



# March 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Please refer to DAILY LISTINGS for updates and locations of programs</p>		<p><b>1</b> 10:00 Chair Hockey Practice 10:30 Let's Make Music <b>Kids U</b> 2:30 Therapeutic V3/V4 2:30 Afternoon Bingo 2:30 Chair Exercise 3:15 Let's Dance C3 3:30 Cheerleading Practice 6:30 Horse Races 6:45 1:1 Visits V3</p>	<p><b>2</b> 10:00 Chair Yoga C 10:00 Sing Along V 2:00 Save On Foods Jaunt 2:00 Let's Stroll V3/V4 2:30 Mini Cash Bingo 3:15 Let's Make Music C3 6:30 Jeopardy 6:45 Word Games C3</p>	<p><b>3</b> 10:00 Chair Yoga V 10:00 Word Games C 10:00 Therapeutic V3/V4 2:00 Walden <b>VS</b> Sagewood Chair Hockey Championship 6:30 Let's Dance 6:45 1:1 Visits V4</p>	<p><b>4</b> 10:00 Chair Dancing V 10:00 Parachute C <b>Kids U</b> 11:00 Lutheran Church 2:00 Physical Games V3 2:00 Resident Choice C3 2:30 Big Bucks Bingo 6:15 TV Series Night 6:45 Card Games C3</p>	<p><b>5</b> 10:00 Tea Time Talks 10:00 Morning Bingo 1:30 Art Therapy 2:00 Fun with Food C3</p>
<p><b>6</b> 9:30 Jesus Christ of Latter Day Saints V1 10:00 Bible Study/ Hymn Sing V1/C1 11:00 Qigong 1:30 Spa Visits 1/2C 2:00 Scrabble</p>	<p><b>7</b> 9:45 Group Exercise 10:45 Group Exercise 1:45 Music Therapy C3 2:00 Library Cart V 2:00 What's in the bag 2:30 Easter Baking V 3:00 Music Therapy V3/V4 3:30 Qigong C3 6:30 Bowling 6:45 Sing Along C3</p>	<p><b>8</b> 9:00 Breakfast Club 10:30 Let's Make Music <b>Kids U</b> 2:30 Therapeutic V3/V4 2:30 Easter Baking C 2:30 Afternoon Bingo 2:30 Chair Exercise 3:15 Let's Stroll C3 6:30 Southwinds Hymn Sing</p>	<p><b>9</b> 10:00 Chair Yoga C 10:00 Word Games V 2:00 Tim Hortons Run 2:00 Sing Along V3/V4 2:30 Afternoon Bingo 3:15 Let's Make Music C3 6:30 Under 70's Club 6:30 Bible Study with Lynda 6:45 Physical Games C3</p>	<p><b>10</b> 10:00 Chair Yoga V 10:00 Sing Along C 10:00 Therapeutic V3/V4 <b>1-3 Recreation STAFF Meeting (no programs)</b> 3:30 Refreshment &amp; Chat 3:30 Refreshment &amp; Chat C3 6:30 Let's Stroll 6:45 1:1 Visits V4</p>	<p><b>11</b> 10:00 St.Pat's Craft C/V <b>Kids U</b> 11:00 Church &amp; Memorial 2:00 Physical Games V3 2:00 Resident Choice C3 2:30 Big Bucks Bingo 6:15 TV Series Night 6:45 Social Nite C3</p>	<p><b>12</b> 10:00 Comedy Movie 10:30 Morning Bingo 1:30 Classic Movie 2:00 Coffee/Chat V 2:30 Mini Putt</p>
<p><b>13</b> 10:00 Bible Study/ Hymn Sing V1/C1 11:00 Qigong 1:30 Spa Visits 1/2/5V 2:00 Cards &amp; Games</p>	<p><b>14</b> 9:45 Group Exercise 10:45 Group Exercise 1:45 Music Therapy C3 2:00 Library Cart C 2:00 Remember When 2:30 Woodworking 3:00 Music Therapy V3/V4 3:15 Qigong C3 6:30 Shuffleboard 6:45 Sing Along C3</p>	<p><b>15</b> 10:30 Let's Make Music <b>Kids U</b> 10:30 St.Pat's Craft 1:00 KIRKHAM HEARING(link) 2:00 Easter Handbell