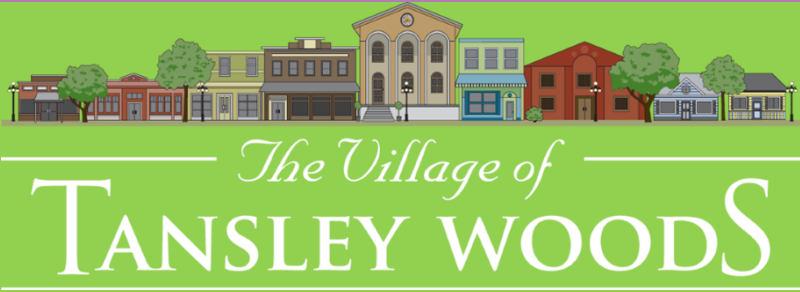




March 2024

BRANT



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Legend</div> <div>CC– Community Center</div> <div>FC– Fitness Center</div> <div>TH– Town Hall</div> <div>L– Library</div> <div>MS– Main Street</div>					<div>1</div> <div>8:15 Breakfast</div> <div>9:00 Neighbourhood Time</div> <div>10:00 Calendar Drop Off</div> <div>11:00 Musical Moments</div> <div>11:00 Line Dancing</div> <div>12:00 Lunch</div> <div>1:15 Art Therapy</div> <div>2:00 Circle of Friends</div> <div>3:00 For the Fun of Fit</div> <div>5:00 Dinner</div>	<div>2</div> <div>8:15 Breakfast</div> <div>9:00 Neighbourhood Time</div> <div>10:00 Circle of Friends</div> <div>11:00 For the Fun of Fit</div> <div>12:00 Lunch</div> <div>2:00 Stepping Out</div> <div>3:30 Brent M performs—TH</div> <div>5:00 Dinner</div>
<div>3</div> <div>8:15 Breakfast</div> <div>9:00 Neighbourhood Time</div> <div>10:00 Movie Matinee—TH</div> <div>12:00 Lunch</div> <div>2:00 Church—TH</div> <div>3:00 For The Fun of Fit</div> <div>5:00 Dinner</div>	<div>4</div> <div>8:15 Breakfast</div> <div>10:30 Mother Goose—TH</div> <div>12:00 Lunch</div> <div>1:00 Neighbourhood Time</div> <div>1:30 Program Awareness– MS</div> <div>1:45 Sweat Squad– FC</div> <div>3:00 Stepping Out</div> <div>3:30 Musical Moments</div> <div>5:00 Dinner</div> <div>6:30 Brains and Banter– CC</div>	<div>5</div> <div>8:15 Breakfast</div> <div>9:00 Neighbourhood Time</div> <div>10:30 Standing Balance—FC</div> <div>12:00 Lunch</div> <div>1:45 Group Fitness—FC</div> <div>2:00 Brains and Banter</div> <div>3:30 Stepping Out</div> <div>5:00 Dinner</div>	<div>6</div> <div>8:15 Breakfast</div> <div>9:00 Neighbourhood Time</div> <div>10:00 Jamboree</div> <div>11:00 Music Therapy</div> <div>11:00 Stepping Out</div> <div>12:00 Lunch</div> <div>2:00 You and Me</div> <div>2:30 Laughter Yoga– FC</div> <div>3:30 In the Kitchen</div> <div>5:00 Dinner</div>	<div>7</div> <div>8:15 Breakfast</div> <div>9:00 Neighbourhood Time</div> <div>10:00 For the Soul</div> <div>10:15 Basketball and Ball Toss—FC</div> <div>11:00 Express Yourself</div> <div>11:15 Fun and Ft</div> <div>12:00 Lunch</div> <div>1:15 Horticulture Therapy</div> <div>2:15 Drum Fit—FC</div> <div>3:00 Yoga—FC</div> <div>3:30 For The Fun of Fit</div> <div>5:00 Dinner</div>	<div>8</div> <div>8:15 Breakfast</div> <div>9:00 Neighbourhood Time</div> <div>10:00 Women's Day—TH</div> <div>11:00 Line Dancing—FC</div> <div>12:00 Lunch</div> <div>1:15 Art Therapy</div> <div>2:00 Soothing Sensations</div> <div>3:00 For the Fun of Fit</div> <div>5:00 Dinner</div>	<div>9</div> <div>8:15 Breakfast</div> <div>9:00 Neighbourhood Time</div> <div>10:00 Circle of Friends</div> <div>10:15 Tai Chi</div> <div>11:00 Brains and Banter</div> <div>12:00 Lunch</div> <div>2:00 You and Me</div> <div>3:00 Lesley Taylor Performs—TH</div> <div>4:00 Stepping Out</div> <div>5:00 Dinner</div>
