



# March 2023

## Johnston Neighbourhood



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Johnston: Jo</b> <b>Matthews: Ma</b> <b>Pollock: Po</b> <b>Hagey: Ha</b> <b>Wright: Wr</b> <b>Downey: Do</b>	<b>Main Street: MS</b> <b>Community Centre: CC</b> <b>Chapel: C</b> <b>Library: L</b> <b>Fitness Centre: FC</b> <b>Courtyard: CY</b>		1. 9:30 Good Morning Johnston 10:30 Nail Care 2:00 Word Games 3:30 Balance Class (FC) 3:30 Green Thumbs 6:30 Movie Night (CC)	2. 9:15 Church Service (C) 1:00 Crafting Away the Blues 4:00 Waffle Prep 5:00 Waffle Dinner 6:30 Friendly Visits	3. 9:30 Baking in the Kitchen 1:00 Handing Out the Baking 2:00 BINGO 3:30 Zumba (FC) 6:30 Chat and Craft (CC)	4. 9:30 Circle of Friends: Tim Hortons Social 11:00 For the Fun of Fit 2:00 Remedy (DO) 4:00 Card Club
5. 10:00 For the Soul 11:00 Musical Moments 2:00 Active Games 4:00 Board Games	6. 8:00 Eggs Your Way! 9:30 Articles of the Week 10:30 Sit N Get Fit 11:00 Plant Watering 2:00 Word Game 6:30 Music & Memories (CC)	7. 9-12 OUTING: Sign Up Required Walmart 10:00 Rosary (C) 2:00 Bingo (MS) 3:30 Tai Chi (FC)	8.     Holi Festival International Women's Day 10:00 Stepping Out 11:00 Brains and Banter 2:00 Express Yourself: Water Gun Art 3:30 Balance Class (FC) 3:30 Green Thumbs 6:30 Board Game Night (CC)	9. 9:15 Church Service (C) 1:30 Traveling Hot Chocolate Cart 3:00 Neighborhood Time 6:30 Friendly Visits	10. 2:00 UG Celebrates Ron's 80th (MS) 3:30 Zumba (FC) 4:00 Card Games 6:30 Baking (CC)	11. 9:30 Weekend Brain Power 11:00 Friendly Visits 2:00 Juneyt (MA)
12.   Daylight Savings Time Begins AM Tim Hortons Coffee Time 11:00 Friendly Visits 2:00 Church Service	13. 10:00 Musical Moments 10:30 Sit N Get Fit 11:00 For the Soul 2:00 Card Games 3:30 Total Body Fitness (FC) 4:00 Stepping Out 6:30 Circle of Friends (CC)	14. 10:00 Rosary (C) 11:00 Soothing Sensations 2:00 Bingo (MS) 2:30 Hand Therapy (FC) **Sign-Up Required 4:00 Express Yourself	15. 9:30 Good Morning Johnston 10:30 Nail Care 2:30 Moments of Beauty with Julie (Discovery Hall) 3:30 Balance Class (FC) 3:30 Green Thumbs 6:30 Board Game Night (CC)	16. 9:15 Church Service (C) 1:00 Crafting Away the Blues 4:00 Potato Pancake Prep 5:00 Potato Pancake Dinner 6:30 Friendly Visits	17.   St. Patrick's Day 9:30 Baking in the Kitchen 1:00 Handing Out the Baking 2:00 St. Patrick's Celebration with Lynne & Rick (MS) 6:30 Chat and Craft (CC)	18. 9:30 Circle of Friends: Tim Hortons Social 11:00 For the Fun of Fit 2:00 March Madness Basketball Shootout (MS) 4:00 Card Club
19. 10:00 For the Soul 11:00 Musical Moments 2:00 Active Games 4:00 Board Games	20.   First day of Spring and Persian New Year (Nowruz) 8:00 Eggs Your Way! 9:30 Articles of the Week 10:30 Sit N Get Fit 11:00 Plant watering 2:00 Word game 6:30 Music & Memories (CC)	21. World Down Syndrome Day—Crazy Sock Day 10:00 Rosary (C) 11:00 Friendly visits 2:00 Bingo (MS) 3:30 Tai Chi (FC)	22.   Ramadan Begins 10:00 Stepping Out 11:00 Brains and Banter 2:00 Express Yourself 3:30 Balance Class (FC) 3:30 Green Thumbs 6:30 Board Game Night (CC)	23. 9:15 Church Service (C) 1:30 Traveling Hot Chocolate Cart 2:00 Residents' Council 3:00 Neighborhood Time 6:30 Friendly Visits	24. 2:00 BINGO 3:30 Zumba (FC) 4:00 Card Games 6:30 Baking (CC)	25. 9:30 Weekend Brain Power 11:00 Friendly Visits 2:00 A Record Day (WR)
26. AM Tim Hortons Coffee Time 11:00 Friendly Visits 2:00 Church Service	27. 10:00 Musical Moments 10:30 Sit N Get Fit 11:00 For the Soul 2:00 Card Games 3:30 Total Body Fitness (FC) 4:00 Stepping Out 6:30 Circle of Friends (CC)	28. 9-12 Outing: Sign up Required 10:00 Rosary (C) 2:00 Bingo (MS) 2:30 Hand Therapy (FC) ** Sign-Up Required 4:00 Express Yourself	29. 9:30 Good Morning Johnston 10:30 Nail Care 2:00 Word Games 3:30 Balance Class (FC) 3:30 Green Thumbs 6:30 Board Game Night (CC)	30. 10:00 Celebration of Life (C) 1-4 OUTING: Sign Up Required Nostalgia Co. 4:00 Pancake Prep 5:00 Pancake Dinner 6:30 Friendly visits	31. 9:30 Baking in the Kitchen 1:00 Handing out the Baking 2:00 BINGO 3:30 Zumba (FC) 6:30 Chat and Craft (CC)	<b>March is Nutrition Month</b>