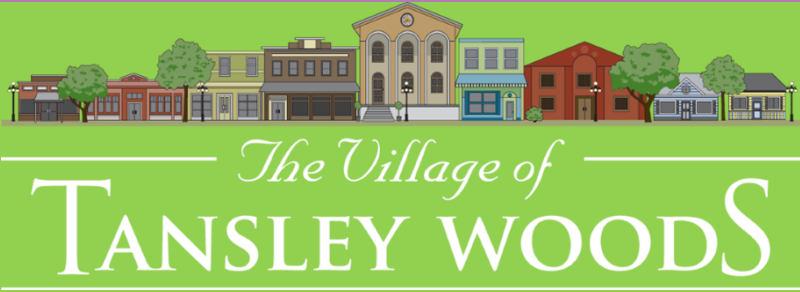




# March 2024

## OAKLANDS



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