



March 2023

Matthews 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 March Calendars Going Up 2:30 Music On Demand 3:30 Balance Class (FC) 6:30 Movie Night (CC)	2. 9:15 Church Service (C) 10:30 Sit N Get Fit with PAL 2:00 Neighbourhood Time 2:30 Green Thumbs 3:00 Meaningful Moments	3. 9:00 The Daily Perk 10:00 Bingo on Wright 2:00 In The Kitchen 3:30 Zumba (FC) 6:30 Craft & Chat (CC)	4. 9:00 Good Morning Matthews 10:30 In the Kitchen 2:00 Music with Remedy (Do)
5. 9:00 Short Stories 10:30 Spiritual Engagement 2:00 Sunday Sundaes	6. 9:30 Manicures 10:30 Java Music 2:00 In the Kitchen 6:30 Music and Memories (CC)	7. 10:00 Rosary (C) 11:00 The Daily Perk 2:00 Bingo (MS) 3:30 Tai Chi (FC)	8. Holi Festival International Women's Day 2:00 Puzzles and Painting 3:30 Balance Class (FC) 3:30 Neighbourhood Time 6:30 Board Games Night (CC)	9. 9:15 Church Service (C) 10:30 Sit N Get Fit with PAL 1-4 Bus Outing: Belgian Nursery	10. 9:00 The Daily Perk 10:00 Bingo 2:00 UG Celebrates Ron's 80th Birthday 3:30 Zumba (FC) 6:30 Baking (CC)	11. 9:00 Good Morning Matthews 10:30 Tim Horton's Social 2:00 Entertainment with Juneyt in the Lounge
12. Daylight Savings Time Begins 9:30 Short Stories 10:30 Spiritual Engagement 2:00 Trips to Main Street	13. 1:30 Word Games 3:30 Total Body Fitness (FC) 3:30 Neighbourhood Time 6:30 Circle of Friends (CC)	14. 10:00 Rosary (C) 11:00 The Daily Perk 2:00 Bingo (MS) 2:30 Hand Therapy (FC) Sign up Required 6:30	15. 1:00 Manicures 2:30 Moments of Beauty with Julie (Discovery Hall) 3:30 Balance Class (FC) 6:30 Board Game Night (CC)	16. 9:15 Church Service (C) 10:30 Sit N Get Fit with PAL 2:00 Calendar Club 2:30 Green Thumbs 3:00 Meaningful Moments	17. St. Patrick's Day 10:00 Bingo on Wright 2:00 St. Patrick's Day Celebration with Lynne & Rick (MS) 6:30 Craft & Chat (CC)	18. 9:00 Good Morning Matthews 10:30 Tim Horton's Social 2:00 March Madness Basketball Shoutout (MS)
19. 9:00 Short Stories 10:30 Spiritual Engagement 2:00 Active Games	20. First day of Spring and Persian New Year (Nowruz) 9:30 Manicures 10:30 In The Kitchen 2:00 Music on Demand 6:30 Music and Memories (CC)	21. World Down Syndrome Day—Crazy Sock Day 10:00 Rosary (C) 11:00 The Daily Perk 2:00 Bingo (MS) 3:30 Tai Chi (FC)	22. Ramadan Begins 9am-12pm Bus Outing 2:00 Neighbourhood Time 3:30 Balance Class (FC) 6:30 Board Games Night (CC)	23. 9:15 Church Service (C) 10:30 Sit N Get Fit with PAL 2:00 Residents' Council (C) 2:30 Green Thumbs 3:00 Meaningful Moments	24. 9:00 The Daily Perk 10:00 Bingo 2:00 In The Kitchen 3:30 Zumba (FC) 6:30 Baking (CC)	25. 9:00 Good Morning Matthews 10:30 Table Games 2:00 Songs with A Record Day (Wr)
26. 9:00 Short Stories 10:30 Spiritual Engagement 2:00 In the Kitchen	27. 1:30 Daily Perk 3:30 Total Body Fitness (FC) 3:00 Music on Demand 6:30 Circle of Friends (CC)	28. 10:00 Rosary (C) 11:00 The Daily Perk 2:00 Bingo (MS) 2:30 Hand Therapy (FC) Sign up Required	29. 1:00 Manicures 2:00 Neighbourhood Time 3:30 Balance Class (FC) 6:30 Board Games Night (CC)	30. 10:00 Celebration of Life 10:30 Sit N Get Fit with PAL 2:00 Neighbourhood Time 2:30 Green Thumbs 3:00 Meaningful Moments	31. 9:00 The Daily Perk 10:00 Bingo on Wright 2:00 In The Kitchen 3:30 Zumba (FC) 6:30 Craft & Chat (CC)	March is Nutrition Month