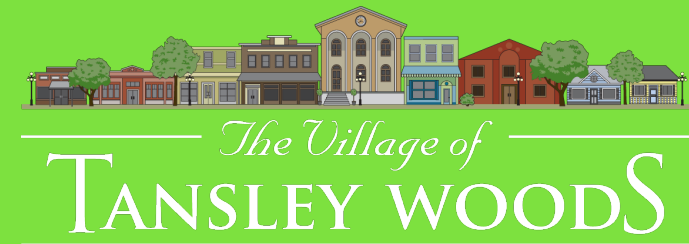




# MARCH 2023

## BRANT NEIGHBOURHOOD



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Residents Bill Of Rights</b></p> <p>23. Every Resident Has The Right To Pursue Social, Cultural, Religious, Spiritual Or Other Interests, To Develop His Or Her Potential And To Given Reasonable Assistance By The Licensee To Pursue These Interests And To Develop Their Potential</p>	<p><i>Happy St. Patrick's Day</i></p>		<p>1</p> <p>8:00 <b>Breakfast</b> 9:45 Calendar Handout 10:45 For The Fun of Fit 12:00 <b>Lunch</b> 2:00 <b>Plant and Art Show</b> 5:00 <b>Dinner</b></p>	<p>2</p> <p>8:00 <b>Breakfast</b> 9:45 Brains and Banter 10:15 Basketball and Ball Toss 10:45 Express Yourself 12:00 <b>Lunch</b> 1:15 Horticulture Therapy 2:15 Drum Fit 3:00 <b>Yoga Class—FC</b> 3:00 For The Fun of Fit 5:00 <b>Dinner</b></p>	<p>3</p> <p>8:00 <b>Breakfast</b> 9:45 Perk 10:00 Bowling 12:00 <b>Lunch</b> 2:30 <b>Standing Balance</b> 3:00 <b>For the Soul</b> 5:00 <b>Dinner</b></p>	<p>4</p> <p>8:00 <b>Breakfast</b> 10:00 <b>Balloon Tennis</b> 11:00 <b>Trivia</b> 12:00 <b>Lunch</b> 3:30 <b>Brent Meidinger Per-</b> <b>forms—MS</b> 5:00 <b>Dinner</b></p>
<p>5</p> <p>8:00 <b>Breakfast</b> 9:45 <b>Perk</b> 10:00 <b>Ball Toss</b> 11:00 <b>Outdoor Walks</b> 12:00 <b>Lunch</b> 2:00 <b>Sunday Social</b> 3:00 <b>Church Service</b> 5:00 <b>Dinner</b></p>	<p>6 <b>Purim</b></p> <p>8:00 <b>Breakfast</b> 12:00 <b>Lunch</b> 1:15 For The Fun of Fit 2:15 Java Time 3:15 Brains and Banter 4:15 Puzzle Group 5:00 <b>Dinner</b> 6:00 Cards</p>	<p>7</p> <p>8:00 <b>Breakfast</b> 10:30 Standing Balance 11:00 Devotions 12:00 <b>Lunch</b> 1:15 Brains and Banter 1:45 <b>Group Fitness—FC</b> 2:00 For The Fun of Fit 2:30 <b>Bible Study—L</b> 3:00 Express Yourself 4:00 Music on Demand 5:00 <b>Dinner</b> 6:00</p>	<p>8 <b>International Women's Day/ Holi</b></p> <p>8:00 <b>Breakfast</b> 9:45 For The Fun of Fit 11:00 Music Therapy 12:00 <b>Lunch</b> 2:00 Brains and Banter 2:30 <b>Ladies Henna Social—L</b> 3:00 Express Yourself 5:00 <b>Dinner</b></p>	<p>9 <b>Spanish Day</b></p> <p>8:00 <b>Breakfast</b> 9:45 Brains and Banter 10:15 Basketball and Ball Toss 12:00 <b>Lunch</b> 2:15 Drum Fit 3:00 For The Fun of Fit 3:00 Yoga Class—FC 3:00 Express Yourself 5:00 <b>Dinner</b></p>	<p>10 <b>International Bagpipe Day</b></p> <p>8:00 <b>Breakfast</b> 9:15 Fun and Fit 10:00 Sing Along 10:45 Line Dancing—FC 12:00 <b>Lunch</b> 1:30 Art Therapy 2:30 Standing Balance 3:00 Friendly Visits 5:00 <b>Dinner</b></p>	<p>11</p> <p>8:00 <b>Breakfast</b> 9:45 For The Fun of Fit 10:30 <b>Tai Chi—FC</b> 10:45 Brains and Banter 12:00 <b>Lunch</b> 2:00 Cards 3:00 <b>Paula French Performs—</b> <b>MS</b> 5:00 <b>Dinner</b></p>
<p>12</p> <p>8:00 <b>Breakfast</b> 9:45 Brains and Banter 10:30 In The Kitchen 12:00 <b>Lunch</b> 1:45 Basketball and Ball Toss 2:00 Church Social 3:00 <b>Church Service</b> 5:00 <b>Dinner</b></p>	<p>13</p> <p>8:00 <b>Breakfast</b> 12:00 <b>Lunch</b> 1:15 For The Fun of Fit 2:15 Java Time 3:15 Brains and Banter 4:15 Friendly Visits 5:00 <b>Dinner</b> 6:00 Board Game on Appleby</p>	<p>14</p> <p>8:00 <b>Breakfast</b> 10:30 Standing Balance 11:00 Devotions 12:00 <b>Lunch</b> 1:45 <b>Group Fitness—FC</b> 2:00 For The Fun of Fit 2:30 <b>Bible Study—L</b> 3:00 Brains and Banter 4:00 Stepping Out 5:00 <b>Dinner</b></p>	<p>15</p> <p>8:00 <b>Breakfast</b> 9:45 Brains and Banter 11:00 Music Therapy 12:00 <b>Lunch</b> 2:30 Drum Fit 3:00 Express yourself 4:00 Music on Demand 5:00 <b>Dinner</b></p>	<p>16</p> <p>8:00 <b>Breakfast</b> 9:45 Stepping Out 10:15 Basketball and Ball Toss 10:45 For The Fun of Fit 12:00 <b>Lunch</b> 1:15 Horticulture Therapy 2:15 Drum Fit 3:00 Yoga Class—FC 3:00 Express Yourself 5:00 <b>Dinner</b></p>	<p>17 <b>St. Patrick's Day</b></p> <p>8:00 <b>Breakfast</b> 9:15 Fun and Fit 10:45 Line Dancing—FC 12:00 <b>Lunch</b> 1:30 <b>Art Therapy</b> 2:00 <b>St. Pats Social—CC</b> 2:30 standing Balance 3:00 <b>Gerry Larkin St. Pats Day—MS</b> 5:00 <b>Dinner</b></p>	<p>18</p> <p>8:00 <b>Breakfast</b> 9:30 <b>Ball Toss</b> 10:30 <b>Table Games</b> 12:00 <b>Lunch</b> 2:30 <b>Neighbourhood Time</b> 4:00 <b>Friendly Visits</b> 5:00 <b>Dinner</b></p>
<p>19</p> <p>8:00 <b>Breakfast</b> 10:00 <b>Spa Day</b> 11:00 <b>Outdoor Strolls</b> 12:00 <b>Lunch</b> 2:00 <b>Hot chocolate So-</b> <b>cial</b> 3:00 <b>Church Service</b> 5:00 <b>Dinner</b></p>	<p>20 <b>First Day Of Spring</b></p> <p>8:00 <b>Breakfast</b> 12:00 <b>Lunch</b> 1:15 For The Fun of Fit 2:15 Java Time 3:00 <b>Irish Tales Performance—TS</b> 4:15 Stepping Out 5:00 <b>Dinner</b> 6:00 Program on Appleby</p>	<p>21</p> <p>8:00 <b>Breakfast</b> 9:00 Neighbourhood Time 10:30 