








Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Millwoods</b>  <b>Manor</b>	1 9:45 Seated Exercise, Aud <b>10:00 Sit Fit 2F</b> 10:45 Bible Study 3Fl 11:00– 2:00 Jansal Clothing Sale, Aud <b>2:00 Spring Door Décor, 3F</b>	2 9:45 Seated Exercise, Aud 10:30 Hymn Sing, Aud 1:30 Cribbage 2F 	3 9:45 Seated Exercise, Aud 10:30 German Chapel, Aud 11:00 English Chapel, Aud 	4 9:45 Seated Exercise, Aud 1:30 Welcome Tea with Lindsey Nagy, Aud 	5 9:45 Seated Exercise, Aud <b>10:00 Coffee/Tea Social 3F</b> 10:30 Catholic Mass, Chapel 2:00 Singers of Note Choir Performance, Aud	6 1:30 Shuffleboard 2F
	7 10:30 English Worship Psalm 34:1 “I will bless the Lord at all times; His praise shall continually be in my mouth.”	8 9:45 Seated Exercise, Aud <b>10:00 Sit Fit 2F</b> 10:45 Bible Study 3Fl <b>1:45 Moose Mobility Presentation, Chapel</b>	9 9:45 Seated Exercise, Aud 10:30 Hymn Sing, Aud 1:30 Cribbage 2F 	10 9:45 Seated Exercise, Aud 10:30 German Chapel, Aud 11:00 English Chapel, Aud 	11 9:45 Seated Exercise, Aud 1:30 Entertainment with Norm and Shirley, Aud 	12 9:45 Seated Exercise, Aud <b>10:00 Coffee/Tea Social 3F</b> 10:30 Catholic Mass, Chapel 1:00 –3:00 MW Senior Centre Sewing & Knitting Sale, Aud
14 10:30 English Worship Matthew 6:33 “But seek first his kingdom and his righteousness, and all these things will be given to you as well.”	15 9:45 Seated Exercise, Aud <b>10:00 Sit Fit 2F</b> 10:45 Bible Study 3Fl <b>2:00 Bingo, 3F</b>	16 9:45 Seated Exercise, Aud 10:30 Hymn Sing, Aud 1:30 Cribbage 2F 1:30 Southwest Seniors Choir Performance, Aud	17 9:45 Seated Exercise, Aud 10:30 German Chapel, Aud 11:00 English Chapel, Aud <b>12:15 Bus Outing to the Muttart &amp; George F Hustler Memorial to see the Cherry Blossom Trees!</b>	18 9:45 Seated Exercise, Aud 2:30 Gemütliche Stunde, Aud	19 9:45 Seated Exercise, Aud <b>10:00 Coffee/Tea Social 3F</b> 10:15 Hoppy Acres Bunny Visits, Aud 10:30 Catholic Mass, Chapel 1:30 Volunteer Appreciation Event, Aud	20 1:30 Shuffleboard 2F
21 10:30 English Worship Isaiah 40:31 “But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.”	22 9:45 Seated Exercise, Aud <b>10:00 Sit Fit 2F</b> 10:45 Bible Study 3Fl <b>2:00 Resident Meeting, Chapel</b>	23 9:45 Seated Exercise, Aud 10:30 Hymn Sing, Aud 1:30 Cribbage 2F 1:30 Memorial Service, Aud	24 9:45 Seated Exercise, Aud 10:30 Bi-lingual Communion Service, Aud	25 9:45 Seated Exercise, Aud 1:30 Monthly Birthday Party with Paul Lamoureux, Aud	26 9:45 Seated Exercise, Aud <b>10:00 Coffee/Tea Social 3F</b> 10:30 Catholic Mass, Chapel <b>10:45 Lunch Outing to Saskitoba (Ukrainian Buffet in Leduc)</b>	27 1:30 Shuffleboard 2F
28 10:30 English Worship Psalm 29:2 “Ascribe to the Lord the glory due his name; worship the Lord in the splendor of his holiness.”	29 9:45 Seated Exercise, Aud <b>10:00 Sit Fit 2F</b> 10:45 Bible Study 3Fl <b>2:00 Library Presentation, 3Fl</b>	30 9:45 Seated Exercise, Aud 10:30 Hymn Sing, Aud 1:30 Cribbage 2F				2F—2nd Floor 3F— 3rd Floor Aud—Auditorium

# April

## A MESSAGE FROM JANA E

I am so excited for what April will bring us all! I am hopeful we will start having nicer weather, but can say for certain our home will be warm regardless... warm from the love and laughter that lives here, especially when we all are able to gather together. Please join me for programs this month, I would love to see you! If you ever would like to get in contact with me to express comments, concerns, or questions please don't hesitate to call me at 780-984-5123 or email me at [jlyons@shepherdsgardens.ca](mailto:jlyons@shepherdsgardens.ca).

“As I stand by my window and breath the fresh air, I notice Spring's signature penned everywhere: the snow's disappearing beneath greening grass, while buds and green sprouts are emerging at last. New plumage embellishes birds on the wing, and a fresh note of joy sparks each song that they sing. An early Spring shower pours droplets of white, as a wintering cloud slowly makes it's last flight. In wakening woods I can hear peepers sing; redundant their song, yet as new as each Spring. As I stand by my window and breath God's fresh air, I rejoice in Spring's signature penned everywhere.”

Loise Pinkerton Fritz

“See! The winter is past;  
the rains are over and gone.  
Flowers appear on the earth;  
the season of singing has come,  
the cooing of doves  
is heard in our land.”

Song of Solomon 2: 11-12

