



# March 2023

## Wright 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		<b>1.</b> 10:00 Arts & Crafts 10:30 Sit and Get Fit 2:30 Meaningful Moments 2:30 Green Thumbs 3:30 Balance Class (FC) 6:30 Movie Night (CC)	<b>2.</b> 10:15 Church Service In the Chapel 2:30 In the Kitchen 3:30 You and Me	<b>3.</b> 10:00 Bingo 1:00 Neighbourhood Time 3:30 Zumba (FC) 4:00 Trips to Main St. 6:00 Board Games 6:30 Chat and Craft (CC)	<b>4.</b> 10:00 In the Kitchen: Tim Horton's social 2:00 Remedy Entertains (DO) 3:30 You and Me
<b>5.</b> 10:00 Spiritual Engagement In the Chapel 2:30 Short Stores In the Parlor 3:00 Meaningful Moments	<b>6.</b> 1:00 Arts & Crafts 2:30 Manicures 6:30 Music & Memories (MS)	<b>7.</b> 10:00 Rosary In the Chapel 2:00 Bingo (MS) 3:30 Tai Chi in the Fitness Centre 6:00 Card Games	<b>8.</b> Holi Festival International Women's Day 10:00 Arts and Crafts 10:30 Sit and Get Fit in lounge 2:00 Manicures 2:30 Green Thumbs 3:30 Balance Class (FC) 6:30 Board Games Night (CC)	<b>9.</b> 10:15 Church Service In the Chapel 2:30 In the Kitchen Calendar Meeting 3:00 Stepping Out	<b>10.</b> 10:00 Bingo In the lounge 2:00pm UG celebrates Ron's 80th Birthday (MS) 3:30 Zumba (FC) 6:30 Baking (CC)	<b>11.</b> 10:00 Musical Moments 10:30 Neighbourhood Time 2:00 Juneyt Entertain (MA) 3:30 Board Games
<b>12. Daylight Savings Time Begins</b> 10:00 Spiritual Engagement 10:30 Arts & Crafts 1:30 For the Soul 3:00 Active Games	<b>13.</b> 10:00 Drum Fit 2:00 Baking in the kitchen 3:30 Total Body Fitness (FC) 6:30 Circle of Friends (CC)	<b>14.</b> 10:00 Rosary in the chapel 2:00 Bingo (MS) 2:30 Hand Therapy (Sign Up Needed) 6:00 Card Bingo	<b>15.</b> 10:00 Arts & Crafts 10:30 Sit and Get Fit 2:30 Green Thumbs 2:30 Moments of Beauty with Julie (Discovery Hall) 3:30 Balance Class (FC) 6:30 Board Game Night (CC)	<b>16.</b> 10:15 Church Service (C) 2:30 In the Kitchen 3:30 Stepping Out	<b>17.</b> St. Patrick's Day 10:00 Bingo in the lounge 12:30 Neighbourhood Time 2:00 St. Patrick's Celebration with Lynne & Rick (MS) 4:00 Musical Moments 6:00 Board Games 6:30 Chat and Craft (CC)	<b>18.</b> 10:00 Trips to Main Street 2:00 March Madness Basketball Shootout (CC) 3:30 Board Games
<b>19.</b> 10:00 Spiritual Engagement In the Chapel 2:30 In The Kitchen : Ice-cream Sundaes 3:00 Meaningful Moments	<b>20.</b> First day of Spring and Persian New Year (Nowruz) 1:00 Arts & Crafts 2:30 Manicures 6:30 Music & Memories (MS)	<b>21.</b> World Down Syndrome Day—Crazy Sock Day 10:00 Rosary (C) 2:00 Bingo (MS) 3:30 Tai Chi in Fitness Centre 6:00 Card Games	<b>22.</b> Ramadan Begins Outing to Dairy Queen 10:30 Sit and Get Fit in lounge 2:30 Green Thumbs 3:30 Balance Class (FC) 3:00 Manicures 6:30 Board Games Night (CC)	<b>23.</b> 10:15 Church Service In the Chapel 2:00 Residents' Council (C) 2:30 Stepping Out 3:30 IN2L in Hobby Shop	<b>24.</b> 10:00 Bingo In the Lounge 2:30 Java Music 3:30 Zumba (FC) 6:30 Baking (CC)	<b>25.</b> 10:00 Musical Moments 10:30 Neighbourhood Time 2:00 A Record Day (WR) 3:30 Board Games
<b>26.</b> 10:00 Spiritual Engagement 10:30 Arts & Crafts 1:30 For the Soul 3:00 Active Games	<b>27.</b> 10:00 Java Music Club 2:00 Trips to Main Street 3:30 Total Body Fitness (FC) 6:30 Circle of Friends (CC)	<b>28.</b> 9am Outing to Butterfly Conservatory Sign Up Required 10:00 Rosary in the Chapel 2:00 Bingo (MS) 2:30 Hand Therapy	<b>29.</b> 10:00 Arts & Crafts 10:30 Sit and Get Fit 2:30 Meaningful Moments 2:30 Green Thumbs 3:30 Balance Class (FC) 6:30 Board Games Night (CC)	<b>30.</b> 10:00 Celebration of Life 2:30 In the Kitchen 3:30 Brain and Banter	<b>31.</b> 10:00 Bingo In the Lounge 1:00 Neighbourhood Time 3:30 Zumba (FC) 4:00 Walk around Main St. 6:00 Board Games 6:30 Chat and Craft (CC)	<b>March is Nutrition Month</b>