




March 2023

Hagey Neighbourhood



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Main Street: MS Community Centre: CC Chapel: C Library: L Fitness Centre: FC Courtyard: CY	Johnston: Jo Matthews: Ma Pollock: Po Hagey: Ha Wright: Wr Downey: Do		1. 8:30 Breakfast 12:15 Lunch 5:15 Dinner 6:30 Movie Night (CC)	2. 8:30 Breakfast 10:15 Church Service (C) 11:00 Brains & Banter 12:15 Lunch 2:00 PAL Fitness 3:00 Circle of Friends 5:15 Dinner <i>11:30 - 1 LIMT/MAE Training</i>	3. 8:30 Breakfast 12:15 Lunch 2:00 Express Yourself 4:00 You and Me 5:15 Dinner 6:30 Chat and Craft (CC) 	4. 8:30 Breakfast 12:15 Lunch 2:00 Remedy (DO) 5:15 Dinner
5. 8:30 Breakfast 12:15 Lunch 5:15 Dinner	6. 8:30 Breakfast 11:00 Stepping Out 12:15 Lunch 2:00 Express Yourself 5:15 Dinner 6:30 Music & Memories (CC)	7. 8:30 Breakfast 10:00 Rosary (C) 11:00 You and Me 12:15 Lunch 1:30 Green Thumbs (CC) 2:00 Bingo (MS) 5:15 Dinner	8. Holi Festival International Women's Day 8:30 Breakfast 12:15 Lunch 2:00 Musical Moments 4:00 Stepping Out 5:15 Dinner 6:30 Board Game Night (CC)	9. 8:30 Breakfast 10:15 Church Service (C) 12:15 Lunch 2:00 PAL Fitness 5:15 Dinner	10. Celebrating Ron Schlegel's 80th Birthday 8:30 Breakfast 12:15 Lunch 2:00 Ron's Party (MS) 5:15 Dinner 6:30 Baking (CC)	11. 8:30 Breakfast 10:00 Soothing Sensations 11:00 Stepping Out 12:15 Lunch 2:00 Juneyt (MA) 4:00 You and Me 5:15 Dinner
12. Daylight Savings Time Begins 8:30 Breakfast 10:00 For the Soul 12:15 Lunch 2:00 Stepping Out 3:30 Express Yourself 5:15 Dinner	13. 8:30 Breakfast 12:15 Lunch 1:30 Java Time 3:30 In the Kitchen 5:15 Dinner 6:30 Circle of Friends (CC)	14. 8:30 Breakfast 10:00 Rosary (C) 12:15 Lunch 1:30 Green Thumbs (CC) 2:00 Bingo (MS) 5:15 Dinner	15. 8:30 Breakfast 12:15 Lunch 2:30 Moments of Beauty with Julie (Discovery Hall) 5:15 Dinner 6:30 Board Game Night (CC)	16. 8:30 Breakfast 10:15 Church Service (C) 11:00 Brains & Banter 12:15 Lunch 2:00 PAL Fitness 3:00 Circle of Friends 5:15 Dinner	17. St. Patrick's Day 8:30 Breakfast 12:15 Lunch 1:00 Express Yourself 2:00 St. Patrick's Celebration with Lynne & Rick (MS) 4:00 You and Me 5:15 Dinner	18. 8:30 Breakfast 12:15 Lunch 2:00 March Madness Basketball Shootout (MS) 5:15 Dinner
19. 8:30 Breakfast 12:15 Lunch 5:15 Dinner	20. First day of Spring Persian New Year (Nowruz) 8:30 Breakfast 11:00 Stepping Out 12:15 Lunch 2:00 Express Yourself 5:15 Dinner 6:30 Music & Memories (CC) 	21. World Down Syndrome Day - Crazy Sock Day 8:30 Breakfast 10:00 Rosary (C) 11:00 You and Me 12:15 Lunch 1:30 Green Thumbs (CC) 2:00 Bingo (MS) 5:15 Dinner	22. Ramadan Begins 8:30 Breakfast 12:15 Lunch 2:00 Musical Moments 4:00 Stepping Out 5:15 Dinner 6:30 Board Game Night (CC)	23. 8:30 Breakfast 10:15 Church Service (C) 12:15 Lunch 2:00 PAL Fitness 2:00 Resident's Council 5:15 Dinner	24. 8:30 Breakfast 12:15 Lunch 5:15 Dinner 6:30pm Baking (CC)	25. 8:30 Breakfast 10:00 Soothing Sensations 11:00 Musical Moments 12:15 Lunch 2:00 A Record Day (WR) 4:00 You and Me 5:15 Dinner
26. 8:30 Breakfast 10:00 For the Soul 12:15 Lunch 2:00 In the Kitchen 3:30 Express Yourself 5:15 Dinner	27. 8:30 Breakfast 12:15 Lunch 1:30 Java Time 3:30 Stepping Out 5:15 Dinner 6:30 Circle of Friends (CC)	28. 8:30 Breakfast 10:00 Rosary (C) 12:15 Lunch 1:30 Green Thumbs (CC) 2:00 Bingo (MS) 5:15 Dinner	29. 8:30 Breakfast 12:15 Lunch 5:15 Dinner 6:30 Board Game Night (CC)	30. 8:30 Breakfast 10:00 Celebration of Life (C) 11:00 Brains & Banter 12:15 Lunch 2:00 PAL Fitness 3:00 Circle of Friends 5:15 Dinner	31. 8:30 Breakfast 12:15 Lunch 2:00 Express Yourself 4:00 You and Me 5:15 Dinner 6:30 Chat and Craft (CC)	March is Nutrition Month