

April 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Meal: Taco Pasta Activity: What's Hatching for me Egg Craft 11 am—2 pm 	2 Women's Group Fill Your Cup 1 pm—3 pm Gentle Chair Exercise Bingo 	3 Soup for the Soul Good Friday 3 pm 	4 Meal: Fish & Chips coleslaw 11 am—2 pm Activity: Minute to Win it 
5 Soup for the Soul 10:30 am Ham and Mashed Potatoes 	6	7 Mental Health Wellness Focus on Growth 1 pm - 3 pm World Health Day	8 Meal: BBQ Burgers Salad Activity: Holiday Movie 11 am - 2 pm 	9 Social Day's Game Day/Social 11 am—1 pm LET'S GET SOCIAL!	10 Concurrent Disorders Group 10 am -11 am Creative Playdates 1 pm—3 pm Activity: Spring Water color	11 Meal: Mac & Cheese Caesar Salad Activity: Bingo 11 am—2 pm 
12 Soup for the Soul 10:30 am 	13	14 Mental Health Wellness Topic: Connection 1 pm—3 pm	15 Meal: Chicken, Mash, Veg Activity: Spring Bingo 11 am - 2 pm 	16 Women's Group Fill Your Cup 1 pm—3 pm Activity: Spring flower pot 	17 Creative Playdates 1 pm—3 pm Activity: Spring Collage 	18 Meal: Pancakes and Bacon Activity: Karaoke 11 am—2 pm 
19	20	21 Mental Health Wellness Topic: Building resilience 1 pm—3 pm	22 Meal: Sausage on a bun & Salad Activity: 11 am—2 pm Music, Social, Games 	23 Social Day's Movie Day/Social 11 am—1 pm MOVIE DAY 	24 Concurrent Disorders Group 10 am -11 am Creative Playdates 1 pm—3 pm Activity	25 Meal: Shepherd's Pie 11 am—2 pm Activity: Lego Day Spring addition make fun flowers
26 Soup for the Soul 10:30 am 	27	28 Mental Health Wellness Topic: New Beginnings 1 pm—3 pm	29 Meal: Pork Souvlaki & roasted potatoes Activity: Spring Flower Water color 11 am—2 pm 	30 Fill Your cup Women's Group Activity: Macramé Hanger 1 pm—3 pm	<p style="text-align: center;">CLUB ENTRANCE AT REAR OF BLDG. Enter from Dominion Street onto Preston Lane.</p> <p style="text-align: center;">237 Second Street, PO Box 832, Midland ON L4R 4P4 Transportation: Ext 1228 www.wendatprograms.com</p>	



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