

MARCH 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10:00 Bible Study/ Hymn Sing V1 10:00 Bible Study/ Hymn Sing C1 11:00 Qigong 2:00 Men's Club 2:30 Card Games V1 2:30 Card Games C1	2 10:00Active Exercise-V1 10:00 Chair Exercise-C2 2:00 Library Cart C 3:00 Floral Design V1/C1 3:30 Floral Design V3 3:30 Qigong C3 6:00 Floral Design V4 6:30 Armchair Travel	3 10:00 Sing Along-V1 10:00 Sing Along-C1 10:00 Sing Along-V3/V4 1:30 Clowning Around V1 1:30 Clowning Around C1 2:00 Ball Games V3/V4 2:30 Afternoon Bingo 2:30 Cranium Crunches C3 5:00 Dinner Club 6:30 Bowling	4 10:00Active Exercise-V1 10:00 Chair Exercise-C2 10:00 Spa Visits C 1:30 Music Appreciation C3 2:00 Chair Yoga 2:30 Mini Cash Bingo V1 2:30 Mini Cash Bingo C1 3:30 Spa Visits V3 6:00 Spa Visits V4 6:30 Shuffleboard	5 10:00 Word Games V1 10:00 Word Games C1 10:00 Word Games V3/V4 10:30 Shopper's Drug Mart 2:00 Family Feud V1 2:00 Family Feud C1 2:00 Relaxation V3/V4 2:30 Tea Time Talks C3 6:30 Walking Club	6 9:45 Knitting Club 10:00 I Ball V1 10:00 I Ball C1 11:00 Church 2:00 Baking V1 2:00 Baking C2 2:30 Big Bucks Bingo 6:00 TV Series Night	7 10:00 Morning Bingo 2:30 News & Views V1 2:30 News & Views C1 3:00 Cribbage
8 10:00 Bible Study/ Hymn Sing V1 10:00 Bible Study/ Hymn Sing C1 2:30 Card Bingo V1 2:30 Card Bingo C1	9 10:00Active Exercise-V1 10:00 Chair Exercise-C2 2:00 Library Cart V 3:00 Floral Design V1/C1 3:30 Floral Design V3 3:30 Qigong C3 6:00 Floral Design V4 6:30 Armchair Travel	10 10:00 Sing Along-V1 10:00 Sing Along-C1 10:00 Sing Along-V3/V4 1:30 Coffee/Chat V1 1:30 Coffee/Chat C1 2:00 Ball Games V3/V4 2:30 Afternoon Bingo 2:30 Cranium Crunches C3 6:30 Bowling	11 10:00Active Exercise-V1 10:00 Chair Exercise-C2 10:00 Spa Visits V 1:30 Music Therapy C3 2:00 Chair Yoga 2:30 Mini Cash Bingo V1 2:30 Mini Cash Bingo C1 3:30 Spa Visits V3 6:00 Spa Visits V4 6:30 Shuffleboard	12 NUTMAN 10:00 Word Games V1 10:00 Word Games C1 10:00 Word Games V3/V4 2:00 Birthday/Welcome Party 2:30 Shoppers Drug Mart 6:30 Walking Club	13 9:45 Knitting Club 10:00 I Ball V1 10:00 I Ball C1 11:00 Church 2:00 Baking V1 2:00 Baking C2 2:30 Big Bucks Bingo 6:00 TV Series Night	14 Movie Marathon 9:30 Romance Movie 1:30 Action Movie 10:00 Morning Bingo 2:30 Arts & Crafts V1 2:30 Arts & Crafts C1 3:00 Cribbage