<div>10</div> <div>8:15 Breakfast</div> <div>9:00 Neighbourhood Time</div> <div>10:00 Soothing Sensations</div> <div>11:00 For The Fun of Fit</div> <div>12:00 Lunch</div> <div>1:00 Total Body Fitness</div> <div>2:00 Church—TH</div> <div>3:15 Basketball and Ball Toss—FC</div> <div>3:30 Express Yourself</div> <div>5:00 Dinner</div>	<div>11</div> <div>8:15 Breakfast</div> <div>12:00 Lunch</div> <div>1:00 Neighbourhood Time</div> <div>1:45 Sweat Squad– FC</div> <div>2:00 Soothing Sensations</div> <div>3:00 Musical Moments</div> <div>4:00 You and Me</div> <div>5:00 Dinner</div> <div>6:30 Brains and Banter– CC</div>	<div>12</div> <div>8:15 Breakfast</div> <div>9:00 Neighbourhood Time</div> <div>10:00 Circle of Friends</div> <div>10:15 Standing Balance—FC</div> <div>11:00 Stepping Out</div> <div>12:00 Lunch</div> <div>1:45 Group Fitness—FC</div> <div>2:00 St Patrick's Day Decorating</div> <div>3:30 Brains and Banter</div> <div>5:00 Dinner</div>	<div>13</div> <div>8:15 Breakfast</div> <div>9:00 Neighbourhood Time</div> <div>10:00 Jamboree</div> <div>11:00 Music Therapy</div> <div>11:00 Stepping Out</div> <div>12:00 Lunch</div> <div>2:00 Neighbourhood Time</div> <div>3:30 You and Me</div> <div>5:00 Dinner</div>	<div>14</div> <div>8:15 Breakfast</div> <div>9:00 Neighbourhood Time</div> <div>10:00 For the Soul</div> <div>10:15 Basketball and Ball Toss—FC</div> <div>11:00 You and Me</div> <div>11:15 Fun and Ft</div> <div>12:00 Lunch—Mary Brown's Chicken MS</div> <div>1:15 Horticulture Therapy</div> <div>2:15 Drum Fit—FC</div> <div>3:00 Yoga—FC</div> <div>3:30 In The Kitchen</div> <div>5:00 Dinner</div>	<div>15</div> <div>8:15 Breakfast</div> <div>9:00 Neighbourhood Time</div> <div>10:00 Soothing Sensations</div> <div>11:00 Musical Moments</div> <div>11:00 Line Dancing</div> <div>12:00 Lunch</div> <div>1:15 Art Therapy</div> <div>2:00 Circle of Friends</div> <div>3:00 For the Fun of Fit</div> <div>5:00 Dinner</div>	<div>16</div> <div>8:15 Breakfast</div> <div>9:00 Neighbourhood Time</div> <div>10:00 Circle of Friends</div> <div>11:00 For the Fun of Fit</div> <div>12:00 Lunch</div> <div>2:00 Soothing Sensations</div> <div>3:00 Brains and Banter</div> <div>4:00 You and Me</div> <div>5:00 Dinner</div>
<div>17</div> <div>St. Patrick's Day</div> <div>8:15 Breakfast</div> <div>9:00 Neighbourhood Time</div> <div>10:00 St. Patrick's Social—CC</div> <div>12:00 Lunch</div> <div>2:00 Church—TH</div> <div>3:00 Wander Duo—TH</div> <div>4:00 Stepping Out</div> <div>5:00 Dinner</div>	<div>18</div> <div>8:15 Breakfast</div> <div>10:30 Mother Goose—TH</div> <div>12:00 Lunch</div> <div>1:00 Neighbourhood Time</div> <div>1:45 Sweat Squad– FC</div> <div>2:00 Musical Moments</div> <div>3:00 For The Fun of Fit</div> <div>4:00 You and Me</div> <div>5:00 Dinner</div> <div>6:30 Brains and Banter– CC</div>	<div>19</div> <div>8:15 Breakfast</div> <div>9:00 Neighbourhood Time</div> <div>10:00 Circle of Friends</div> <div>10:15 Standing Balance—FC</div> <div>11:00 Brains and Banter</div> <div>12:00 Lunch</div> <div>1:45 Group Fitness—FC</div> <div>2:00 Easter Decorating</div> <div>3:30 For The Fun of Fit</div> <div>5:00 Dinner</div>	<div>20</div> <div>8:15 Breakfast</div> <div>9:00 Neighbourhood Time</div> <div>10:00 Jamboree</div> <div>11:00 Music Therapy</div> <div>11:00 Stepping Out</div> <div>12:00 Lunch</div> <div>2:30 Laughter Yoga– FC</div> <div>3:15 In the Kitchen</div> <div>5:00 Dinner</div>	<div>21</div> <div>8:15 Breakfast</div> <div>9:00 Neighbourhood Time</div> <div>10:00 For the Soul</div> <div>10:15 