Choir 3:15 Let's Dance C3 6:30 Family Feud 6:45 1:1 Visits V3</p>	<p><b>16</b> 10:00 Chair Yoga C 10:00 Sing Along V 2:00 Starbuck's Walk &amp; Chat 2:00 Balloon Toss V3/V4 2:30 Mini Cash Bingo 3:15 Let's Make Music C3 6:30 Pathfinders Visit 6:30 Bible Study with Lynda</p>	<p><b>17</b> 10:00 Armchair Travel 10:00 Word Games C 10:00 Therapeutic V3/V4 2:00 St.Pat's Party 6:30 Let's Stroll 6:45 Music with Les C3</p>	<p><b>18</b> RECREATION STAFF PROFESSIONAL DEVELOPMENT DAY  (NO PROGRAMS)</p>	<p><b>19</b> 10:00 Tea Time Talks 10:00 Morning Bingo 1:30 Art Therapy 2:00 Fun with Food C3</p>
<p><b>20</b> 9:30 Jesus Christ of Latter Day Saints V1 10:00 Bible Study/ Hymn Sing V1/C1 11:00 Qigong 1:30 Spa Visits 3/4V 2:00 Men's Club</p>	<p><b>21</b> 9:45 Group Exercise 10:45 Group Exercise 1:45 Music Therapy C3 2:00 Library Cart V 2:00 Color with me V3/V4 2:30 Paint to music 3:00 Music Therapy V3/V4 3:15 Qigong C3 6:30 Bowling 6:45 Sing Along C3</p>	<p><b>22</b> 10:00 Easter Bonnet Making<b>V</b> 10:30 Let's Make Music<b>C</b><b>KidsU</b> 2:00 Welcome/Birthday Party 5:00 Dinner Club 6:30 Charades 6:45 1:1 Visits V3</p>	<p><b>23</b> 10:00 Easter Bonnet Making<b>C</b> 10:00 Word Games V 2:00 Easter Craft V3 2:00 Easter Egg Hunt V4 2:30 Afternoon Bingo 3:15 Easter Egg Hunt C3 6:30 Mind Benders 6:30 Bible Study with Lynda 6:45 Word Games C3</p>	<p><b>24</b> 10:00 Chair Yoga V 10:00 Sing Along C 10:00 Therapeutic V3/V4 2:00 Card Bingo 2:30 Shoppers Drug Mart V 6:30 Let's Dance 6:45 1:1 Visits V4</p>	<p><b>25</b> <b>STAT</b> No Programs </p>	<p><b>26</b> 10:00 Romance Movie 10:30 Easter Bingo 1:30 Action Movie 2:00 Coffee/Chat C 2:30 Armchair Travel</p>
<p><b>27</b> 10:00 Bible Study/ Hymn Sing V1/C1 11:00 Qigong 1:30 Spa Visits 3/4C 2:00 Ladies Club</p>	<p><b>28</b> 9-11 Tim Horton's Breakfast in Balzac Outing 10:00 Group Exercise V1 1:45 Music Therapy C3 2:00 Easter Bonnet Party 3:00 Music Therapy V3/V4 3:15 Qigong C3 6:30 Shuffleboard 6:45 Sing Along C3</p>	<p><b>29</b> 10:30 Let's Make Music <b>Kids U</b> 12:00 Lunch Club 2:30 Fruit of the month 2:30 Therapeutic V3/V4 2:30 Afternoon Bingo 2:30 Chair Exercise 3:15 Let's Dance C3 6:30 Family Feud 6:45 1:1 Visits V3</p>	<p><b>30</b> 10:00 Chair Yoga C 10:00 Sing Along V 2:00 Balloon Toss V3/V4 2:30 Mini Cash Bingo 3:15 Let's Make Music C3 6:30 Penny Ante 6:30 Bible Study with Lynda 6:45 Physical Games C3</p>	<p><b>31</b> 9-11 Personal Touch Fashions 10:00 Chair Yoga V 10:00 Word Games C 10:00 Therapeutic V3/V4 2:00 Library Cart C 2:00 Card Bingo 2:30 Shoppers Drug Mart C 6:30 Let's Stroll 6:45 1:1 Visits V4</p>	<p><b>***All Outings are Weather Permitting &amp; Residents attending need to be signed up***</b></p>	<p><b>V=Vista Building</b> <b>C=Courts Building</b> <b>#=floor</b></p>