15 10:00 Bible Study/ Hymn Sing V1 10:00 Bible Study/ Hymn Sing C1 11:00 Qigong 2:00 Ladies Circle 2:30 Card Games V1 2:30 Card Games C1	16 Irish Week 10:00Active Exercise-V1 10:00 Chair Exercise-C2 2:00 St.Pat's Day Pre-Party 3:30 Floral Design V3 6:00 Floral Design V4 6:30 Armchair Travel	17 Wear Green! 10:00 St.Pat's Baking V1 10:00 St.Pat's Baking C2 10:00 Sing Along V3/V4 12:00 Irish Lunch Club 2:00 Ball Games V3/V4 2:30 St.Pat's Bingo 2:30 Cranium Crunches C3 6:30 Bowling	18 10:00Active Exercise-V1 10:00 Chair Exercise-C2 10:00 Spa Visits C 1:30 Music Appreciation C3 1:30 Starbucks Walk & Chat 2:30 Leprechaun Races 3:30 Spa Visits V3 6:00 Spa Visits V4 6:30 Shuffleboard	19 10:00 Irish Games V1 10:00 Irish Games C1 10:00 Irish Games V3/V4 1-3 Recreation STAFF Meeting (no programs) 3:30 Bread & Banter 6:30 Walking Club	20 9:45 Knitting Club 10:00 I Ball V1 10:00 I Ball C1 11:00 Church 2:00 Baking V1 2:00 Baking C2 2:30 Big Bucks Bingo 6:00 TV Series Night	21 10:00 Morning Bingo 2:30 Arts & Crafts V1 2:30 Arts & Crafts C1 3:00 Cribbage
22 10:00 Bible Study/ Hymn Sing V1 10:00 Bible Study/ Hymn Sing C1 2:00 Refreshment Cart	23 10:00Active Exercise-V1 10:00 Chair Exercise-C2 2:00 Library Cart C 3:00 Floral Design V1/C1 3:30 Floral Design V3 3:30 Qigong C3 6:00 Floral Design V4 6:30 Armchair Travel	24 10:00 Sing Along-V1 10:00 Sing Along-C1 10:00 Sing Along-V3/V4 1:30 Name That Tune V1 1:30 Name That Tune C1 2:00 Ball Games V3/V4 2:30 Afternoon Bingo 2:30 Cranium Crunches C3 6:30 Bowling	25 10:00Active Exercise-V1 10:00 Chair Exercise-C2 10:00 Spa Visits V 1:30 Music Therapy C3 2:30 Mini Cash Bingo V1 2:30 Mini Cash Bingo C1 3:30 Spa Visits V3 6:00 Spa Visits V4 6:30 Shuffleboard	26 NUTMAN 10:00 Word Games V1 10:00 Word Games C1 10:00 Word Games V3/V4 10:30 Shopper's Drug Mart 2:00 Jeopardy V1 2:00 Jeopardy C1 2:00 Relaxation V3/V4 2:00 Tim Hortons Run 2:30 Tea Time Talks C3 6:30 Walking Club	27 RECREATION TEAM PROFESSIONAL DEVELOPMENT DAY (Day programs cancelled) 6:00 TV Series Night	28 Movie Marathon 9:30 Classic 1:30 Comedy 10:00 Morning Bingo 2:30 Arts & Crafts V1 2:30 Arts & Crafts C1 3:00 Cribbage

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10:00 Bible Study/
Hymn Sing V1
10:00 Bible Study/
Hymn Sing C1
11:00 Qigong
2:00 Coffee/Chat
2:30 Card Bingo V1
2:30 Card Bingo C1

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9-11 Bus outing to Phil's for
Breakfast
10:00Active Exercise-V1
10:00 Chair Exercise-C2
2:00 Library Cart V
3:00 Floral Design V1/C1
3:30 Floral Design V3
3:30 Qigong C3
6:00 Floral Design V4
6:30 Armchair Travel

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10:00 Fruity Fun-V1
10:00 Fruity Fun-C1
10:00 Sing Along-V3/V4
1:30 Cranium Crunches V1
1:30 Cranium Crunches C1
2:00 Ball Games V3/V4
2:30 Afternoon Bingo
2:30 Cranium Crunches C3
6:30 Bowling

V=Vista
C=Courts
#=Floor Number

Please refer to DAILY LISTINGS for updates and locations of programs



*****All Outings are Weather Permitting & Residents attending need to be signed up*****