Basketball and Ball Toss—FC</div> <div>11:00 Express Yourself</div> <div>11:15 Fun & Fit</div> <div>12:00 Lunch</div> <div>1:15 Horticulture Therapy</div> <div>2:15 Drum Fit—FC</div> <div>3:00 Yoga—FC</div> <div>3:30 Stepping Out</div> <div>5:00 Dinner</div>	<div>22</div> <div>8:15 Breakfast</div> <div>9:00 Neighbourhood Time</div> <div>10:00 Soothing Sensations</div> <div>11:00 Musical Moments</div> <div>11:00 Line Dancing</div> <div>12:00 Lunch</div> <div>1:15 Art Therapy</div> <div>2:00 Circle of Friends</div> <div>3:00 For the Fun of Fit</div> <div>5:00 Dinner</div>	<div>23</div> <div>8:15 Breakfast</div> <div>9:00 Neighbourhood Time</div> <div>10:00 For The Soul</div> <div>10:15 Tai Chi</div> <div>10:30 Brains and Banter</div> <div>12:00 Lunch</div> <div>2:00 Stepping Out</div> <div>3:00 Gerry Larkin Performs—TH</div> <div>4:00 You and Me</div> <div>5:00 Dinner</div>
<div>24</div> <div>8:15 Breakfast</div> <div>9:00 Neighbourhood Time</div> <div>10:30 Holi Social</div> <div>12:00 Lunch</div> <div>1:00 Total Body Fitness</div> <div>2:00 Church—TH</div> <div>3:15 Basketball and Ball Toss—FC</div> <div>3:30 For the Fun of Fit</div> <div>5:00 Dinner</div>	<div>25</div> <div>8:15 Breakfast</div> <div>12:00 Lunch</div> <div>1:00 Neighbourhood Time</div> <div>1:45 Sweat Squad</div> <div>2:00 Musical Moments</div> <div>3:00 For The Fun of Fit</div> <div>4:00 You and Me</div> <div>5:00 Dinner</div> <div>6:30 Brains and Banter– CC</div>	<div>26</div> <div>8:15 Breakfast</div> <div>9:00 Neighbourhood Time</div> <div>10:00 Circle of Friends</div> <div>10:15 Standing Balance—FC</div> <div>11:00 For The Fun of Fit</div> <div>12:00 Lunch</div> <div>1:45 Group Fitness—FC</div> <div>2:00 Soothing Sensations</div> <div>3:00 Yorkie Puppy Visits</div> <div>5:00 Dinner</div>	<div>27</div> <div>8:15 Breakfast</div> <div>9:00 Neighbourhood Time</div> <div>10:00 Jamboree</div> <div>11:00 Music Therapy</div> <div>11:00 Stepping Out</div> <div>12:00 Lunch</div> <div>2:30 Drum Fit– FC</div> <div>3:30 You and Me</div> <div>5:00 Dinner</div>	<div>28</div> <div>8:15 Breakfast</div> <div>9:00 Neighbourhood Time</div> <div>10:00 Circle of Friends</div> <div>11:00 Brains and Banter</div> <div>11:15 Fun & Fit</div> <div>11:30 Basketball & Ball Toss</div> <div>12:00 Lunch</div> <div>2:00 Baby Chicks</div> <div>3:15 Yoga– FC</div> <div>3:30 You and Me</div> <div>5:00 Dinner</div>	<div>29</div> <div>Good Friday</div> <div>8:15 Breakfast</div> <div>9:00 Neighbourhood Time</div> <div>10:00 Soothing Sensations</div> <div>11:00 Musical Moments</div> <div>11:00 Line Dancing</div> <div>12:00 Lunch</div> <div>1:15 Art Therapy</div> <div>2:00 Circle of Friends</div> <div>3:00 For the Fun of Fit</div> <div>5:00 Dinner</div>	<div>30</div> <div>8:15 Breakfast</div> <div>9:00 Neighbourhood Time</div> <div>10:00 Walk in the Park</div> <div>12:00 Lunch</div> <div>2:00 Soothing Sensations</div> <div>3:00 Paula French Performs– TH</div> <div>4:00 Stepping Out</div> <div>5:00 Dinner</div>
<div>31</div> <div>Easter</div> <div>8:15 Breakfast</div> <div>9:00 Neighbourhood Time</div> <div>10:00 Easter Travelling Cart</div> <div>12:00 Lunch</div> <div>2:00 Church</div> <div>3:15 For The Fun of Fit</div>						