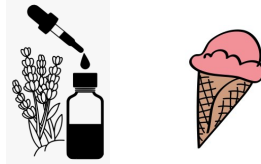


## Weekly Activities at The Manor

### **Monday April 22**

- 9:15 Morning Coffee & Snacks (Dining Rm.)
- 10:00 Exercise Class (Dining Rm.)
- 1:15 Aromatherapy Session (Dining Rm.)
- 2:15 Ice Cream Social (Dining Rm.)



### **Tuesday April 23**

- 9:15 Morning Coffee & Snacks (Dining Rm.)
- 10:00 Exercise Class (Dining Rm.)
- 12:45 Bus Tour and Mall Shopping Trip (Front Entrance)
- 2:30 Sing-a-long Snack Time (Dining Rm.)



### **Wednesday April 24**

- 9:15 Morning Coffee & Snacks (Dining Rm.)
- 10:00 Exercise Class (Dining Rm.)
- 1:15 Bingo! (Dining Rm.)
- 2:15 Sing-a-long Snack Time by Carolyn (Dining Rm.)



### **Thursday April 25**

- 9:15 Morning Coffee & Snacks (Dining Rm.)
- 10:00 Exercise Class (Dining Rm.)
- 1:15 Crafts - making Gnomes (Dining Rm.)
- 2:15 Snack Time & Trivia (Dining Rm.)



### **Friday April 26**

- 9:15 Morning Coffee & Snacks (Dining Rm.)
- 1:15 Cribbage with Rae & Nan (Dining Rm.)
- 2:15 Afternoon Snacks & Social Time (Dining Rm.)



### **Saturday April 27**

- 9:15 Self-Serve Morning Coffee & Snacks (Dining Rm.)
- 1:15 Bingo with Saskia (Dining Rm.)
- 2:15 Afternoon Snacks with Jo & Nena (Dining Rm.)



### **Sunday April 28**

- 9:15 & 2:15 Self-Serve Coffee & Snacks (Dining Rm.)

# The Manor Weekly

Apr. 22 to Apr. 28, 2024



## Bus Tour Around Town and Shopping at the Mall

Our bus will be taking shoppers over to the mall on Tuesday or taking folks on a scenic tour around town.

The bus will load everyone and then drop the shoppers off at the mall and continue on with the tour.

Please sign-up on Tuesday morning to reserve your seat on the bus.

**Tuesday April 23rd at 12:45**

## Making Gnomes

Join Jenni and Debbie for a fun craft session on Thursday after lunch. We will be making fabric gnomes and you will get to keep your creation.

Please sign-up by Wednesday so we know how much supplies are needed.



This is a very easy craft and Jenni can assist you if needed.

## Save the Date

Our next big function is for Mother's Day and is happening on **Tuesday May 7th**. We will be having a High Tea Luncheon followed by a fun Fashion Show! You don't want to miss it!

## Ice Cream Social

Jenni will be serving up Ice Cream cones on Monday afternoon during snack time!



## Aromatherapy

If you love scents and aromatherapy, join Jenni for a fun session testing and exploring the use of essential oils and learn how they may be able to help with relaxation, sleep, anxiety and other ailments.

**Monday April 22nd  
1:15 PM**

