

MON


TUES

WED

THURS

FRI

APRIL 2026

1 Passover Begins 

9AM Connect & Chat
 10AM Fitness Circle
 11AM Morning Coffee Social
 11:30AM Passover Word Search
 1PM Egg Painting/ Passover Matching Game
 2PM Tunes & Togetherness

2 World Autism Awareness Day


9AM Connect & Chat
 10AM Seated Chair Yoga
 11AM Morning Coffee Social
 11:30AM Express Freely Art Session: Autism Acceptance Month
 1PM Nail Painting/ Creative Coloring
 2PM Game Time Social

Apr 03 Good Friday

6 Easter Monday 

9AM Connect & Chat
 10AM Gentle Seated Exercise
 11AM Morning Coffee Social
 11:30AM Easter Bingo
 1PM Craft: Bunny Creations
 2PM Music & Memories

7 National Caregiver Day 

9AM Connect & Chat
 10AM Seated Tai-Chi
 11AM Morning Coffee Social
 11:30AM Crafting Gratitude Cards
 1PM Bowling/ Puzzles
 2PM Board Games/ Card Games

8 International Day of Pink (Wear Pink Social)

9AM Connect & Chat
 10AM Fitness Circle
 11AM Morning Coffee Social
 11:30AM Beachball Challenge/ Pink Trivia
 1PM Crafting Kindness in Pink
 2PM Spiritual Music Sing-Along

9 Passover Ends

9AM Connect & Chat
 10AM Seated Chair Yoga
 11AM Morning Coffee Social
 11:30AM Bean Bag Toss/ Basketball
 1PM Kitchen Corner/ Word Search
 2PM Games Time Social

10

9AM Connect & Chat
 10AM Fun Fitness
 11AM Morning Coffee Social
 11:30AM Sports Bingo
 1PM Movie Matinee & Popcorn
 2PM Afternoon Comfort Club

13

9AM Connect & Chat
 10AM Gentle Seated Exercise
 11AM Morning Coffee Social
 11:30AM Spring Bingo
 1PM Beachball Challenge/ Board Games
 2PM Music & Memories 

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9AM Connect & Chat
 10AM Seated Tai-Chi
 11AM Morning Coffee Social
 11:30AM Ladder Golf/ Balloon Toss
 1PM Word Search/ Puzzles
 2PM Games Time Social

15 

9AM Connect & Chat
 10AM Fitness Circle
 11AM Morning Coffee Social
 11:30AM Brain Game Time/ Nail Painting
 1PM Axe Throwing/ Basketball
 2PM Afternoon Comfort Club

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9AM Connect & Chat
 10AM Seated Chair Yoga
 11AM Morning Coffee Social
 11:30AM Crafters Cove
 1PM Balloon Toss/ Creative Coloring
 2PM Tunes & Togetherness
2PM-3PM Workshop: Glen Oaks Funeral Home

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9AM Connect & Chat
 10AM Fun Fitness
 11AM Morning Coffee Social
 11:30AM Bingo
 1PM Movie Matinee & Popcorn
 2PM Mental Aerobics

20

9AM Connect & Chat
 10AM Gentle Seated Exercise
 11AM Morning Coffee Social
 11:30AM Earth Day Bingo
 1PM Basketball/ Word Search
 2PM Watch & Relax Hour 

21


9AM Connect & Chat
 10AM Seated Tai-Chi
 11AM Morning Coffee Social
 11:30AM Bowling Pin Challenge
 1PM Scented Creations/ Earth Day Word Hunt
 2PM Tunes & Togetherness

22 Earth Day 


9AM Connect & Chat
 10AM Fitness Circle
 11AM Morning Coffee Social
 11:30AM Eco Art Workshop
 1PM Puzzles/ Creative Coloring
 2PM Watch & Wonder: Earth Day

23

9AM Connect & Chat
 10AM Seated Chair Yoga
 11AM Morning Coffee Social
 11:30AM Bingo
 1PM Kitchen Corner/ Beachball
 2PM Afternoon Comfort Club

24 


9AM Connect & Chat
 10AM Fun Fitness
 11AM Morning Coffee Social
 11:30AM Balloon Toss/ Axe Throwing
 1PM Movie Matinee & Popcorn
 2PM Game Time Social

27 

9AM Connect & Chat
 10AM Gentle Seated Exercise
 11AM Morning Coffee Social
 11:30AM Ladder Golf/ Bean Bag
 1PM Brain Games Club
 2PM Aqua Painting/ Coloring
10AM-2PM Service Canada Day

28

9AM Connect & Chat
 10AM Seated Tai-Chi
 11AM Morning Coffee Social
 11:30AM Bingo
 1PM Bean Bag Toss/ Basketball
 2PM Music & Memories

29 

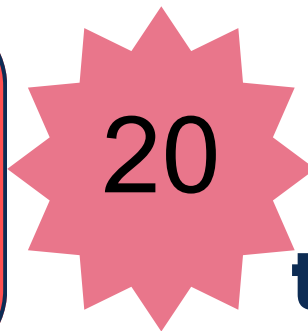
9AM Connect & Chat
 10AM Fitness Circle
 11AM Morning Coffee Social
 11:30AM Mental Aerobics/ Fun with Phrases
 1PM Beachball Challenge/ Puzzles
 2PM Spot the Difference/ Sing Along

30

9AM Connect & Chat
 10AM Seated Chair Yoga
 11AM Morning Coffee Social
 11:30AM Crafters Cove
 1PM Basketball/ Coloring
 2PM Tunes & Togetherness



Did you know your loved one in Mississauga can be supported for their care needs through Partners Community Health? mississaugaseniorsnavigation.ca for more information email: navigation@partnerscommunityhealth.ca



NEW activities this month

Belonging@PCH Theme this Month: **Collaboration**

For this theme, PCH celebrates the collaboration between staff, clients, families, caregivers and volunteers to provide high quality care for clients.

Spend the Day With Us

**WHERE: 2180 Speakman Dr
Mississauga
(Erin Mills/QEW)**

**WHEN: Monday to Friday
9AM to 4PM**

Our program space is fully accessible.

Our staff are certified PSWs.

Attendance is flexible.

Call: 905-369-2442 and ask for the Seniors Hub (ext: 1124)

OR EMAIL:

SeniorsHub@partnerscommunityhealth.ca



ACTIVITY HIGHLIGHTS

Earth Day Celebration – Activities such as word search and eco art workshops inspire creativity while fostering environmental awareness, sensory engagement, and a sense of responsibility toward nature.

Easter Celebration – Festive activities including bunny-themed crafts and bingo encourage fine motor development, self-expression, and joyful social interaction among clients.

Caregivers Day – Meaningful activities and appreciation initiatives recognize the dedication of caregivers while promoting gratitude, emotional connection, and a supportive community environment among clients.

International Day of Pink – Engaging activities such as themed trivia and creative crafts promote inclusivity and kindness, while encouraging self-expression and social interaction.

SERVICE CANADA

**April 27, 2026
10AM - 2PM**

A more convenient and comfortable way to get Service Canada help for your loved one!
Do you qualify for caregiver benefits?
Do you need help with your CPP or OAP?

Service Canada is here to help!
We offer free parking and almost no waiting