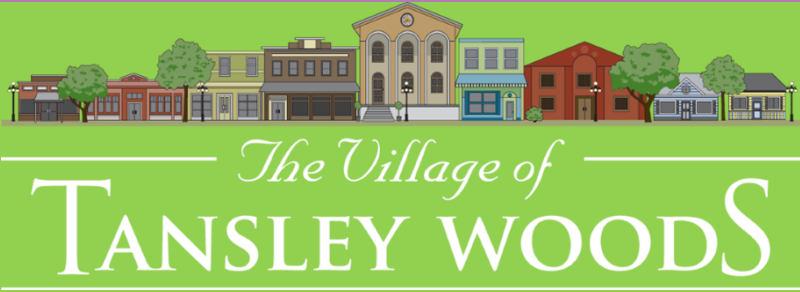




# March 2024

## NELSON



| Sunday  | Monday   | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday  |
|---|--|--|--|---|---|---|
| Legend<br>CC– Community Center<br>FC– Fitness Center<br>TH– Town Hall<br>L– Library<br>MS– Main Street  | <u>Residents Bill Of Rights</u><br><br>23. Every Resident Has The Right To Pursue Social, Cultural, Religious, Spiritual Or Other Interests, To Develop His Or Her Potential And To Given Reasona-ble Assistance By The Licensee To Pursue These Interests And To Develop Their Potential. |  |  |   | <b>1</b><br>8:15 Breakfast<br>9:00 Neighbourhood Time<br>10:00 Calendar Drop Off<br>11:00 Musical Moments<br>11:00 Line Dancing– FC<br>12:00 Lunch<br>2:00 Soothing Sensations<br>3:30 For The Fun of Fit<br>5:00 Dinner          | <b>2</b><br>8:15 Breakfast<br>9:00 Neighbourhood Time<br>10:00 You and Me<br>10:30 Coffee Social– CC<br>12:00 Lunch<br>2:00 Stepping Out<br>3:30 Brent M– TH<br>5:00 Dinner   |
| <b>3</b><br>8:15 Breakfast<br>9:00 Neighbourhood Time<br>10:00 Movie Matinee<br>12:00 Lunch<br>2:00 Church– TH<br>3:00 Neighbourhood Time<br>4:00 You and Me<br>5:00 Dinner   | <b>4</b><br>8:15 Breakfast<br>9:00 Neighbourhood Time<br>10:30 Mother Goose– TH<br>11:00 You and Me<br>12:00 Lunch<br>1:30 Program Awareness– MS<br>1:45 Sweat Squad– FC<br>2:00 Stepping Out<br>3:30 Express Yourself<br>5:00 Dinner<br>6:30 Brains and Banter– CC                        | <b>5</b><br>8:15 Breakfast<br>9:00 Neighbourhood Time<br>10:15 Standing Balance– FC<br>12:00 Lunch<br>1:15 Art Therapy<br>1:45 Group Fitness– FC<br>2:00 Soothing Sensations<br>3:30 Stepping Out<br>5:00 Dinner                     | <b>6</b><br>8:15 Breakfast<br>9:00 Neighbourhood Time<br>10:00 For The Soul<br>11:00 Brains and Banter<br>11:15 Fun & Fit<br>12:00 Lunch<br>1:30 Music Therapy<br>2:30 Laughter Yoga– FC<br>3:30 In The Kitchen<br>5:00 Dinner                     | <b>7</b><br>8:15 Breakfast<br>9:00 Neighbourhood Time<br>10:00 Musical Moments<br>11:00 Express Yourself<br>11:00 Horticulture Therapy<br>11:30 Basketball & Ball Toss– FC<br>12:00 Lunch<br>1:45 Yoga– FC<br>1:45 Circle of Friends<br>3:00 In The Kitchen<br>5:00 Dinner  | <b>8 International Women's Day</b><br>8:15 Breakfast<br>9:00 Neighbourhood Time<br>10:30 Women's Day Social– CC<br>11:00 Line Dancing– FC<br>12:00 Lunch<br>2:00 Soothing Sensations<br>3:30 For The Fun of Fit<br>5:00 Dinner    | <b>9</b><br>8:15 Breakfast<br>9:00 Neighbourhood Time<br>10:00 Circle of Friends<br>10:15 Tai Chi– FC<br>11:00 Brains and Banter<br>12:00 Lunch<br>2:00 Soothing Sensations<br>3:00 Leslie Taylor– TH<br>5:00 Dinner  |
