



MARCH 2023

Erindale Place & Sheridan Way



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Recreation Team members Jashan, Jasleen Kaur Ankita Sharma Neighborhood Co-Ordinator Ferdie Gonzales			1 8-10 Breakfast 10:30 Group Exercise 11:00 Musical Moments 12-2 Lunch 2:30 Arm Chair Travel 5-7 Dinner 6:30 Book Club	2 8-10 Breakfast 11:15 You and Me 12-2 Lunch 2:30 Circle of Friends 5-7 Dinner 6:15 Stepping Out 7:00 Soothing Sensations	3 8-10 Breakfast 10:30 Group Exercise 11:00 Soothing Sensations 12-2 Lunch 2:30 Express Yourself 5-7 Dinner 6:30 Book Club	4 8-10 Breakfast 10:30 You & Me 11:00 For the Fun of Fit 12-2 Lunch 2:30 Smoothie Travelling Cart 5-7 Dinner 6:30 Stepping Out
5 8-10 Breakfast 10:30 Church Service 11:00 Hymn Sings 12-2 Lunch 2:30 BINGO 5-7 Dinner 6:30 Stepping Out	6 8-10 Breakfast 10:30 Group Exercise 11:00 For the Fun of Fit 12-2 Lunch 2:30 Brains & Banter 5-7 Dinner 6:30 Book Club	7 8-10 Breakfast 10:30 You & Me 11:00 Stepping Out 12-2 Lunch 2:30 Express Yourself 5-7 Dinner	8 International Women's Day *Wear Purple 8-10 Breakfast 10:30 Spa Morning 11:00 Musical Moments 12-2 Lunch 2:30 In the Kitchen 5-7 Dinner 6:30 Book Club	9 8-10 Breakfast 11:15 You and Me 12-2 Lunch 2:30 Circle of Friends 5-7 Dinner 6:15 Stepping Out 7:00 For the Fun of Fit	10 Polo Shirt Day 8-10 Breakfast 10:30 Group Exercise 11:00 Soothing Sensations 12-2 Lunch 2:30 Celebrating Ron Schlegel 5-7 Dinner 6:30 Book Club	11 8-10 Breakfast 10:30 You & Me 11:00 For the Fun of Fit 12-2 Lunch 2:30 Java Music Club 5-7 Dinner 6:30 Stepping Out
12 Clocks go forward 8-10 Breakfast 10:30 Church Service 11:00 Hymn Sings 12-2 Lunch 2:30 BINGO 5-7 Dinner 6:30 Stepping Out	13 8-10 Breakfast 10:30 Group Exercise 11:00 For the Fun of Fit 12-2 Lunch 2:30 Brains & Banter 5-7 Dinner 6:30 Book Club	14 8-10 Breakfast 10:30 You & Me 11:00 Stepping Out 12-2 Lunch 2:30 Express Yourself 5-7 Dinner	15 8-10 Breakfast 10:30 Group Exercise 11:00 Musical Moments 12-2 Lunch 2:30 Horticulture 5-7 Dinner 6:30 Book Club	16 8-10 Breakfast 11:15 You and Me 12-2 Lunch 2:30 Circle of Friends 5-7 Dinner 6:15 Stepping Out 7:00 For the Fun of Fit	17 St. Patrick's Day 8-10 Breakfast 10:30 Group Exercise 11:00 Soothing Sensations 12-2 Lunch 2:30 Express Yourself 5-7 Dinner 6:30 Entertainment with Jack Garson in Crooked Q	18 8-10 Breakfast 10:30 You & Me 11:00 For the Fun of Fit 12-2 Lunch 2:30 Java Music Club 5-7 Dinner 6:30 Stepping Out
19 8-10 Breakfast 10:30 Church Service 11:00 Hymn Sings 12-2 Lunch 2:30 BINGO 5-7 Dinner 6:30 Stepping Out	20 First Day of Spring 8-10 Breakfast 10:30 Group Exercise 11:00 For the Fun of Fit 12-2 Lunch 2:30 Brains & Banter 5-7 Dinner 6:30 Book Club	21 World Downs Syndrome Day 'Wear Fun Socks' 8-10 Breakfast 10:30 You & Me 11:00 Stepping Out 12-2 Lunch 2:30 Express Yourself 5-7 Dinner	22 8-10 Breakfast 10:30 Group Exercise 11:00 Musical Moments 12-2 Lunch 2:30 Arm Chair Travel 5-7 Dinner 6:30 Book Club	23 Ramadan Starts 8-10 Breakfast 11:15 You and Me 12-2 Lunch 2:30 Circle of Friends 5-7 Dinner 6:15 Stepping Out 7:00 For the Fun of Fit	24 8-10 Breakfast 10:30 Group Exercise 11:00 Soothing Sensations 12-2 Lunch 2:30 Express Yourself 5-7 Dinner 6:30 Book Club	25 8-10 Breakfast 10:30 You & Me 11:00 For the Fun of Fit 12-2 Lunch 2:30 Java Music Club 5-7 Dinner 6:30 Stepping Out
26 8-10 Breakfast 10:30 Church Service 11:00 Hymn Sings 12-2 Lunch 2:30 BINGO 5-7 Dinner 6:30 Stepping Out	27 8-10 Breakfast 10:30 Group Exercise 11:00 For the Fun of Fit 12-2 Lunch 2:30 Brains & Banter 5-7 Dinner 6:30 Book Club	28 8-10 Breakfast 10:30 You & Me 11:00 Stepping Out 12-2 Lunch 2:30 Express Yourself 5-7 Dinner	29 8-10 Breakfast 10:30 Group Exercise 11:00 Musical Moments 12-2 Lunch 2:30 In the Kitchen 5-7 Dinner 6:30 Book Club	30 8-10 Breakfast 11:15 You and Me 12-2 Lunch 2:30 Circle of Friends 5-7 Dinner 6:15 Stepping Out 7:00 For the Fun of Fit	31 8-10 Breakfast 10:30 Group Exercise 11:00 Soothing Sensations 12-2 Lunch 2:30 Birthday social with Aiden Purnell in Crooked Q 5-7 Dinner 6:30 Book Club	