



March 2023

Emma's Neighbourhood



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>Recreation Phone: 519 -904 -0650 ex. 8206 Recreation Email: ug.rhrecteam@schlegelvillages.com</div>		March is Nutrition Month!	1. 8:00 Breakfast 10:00 Neighbourhood Time 11:00 Express Yourself 12:00 Lunch 3:30 Musical Moments 5:00 Dinner	2. 8:00 Breakfast 10:00 Circle of Friends 11:00 In the Kitchen 12:00 Lunch 2:45 Fitness with Emily 5:00 Dinner	3. 8:00 Breakfast 10:00 You and Me 12:00 Lunch 2:00 Soothing Sensations 2:30 RH Waterloo Chamber Players—M 3:00 Brains and Banter 5:00 Dinner 6:00 Movie Night	4. 8:00 Breakfast 11:00 Stepping Out 12:00 Lunch 1:45 In the Kitchen 3:00 Musical Moments 5:00 Dinner
5. 8:00 Breakfast 10:30 For the Soul 12:00 Lunch 1:30 You and Me 3:00 Java Time 5:00 Dinner	6. 8:00 Breakfast 10:00 Neighbourhood Time 12:00 Lunch 2:00 Stepping Out 3:30 Circle of Friends 5:00 Dinner 6:15 Soothing Sensations	7. 8:00 Breakfast 10:00 For the Soul 12:00 Lunch 1:30 Chaplain Visit 2:45 Active Game with Emily 3:45 Caregivers GATHER - TH 5:00 Dinner	8. Holi Festival Hearing clinic here 8:00 Breakfast 10:00 Neighbourhood Time 11:00 Express Yourself 12:00 Lunch 2:00 Music with Henry Winter 3:30 Musical Moments 5:00 Dinner	9. 8:00 Breakfast 10:00 Circle of Friends 11:00 In the Kitchen 12:00 Lunch 2:00 For the Fun of Fit 5:00 Dinner	10. 8:00 Breakfast 10:00 You and Me 12:00 Lunch 2:00 Soothing Sensations 2:30 Ron Schlegel Birthday Celebration on Main Street 3:00 Brains and Banter 5:00 Dinner 6:00 Movie Night	11. 8:00 Breakfast 10:00 Express Yourself 12:00 Lunch 2:00 For the Fun of Fit 3:00 Musical Moments 5:00 Dinner
12. Ron Schlegel's 80th Birthday 8:00 Breakfast 10:30 For the Soul 12:00 Lunch 1:30 You and Me 3:00 Nail Care 5:00 Dinner	13. 8:00 Breakfast 10:00 Neighbourhood Time 12:00 Lunch 2:00 Stepping Out 3:30 Brains and Banter 5:00 Dinner	14. 8:00 Breakfast 10:00 For the Fun of Fit 12:00 Lunch 1:30 Chaplain Visit 2:00 You and Me 5:00 Dinner	15. 8:00 Breakfast 10:00 Neighbourhood Time 11:00 Express Yourself 12:00 Lunch 2:00 Bus Outing to Kitchen Kuttings (sign up with recreation) 3:30 Musical Moments 5:00 Dinner	16. 8:00 Breakfast 10:00 Circle of Friends 11:00 In the Kitchen 11:15 Grief GATHER—L 12:00 Lunch 2:45 Fitness with Emily 5:00 Dinner	17. St. Patrick's Day Wear Green! 8:00 Breakfast 10:00 You and Me 12:00 Lunch 2:30 St. Patrick's Day Party! 3:00 Brains and Banter 5:00 Dinner 6:00 Movie Night	18. 8:00 Breakfast 11:00 Stepping Out 12:00 Lunch 1:45 In the Kitchen 3:00 Musical Moments 5:00 Dinner
19. 8:00 Breakfast 10:30 For the Soul 12:00 Lunch 1:30 You and Me 3:00 Java Time 5:00 Dinner	20. First day of Spring and Persian New Year (Nowruz) 8:00 Breakfast 10:00 Neighbourhood Time 12:00 Lunch 2:00 Stepping Out 3:30 Circle of Friends 5:00 Dinner 6:15 Soothing Sensations	21. World Down Syndrome Day Crazy Sock Day 8:00 Breakfast 10:00 For the Soul 12:00 Lunch 1:30 Chaplain Visit 2:00 Bus Outing to Butterfly Conservatory (sign up with recreation) 2:45 Active Game with Emily 3:45 Caregivers GATHER -TH 5:00 Dinner	22. Ramadan Begins Hearing clinic here 8:00 Breakfast 10:00 Neighbourhood Time 11:00 Express Yourself 12:00 Lunch 3:30 Musical Moments 5:00 Dinner	23. 8:00 Breakfast 10:00 Circle of Friends 11:00 In the Kitchen 12:00 Lunch 2:45 Fitness with Emily 5:00 Dinner	24. 8:00 Breakfast 10:00 You and Me 12:00 Lunch 2:00 Soothing Sensations 3:00 Brains and Banter 5:00 Dinner 6:00 Movie Night	25. 8:00 Breakfast 10:00 Express Yourself 12:00 Lunch 2:00 For the Fun of Fit 3:00 Musical Moments 5:00 Dinner
26. 8:00 Breakfast 10:30 For the Soul 12:00 Lunch 1:30 You and Me 3:00 Nail Care 5:00 Dinner	27. 8:00 Breakfast 10:00 Neighbourhood Time 12:00 Lunch 2:00 Stepping Out 3:30 Brains and Banter 5:00 Dinner	28. 8:00 Breakfast 10:00 For the Fun of Fit 12:00 Lunch 1:30 Chaplain Visits 2:00 Emma's Birthday Bash with the Dynamic Duo 2:45 Active Game with Emily 5:00 Dinner	29. Hearing clinic here 8:00 Breakfast 10:00 Neighbourhood Time 11:00 Express Yourself 12:00 Lunch 3:30 Musical Moments 5:00 Dinner	30. 8:00 Breakfast 10:00 Circle of Friends 11:00 In the Kitchen 12:00 Lunch 2:45 Fitness with Emily 5:00 Dinner	31. 8:00 Breakfast 10:00 You and Me 12:00 Lunch 2:00 Soothing Sensations 3:00 Brains and Banter 5:00 Dinner 6:00 Movie Night	<div><div></div> = Graeme <div></div> = Brianna <div></div> = Laura</div>