:00pm Yahtzee </p>	<p>15 9:00am Physio 12:00pm <b>In House Pizza Hut Lunch</b> 1:00pm Group Exercise 2:00pm <b>Splash of Colour</b></p>	<p>16 9:00am Physio 10:00am <b>Paraffin Wax</b> 11:00am Tuck Cart 1:00pm Group Exercise 2:00pm <b>Oldies But Goodies Music</b></p>	<p>17 9:00am Physio 10:30am <b>Bingo</b> 1:00pm Group Exercise 2:00pm <b>Picture Puzzles</b></p>	<p>18 10:00am <b>Board Games - AUD</b>  <b>(Self Transport)</b></p>
<p>19  <b>NATIONAL VOLUNTEER WEEK</b> April 20-24</p>	<p>20 7:30am <b>Rise and Shine with Tim Hortons</b> 9:00am Physio 1:00pm Group Exercise</p>	<p>21 9:00am Physio 1:00pm Group Exercise 6:00pm <b>Music With Bob Cook - Home</b></p>	<p>22 9:00am Physio 1:00pm Group Exercise 1:45pm <b>Bingo</b></p>	<p>23 9:00am Physio 10:00am <b>Paraffin Wax</b> 11:00am Tuck Cart 1:00pm Group Exercise</p>	<p>24 8:00am <b>Pancake Breakfast</b> 9:00am Physio 1:00pm Group Exercise</p>	<p>25 10:00am <b>Trivia - AUD</b>  <b>(Self Transport)</b></p>
<p>26 </p>	<p>27 9:00am Physio 1:00pm Group Exercise</p>	<p>28 9:00am Physio 1:00pm Group Exercise</p>	<p>29 9:00am Physio 1:00pm Group Exercise</p>	<p>30 9:00am Physio 1:00pm Group Exercise</p>	<p><b>Peer Support Chats</b> Monday April 13- Nutrition Monday April 27- Grief and Loss Informative Information Everyone Welcomed</p>	

Home - Home Auditorium

Location Codes: FL- Front Lobby AUD- Auditorium DTD- Door To Door GYM- Elston Gym TR- Therapy Room \$ Chargable Program

All Programs Subject To Change