| <b>10</b><br>8:15 Breakfast<br>9:00 Neighbourhood Time<br>10:00 Express Yourself<br>11:00 Brains and Banter<br>11:00 Total Body Fitness<br>12:00 Lunch<br>2:00 Church-TH<br>3:00 Stepping Out<br>3:15 Basketball & Ball Toss– FC<br>5:00 Dinner | <b>11</b><br>8:15 Breakfast<br>9:00 Neighbourhood Time<br>10:00 Soothing Sensations<br>11:00 For The Fun of Fit<br>12:00 Lunch<br>1:45 Sweat Squad– FC<br>2:00 Circle of Friends<br>3:30 Express Yourself<br>5:00 Dinner<br>6:30 Brains and Banter   | <b>12 Diner’s Club</b><br>8:15 Breakfast<br>10:15 Standing Balance– FC<br>12:00 Lunch<br>1:45 Group Fitness– FC<br>2:00 Neighbourhood Time<br>3:30 In The Kitchen<br>5:00 Dinner<br>6:30 You and Me                                  | <b>13</b><br>8:15 Breakfast<br>9:00 Neighbourhood Time<br>10:00 For The Soul<br>11:00 Brains and Banter<br>11:15 Fun & Fit<br>12:00 Lunch<br>1:30 Music Therapy<br>2:30 Drum Fit– FC<br>3:30 Stepping Out<br>5:00 Dinner                           | <b>14</b><br>8:15 Breakfast<br>9:00 Neighbourhood Time<br>10:00 Musical Moments<br>11:00 Express Yourself<br>11:00 Horticulture Therapy<br>11:30 Basketball & Ball Toss– FC<br>12:00 Lunch<br>1:45 Yoga– FC<br>1:45 Circle of Friends<br>3:00 In The Kitchen<br>5:00 Dinner | <b>15</b><br>8:15 Breakfast<br>9:00 Neighbourhood Time<br>10:00 Circle of Friends<br>11:00 Musical Moments<br>11:00 Line Dancing– FC<br>12:00 Lunch<br>2:00 Soothing Sensations<br>3:30 For The Fun of Fit<br>5:00 Dinner         | <b>16</b><br>8:15 Breakfast<br>9:00 Neighbourhood Time<br>10:00 Movie Matinee– TH<br>12:00 Lunch<br>2:00 Express Yourself– CC<br>3:00 Musical Moments– CC<br>4:00 You and Me<br>5:00 Dinner   |
| <b>17 St. Patrick’s Day</b><br>8:15 Breakfast<br>9:00 Neighbourhood Time<br>10:00 St Patrick’s Day Social– CC<br>12:00 Lunch<br>2:00 Church– TH<br>2:00 Stepping Out<br>3:00 Wander Duo– TH<br>5:00 Dinner                                      | <b>18</b><br>8:15 Breakfast<br>9:00 Neighbourhood Time<br>10:00 Soothing Sensations<br>10:30 Mother Goose– TH<br>11:00 For The Fun of Fit<br>12:00 Lunch<br>1:45 Sweat Squad– FC<br>2:00 Circle of Friends<br>3:00 Express Yourself<br>5:00 Dinner<br>6:30 Brains and Banter               | <b>19</b><br>8:15 Breakfast<br>10:15 Standing Balance– FC<br>12:00 Lunch<br>1:00 Neighbourhood Time<br>1:15 Art Therapy<br>1:45 Group Fitness– FC<br>2:00 Easter Decorating<br>3:30 In The Kitchen<br>5:00 Dinner<br>6:30 You and Me | <b>20 First Day of Spring</b><br>8:15 Breakfast<br>9:00 Neighbourhood Time<br>10:00 For The Soul<br>11:00 Brains and Banter<br>11:15 Fun & Fit<br>12:00 Lunch<br>1:30 Music Therapy<br>2:00 Neighbourhood Time<br>3:30 Stepping Out<br>5:00 Dinner | <b>21</b><br>8:15 Breakfast<br>9:00 Neighbourhood Time<br>10:00 Musical Moments<br>11:00 Express Yourself<br>11:00 Horticulture Therapy<br>11:30 Basketball & Ball Toss– FC<br>12:00 Lunch<br>1:45 Yoga– FC<br>2:00 Circle of Friends<br>3:00 In The Kitchen<br>5:00 Dinner | <b>22 Breakfast Club</b><br>8:15 Breakfast<br>9:00 Neighbourhood Time<br>10:00 Circle of Friends<br>11:00 Musical Moments<br>11:00 Line Dancing– FC<br>12:00 Lunch<br>2:00 Stepping Out<br>5:00 Dinner                            | <b>23 Purim</b><br>8:15 Breakfast<br>9:00 Neighbourhood Time<br>10:00 For The soul<br>10:30 Tai Chi– FC<br>11:00 Stepping Out<br>12:00 Lunch<br>2:00 You and Me<br>3:00 Gerry L– TH<br>5:00 Dinner  |
| <b>24 Palm Sunday</b><br>8:15 Breakfast<br>9:00 Neighbourhood Time<br>10:30 Holi Social– CC<br>11:00 Total Body Fitness– FC<br>12:00 Lunch<br>2:00 Church– TH<br>3:00 For The Fun of Fit<br>3:15 Basketball & Ball Toss– FC<br>5:00 Dinner      | <b>25 Holi</b><br>8:15 Breakfast<br>9:00 Neighbourhood Time<br>10:00 Soothing Sensations<br>11:00 For The Fun of Fit<br>12:00 Lunch<br>1:45 Sweat Squad– FC<br>2:00 Circle of Friends<br>3:00 Express Yourself<br>5:00 Dinner<br>6:30 Brains and Banter– CC                                | <b>26</b><br>8:15 Breakfast<br>10:15 Standing Balance– FC<br>12:00 Lunch<br>1:00 Neighbourhood Time<br>1:45 Group Fitness– FC<br>2:00 You and Me<br>3:00 Yorkie Puppy Visits– CC<br>5:00 Dinner<br>6:30 You and Me                   | <b>27</b><br>8:15 Breakfast<br>9:00 Neighbourhood Time<br>10:00 For The Soul<br>11:00 Brains and Banter<br>11:15 Fun & Fit<br>12:00 Lunch<br>1:30 Music Therapy<br>2:15 Drum Fit– FC<br>3:00 In The Kitchen<br>5:00 Dinner                         | <b>28</b><br>8:15 Breakfast<br>9:00 Neighbourhood Time<br>10:00 Musical Moments<br>11:00 Express Yourself<br>11:00 Horticulture Therapy<br>11:30 Basketball & Ball Toss– FC<br>12:00 Lunch<br>2:00 Baby Chicks– FC<br>3:00 Stepping Out<br>3:15 Yoga– FC<br>5:00 Dinner     | <b>29 Good Friday</b><br>8:15 Breakfast<br>9:00 Neighbourhood Time<br>10:00 Circle of Friends<br>11:00 Musical Moments<br>11:00 Line Dancing– FC<br>12:00 Lunch<br>2:00 Soothing Sensations<br>3:00 In The Kitchen<br>5:00 Dinner | <div><div><div>8:15 Breakfast</div><div>9:00 Neighbourhood Time</div><div>10:30 Walk in The Park</div><div>12:00 Lunch</div><div>2:00 You and Me</div><div>3:00 Paula French– TH</div><div>5:00 Dinner</div></div><div><div>8:15 Breakfast</div><div>9:00 Neighbourhood Time</div><div>10:00 Easter Traveling Cart</div><div>12:00 Lunch</div><div>2:00 Church</div><div>3:00 Musical Moments</div><div>5:00 Dinner</div></div></div> <div><b>31 Easter</b></div> |