Standing Balance 11:00 Devotions 12:00 <b>Lunch</b> 1:45 <b>Group Fitness—FC</b> 2:00 For The Fun of Fit 2:30 <b>Bible Study—L</b> 3:00 Brains and Banter 4:00 Express Yourself 5:00 <b>Dinner</b></p>	<p>22 <b>Ramadan</b></p> <p>8:00 <b>Breakfast</b> 9:45 Brains and Banter 11:00 Music Therapy 12:00 <b>Lunch</b> 2:30 Drum Fit 3:00 Stepping Out 4:00 For The Fun of Fit 5:00 <b>Dinner</b></p>	<p>23 <b>National Puppy Day</b></p> <p>8:00 <b>Breakfast</b> 9:45 Brains and Banter 10:15 Basketball and Ball Toss 10:45 For The Fun of Fit 12:00 <b>Lunch</b> 1:15 Horticulture Therapy 2:00 <b>Dog Social—L</b> 3:00 Yoga Class—FC 3:00 Stepping Out 5:00 <b>Dinner</b></p>	<p>24 <b>Spanish Diner's Club</b></p> <p>8:00 <b>Breakfast</b> 9:15 Fun and Fit 10:45 Line Dancing 10:45 Painting 12:00 <b>Lunch</b> 1:30 Art Therapy 2:30 Standing Balance 3:00 Coloring Conner 5:00 <b>Dinner</b></p>	<p>25</p> <p>8:00 <b>Breakfast</b> 9:45 Brains and Banter 10:30 <b>Tai Chi—FC</b> 12:00 <b>Lunch</b> 2:00 For The Fun of Fit 3:00 <b>Jack Garson Performs—</b> <b>MS</b> 5:00 <b>Dinner</b></p>
<p>26</p> <p>8:00 <b>Breakfast</b> 9:45 Brains and Banter 10:30 In The Kitchen 12:00 <b>Lunch</b> 1:45 Basketball and Ball Toss 2:00 Church Social 3:00 <b>Church Service</b> 5:00 <b>Dinner</b></p>	<p>27</p> <p>8:00 <b>Breakfast</b> 12:00 <b>Lunch</b> 1:15 Brains and Banter 1:30 <b>Burlington Bowl Outing</b> 2:15 Java Time 3:15 For the Fun of Fit 4:15 Express Yourself 5:00 <b>Dinner</b></p>	<p>28</p> <p>8:00 <b>Breakfast</b> 10:30 Standing Balance 11:00 Devotions 12:00 <b>Lunch</b> 1:45 <b>Group Fitness—FC</b> 2:00 For The Fun of Fit 2:30 <b>Bible Study—L</b> 3:00 Brains and Banter 4:00 Stepping Out 5:00 <b>Dinner</b></p>	<p>29</p> <p>8:00 <b>Breakfast</b> 9:45 Brains and Banter 11:00 Music Therapy 12:00 <b>Lunch</b> 2:30 Drum Fit 3:00 Express Yourself 4:00 For The Fun Of Fit 5:00 <b>Dinner</b></p>	<p>30</p> <p>8:00 <b>Breakfast</b> 9:45 Brains and Banter 10:15 Basketball and Ball Toss 10:45 For The Fun of Fit 12:00 <b>Lunch</b> 1:15 Horticulture Therapy 2:00 <b>Spanish Social—L</b> 3:00 Yoga Class—FC 3:00 Express Yourself 5:00 <b>Dinner</b></p>	<p>31</p> <p>8:00 <b>Breakfast</b> 10:30 Hymn Singing 11:00 Snack Social 11:15 Daily Chronicles 12:00 <b>Lunch</b> 1:30 <b>Art Therapy</b> 2:30 <b>Standing Balance</b> 3:30 <b>Baby Chicks</b> 5:00 <b>Dinner</b></p>	