



# March 2023

## Downey Neighbourhood



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Johnston: Jo Matthews: Ma Pollock: Po Hagey: Ha Wright: Wr Downey: Do	Main Street: MS Community Centre: CC Chapel: C Library: L Fitness Centre: FC Courtyard: CY	1. 1:00 Calendar Hang Up 2:30 Card Club 3:30 Balance Class (FC) 6:30 Movie Night (CC)	2. 10:15 Church Service (C) 1-4:00 Outing: Cambridge Butterfly Conservatory *Sign Up Required 3:30 Green Thumbs	3. 10:30am Sit N Get Fit with PAL 3:30 Zumba (FC) 4:00 Puzzle Time 6:30 Chat and Craft (CC)	4. 9:30 Downey Daily Perk 10:30 Table Games 2:00 Entertainment with Remedy (DO)
5. 9:30 Short Stories 10:30 Virtual Church Service 2:30 Travelling Cart: Sunday Sundaes	6. 9:30 Good Morning Downey 10:00 Manicures & Nail Care 2:30 St. Patrick's Day Crafts 6:30 Music & Memories (C)	7. 10:00 Rosary (C) 2:00 Bingo (MS) 3:30 Tai Chi (FC)	8. Holi Festival International Women's Day 1:30 Downey Daily Perk 2:30 Wednesday Walks 3:30 Balance Class (FC) 6:30 Board Games Night (CC)	9. 9:30 Good Morning Downey 10:15 Church Service (C) 2:00 Active Games	10. 10:30 Sit N Get Fit with PAL 2:00 UG Celebrates Ron's 80th (MS) 3:30 Zumba (FC) 6:30 Baking (CC)	11. 9:30 Weekend Walks 10:30 Baking Cookies 2:00 Music with Juneyt (MA) 3:30 Card Games
12. Daylight Savings Time Begins 9:30 Arts & Crafts 10:30 Virtual Church Service 3:00 Active Games (Lo)	13. 9:30 Good Morning Downey 10:30 Manicures & Nail Care 2:30 Brain Games 3:30 Total Body Fitness (FC) 6:30 Circle of Friends (CC)	14. 10:00 Rosary (C) 2:00 Bingo (MS) 2:30pm Hand Therapy (FC)	15. 1:30 Wisdom Wednesday 2:30 Moments of Beauty with Julie (Discovery Hall) 3:30 Balance Class (FC) 6:30 Board Game Night (CC)	16. 10:15 Church Service (C) 2:00 Active Games 3:30 Green Thumbs	17. St. Patrick's Day 2:00 St. Patrick's Celebration with Lynne & Rick (MS) 4:00 Neighbourhood Time 6:30 Chat and Craft (CC)	18. 9:30 Downey Daily Perk 10:30 Neighbourhood Time 2:00 March Madness Basketball Competition
19. 9:30 Weekend Walks 10:30 Virtual Church Service 2:30 Travelling Cart: Sunday Sundaes	20. First day of Spring and Persian New Year (Nowruz) 10:30 Manicures & Nail Care 2:30 Tim Hortons Social 3:00 Travelling Cart 6:30 Music & Memories (C)	21. World Down Syndrome Day—Crazy Sock Day 10:00 Rosary (C) 2:00 Bingo (MS) 3:30 Tai Chi (FC)	22. Ramadan Begins 1:30 Downey Daily Perk 2:30 Java Music Club 3:30 Balance Class (FC) 6:30 Board Games Night (CC)	23. 10:15 Church Service (C) 1-4 Outing: Anna Mae's Bakery *Sign Up Required 2:00 Resident's Council (C) 3:30 Green Thumbs	24. 8:15 Pancake Breakfast 10:30 Sit N Get Fit with PAL 2:00 Bingo (Po) 3:30 Zumba (FC) 6:30 Baking (CC)	25. 9:30 Weekend Walks 10:30 Fun & Fitness 2:00 Songs with A Record Day (WR) 3:30 Card Games
26. 9:30 Good Morning Downey 10:30 Virtual Church Service 2:00 Travelling Cart 3:00 Music on Demand	27. 9:30 Good Morning Downey 10:30 Manicures & Nail Care 2:00 Movie and Popcorn 3:30 Total Body Fitness (FC) 6:30 Circle of Friends (CC)	28. 10:00 Rosary (C) 2:00 Bingo (MS) 2:30 Hand Therapy (FC)	29. 1:00 Downey Daily Perk 2:30 Brain Games 3:30 Balance Class (FC) 6:30 Board Games Night (CC)	30. 9:00am Good Morning Downey 10:00am Celebration of Life 2:30pm Neighbourhood Time 3:30pm Green Thumbs	31. 10:30 Sit N Get Fit with PAL 3:30 Zumba (FC) 4:00 Puzzle Time 6:30 Chat and Craft (CC)	<b>March is Nutrition Month</b>