






# March 2023

## Pollock 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>Lounge: Lo</b> <b>Country Kitchen: CK</b> <b>Hobby Shop: HS</b> <b>Dining Room: DR</b> <b>Parlour: Pa</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>	<b>1.</b> AM Nail Care 2:00 Music on Demand 3:30 Balance Class (FC) 6:30 Movie Night (CC) 	<b>2.</b> 9:00 Walk and Talk 9:15 Church Service (C) 10:30 Book Club 1-4 Outing, Sign Up Required	<b>3.</b> 9:00 Hello Pollock 10:30 Neighbourhood Time 2:00 Bingo 3:30 Zumba (FC) 6:30 Chat and Craft (CC)	<b>4.</b> 9:30 Daily Perk 10:30 Active Games 2:00 Remedy (DO) 3:00 Walk and Talk
<b>5.</b> 9:30 Short Stories 10:30 Church Service 2:00 Neighbourhood Time	<b>6.</b> 9:00 Hello Pollock 10:30 Daily Perk 2:00 Fun and Fitness 3:00 Word Game 6:30 Music and Memories (C)	<b>7.</b> 9:00 Walk and Talk 10:00 Rosary (C) 10:30 Sit N Get Fit 2:00 Bingo (MS) 3:30 Tai Chi (FC) 3:30 Green Thumb 	<b>8. Holi Festival</b> <b>International Women's Day</b> Outing Day, Sign Up Required 3:30 Balance Class (FC) 6:30 Board Game Night (CC)	<b>9.</b> 9:00 Walk and Talk 9:15 Church Service (C) 10:30 Arts and Crafts 2:00 Music on Demand	<b>10.</b> 2:00 UG Celebrates Ron's 80th (MS) 3:30 Zumba (FC) 3:30 Friendly Visits 6:30 Baking (CC)	<b>11.</b> 9:30 Daily Perk 10:30 Neighbourhood Time 2:00 Juneyt (MA)
<b>12. Daylight Savings Time Begins</b> 9:30 Short Stories 10:30 Church Service 2:00 Traveling Cart	<b>13.</b> 2:00 Fun and Fitness 3:00 Neighbourhood Time 3:30 Total Body Fitness (FC) 6:30 Circle of Friends (CC)	<b>14.</b> 10:00 Rosary 10:30 Sit N Get Fit 2:00 Bingo (MS) 2:30 Hand Therapy, Sign Up Required (FC) 3:30 Green Thumb 6:00 For the Soul	<b>15.</b> AM Nail Care 2:30 Moment of Beauty with Julie (Discovery Hall) 3:30 Balance Class (FC) 6:30 Board Game Night (CC)	<b>16.</b> 9:00 Walk and Talk 9:15 Church Service (C) 10:00 In the Kitchen 1-4 Outing, Sign Up Required	<b>17. St. Patrick's Day</b> 9:00 Hello Pollock 10:30 Neighbourhood Time 2:00 St. Patrick's Celebration with Lynne & Rick (MS) 6:30 Chat and Craft (CC)	<b>18.</b> 9:30 Daily Perk 10:30 Active Games 2:00 March Madness Basketball Shootout (MS) 3:00 Walk and Talk
<b>19.</b> 9:30 Short Stories 10:30 Church Service 2:00 Neighbourhood Time	<b>20. First day of Spring and Persian New Year (Nowruz)</b> 9:00 Hello Pollock 10:30 Daily Perk 2:00 Fun and Fitness 3:30 Music and Memories (C)	<b>21. World Down Syndrome Day—Crazy Sock Day</b> 9:30 Walk and Talk 10:00 Rosary (C) 10:30 Sit N Get Fit 2:00 Bingo (MS) 3:30 Tai Chi (FC) 3:30 Green Thumb	<b>22. Ramadan Begins</b> <b>Canadian Film Fest Begins</b> AM Nail Care 2:00 Neighbourhood Time 3:30 Balance Class (FC) 6:30 Board Game Night (CC)	<b>23.</b> 9:00 Walk and Talk 9:15 Church Service (C) 2:00 Residents Council (C) 2:00 Active Games	<b>24.</b> 2:00 Bingo 3:30 Zumba (FC) 3:30 Friendly Visits 6:30 Baking (CC)	<b>25.</b> 9:30 Daily Perk 10:30 Traveling Cart 2:00 A Record Day (WR)
<b>26.</b> 9:30 Short Stories 10:30 Church Service 2:00 Neighbourhood Time	<b>27.</b> 2:00 Fun and Fitness 3:00 Word Game 3:30 Total Body Fitness (FC) 6:30 Circle of Friends (CC) 	<b>28.</b> 10:00 Rosary (C) 10:30 Sit N Get Fit 2:00 Bingo (MS) 2:30 Hand Therapy, Sign Up Required (FC) 3:30 Green Thumb 6:00 For the Soul	<b>29.</b> AM Nail Care 2:00 Neighbourhood Time 3:30 Balance Class (FC) 6:30 Board Game Night (CC)	<b>30.</b> 9:30 Walk and Talk 10:00 Celebration of Life (C) 2:00 Java Music Club	<b>31.</b> 9:00 Hello Pollock 10:30 Active Games 2:00 Bingo 3:30 Zumba (FC) 6:30 Chat and Craft (CC)	<b>March is Nutrition Month</b>