

March 2023

Alderwood Neighbourhood



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Purim Festival is all about Unity, Family and Togetherness</p>		<p>In every day, there are 1,440 minutes, That means we have 1,440 daily opportunities to make a positive impact. Les Brown</p>	<p>1 Peanut Butter Lover's Day</p> <p>1:15 In the Kitchen (Peanut Butter Punch) 2:30 Games & Puzzles 5:00 Meal Assistance 6:30 Bingo 8:00 Friendly Visits</p>	<p>2</p> <p>9:30 In the Kitchen 10:30 PAL Fitness 11:00 Guess The Aroma 12:00 Meal Assistance 2:30 Movie & Popcorn 4:00 Walks N' Wheels</p>	<p>3</p> <p>9:30 Chocolate Bingo 10:30 Person, Place, Thing 12:00 Meal Assistance 2:30 Name That Tune 3:30 Spa Treatments</p>	<p>4 Pound Cake Day</p> <p>9:30 Morning Stretches 10:30 Baking (Pound Cake) 12:00 Meal Assistance 2:00 Games & Puzzles 4:00 Hand Massages</p>
<p>5</p> <p>9:30 Morning Strolls 10:00 Baking 12:00 Meal Assistance 2:30 Aromatherapy 4:00 Puzzle Buddies</p>	<p>6 Purim Begins At Sunset</p> <p>9:30 Morning Stretches 10:30 Aromatherapy 12:00 Meal Assistance 3:00 Crafter's Corner 4:00 Name that Tune</p>	<p>7 Purim Ends At Sunset</p> <p>9:45 Ball Toss 10:30 Painting Group 12:00 Meal Assistance 2:30 Entertainment with Emilio 4:00 Feel N Fold</p>	<p>8 Holi - Festival of Colours</p> <p>10:30 Music Therapy 1:15 Java Time 2:30 Holi Poster Making 5:00 Meal Assistance 6:30 Bingo 8:00 Friendly Visits</p>	<p>9</p> <p>9:30 Hymn Sing 10:30 PAL Fitness 11:00 Mind Joggers 12:00 Meal Assistance 2:30 You Be The Judge 4:00 Sip & Chill</p>	<p>10</p> <p>9:30 Sitting Exercise 10:30 Photo Collage Making 12:00 Meal Assistance 2:30 Board Games 4:00 Afternoon Strolls</p>	<p>11</p> <p>9:30 Crafts 10:30 Move To The Beat 12:00 Meal Assistance 2:30 Puzzle Buddies 4:00 Feel N' Fold</p>
<p>12 Turn Your Clocks Back</p> <p>9:30 Morning Devotion 10:30 Morning Social 12:00 Meal Assistance 2:30 Green House Visits 3:30 Sing Along</p>	<p>13</p> <p>1:30 Walks N Wheels 2:30 Bingo 4:00 Manicures 5:00 Meal Assistance 6:30 Friendly Visits</p>	<p>14 Potato Chip Day</p> <p>9:30 Now You Know 10:30 Painting 12:00 Meal Assistance 2:00 Spiritual Service 2:30 Beer & Potato Chips 4:00 Feel N' Fold</p>	<p>15 Ides of March</p> <p>1:15 Horse Racing 3:00 Word Unscramble 5:00 Meal Assistance 6:30 Bingo 8:00 Friendly Visits</p>	<p>16</p> <p>9:30 In the Kitchen 10:30 PAL Fitness 11:00 Mind Joggers 12:00 Meal Assistance 2:30 Movie & Popcorn 4:00 National Anthems</p>	<p>17 St. Patrick's Day</p> <p>9:30 Morning Stretches 10:30 St. Patrick's Day Trivia 12:00 Meal Assistance 2:30 St. Patrick's Day Celebrations Irish Folklore Shamrock Shake 4:15 Friendly Visits</p>	<p>18</p> <p>9:30 Ball Toss 10:30 Word Unscramble 12:00 Meal Assistance 2:30 Crafts-(Clay Molding) 4:00 Friendly Visits</p>
<p>19</p> <p>10:00 Morning Strolls 11:00 Tea Social 12:00 Meal Assistance 2:00 Bingo 3:30 Hand Massages</p>	<p>20 First Day of Spring</p> <p>9:30 Spring Crafts 10:30 Karaoke 12:00 Meal Assistance 2:30 Matinee & Popcorn 4:00 Friendly Visits</p>	<p>21 Memory Day</p> <p>9:30 Morning Fitness 10:30 Repeat the Phrase 12:00 Meal Assistance 2:30 Games 4:00 Italian Club</p>	<p>22 Ramadan Day</p> <p>1:15 Move to The Beat 3:00 Storytelling 5:00 Meal Assistance 6:30 Bingo 8:00 Friendly Visits</p>	<p>23 Chips and Dip Day</p> <p>9:30 Hymn Sing 10:30 Mind Joggers 12:00 Meal Assistance 2:30 Chips & Dip 4:00 Afternoon Strolls</p>	<p>24</p> <p>9:30 Bingo 10:30 Walks N' Wheels 12:00 Meal Assistance 2:30 Guess The Lyrics 3:30 Spa Treatments</p>	<p>25</p> <p>9:30 Sitting Exercise 10:30 Creative Painting 12:00 Meal Assistance 2:30 Happy Hour 3:30 Puzzle Buddies</p>
<p>26</p> <p>9:30 Catholic Mass (Virtual) 10:30 Morning Social 12:00 Meal Assistance 2:30 Ladies Tea 4:00 It's Never 2 Late</p>	<p>27</p> <p>9:30 Baking 11:00 Active Games 12:00 Meal Assistance 2:30 Horse Racing 4:00 Friendly Visits</p>	<p>28</p> <p>9:30 Morning Fitness 10:30 Java Time 12:00 Meal Assistance 2:00 Spiritual Service 2:30 Men's Dominoes 4:00 Caribbean Club</p>	<p>29</p> <p>10:30 Music Therapy 1:15 Dance With Me 3:00 Guess The Lyrics 5:00 Meal Assistance 6:30 Bingo 8:00 Friendly Visits</p>	<p>30</p> <p>9:30 Current Events 10:30 Mind Joggers 12:00 Meal Assistance 2:30 Birthday Celebrations 4:00 Sorting & Organizing</p>	<p>31</p> <p>9:30 Java Time 10:30 It's Never 2 Late 12:00 Meal Assistance 2:30 Travelogue 3:30 Treat Cart</p>	