



MARCH 2023

Enhanced Support Neighborhood



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 8:30 Breakfast 10:30 Musical moments 11:30 You and me 12:00 Lunch 2:30 Arm Chair travel 5:00 Dinner	2 8:30 Breakfast 10:30 Brains and banter 11:30 Soothing sensations 12:00 Lunch 2:30 BINGO 5:00 Dinner	3 8:30 Breakfast 10:30 Express Yourself 11:30 Stepping Out 12:00 Lunch 2:30 Movie 4:30 You and Me 5:00 Dinner	4 8:30 Breakfast 10:30 For the Fun of fit 12:00 Lunch 2:30 Smoothie traveling cart 4:30 Table games 5:00 Dinner
5 8:30 Breakfast 10:30 Church Service 11:30 Hymn sing 12:00 Lunch 2:30 Circle of Friends 4:30 Brains and Banter 5:00 Dinner	6 8:30 Breakfast 10:30 Express Yourself 11:30 Stepping Out 12:00 Lunch 2:30 Musical Moments 4:30 You and Me 5:00 Dinner	7 8:30 Breakfast 10:30 For the fun of fit 12:00 Lunch 2:30 In the kitchen 4:30 Table Games 5:00 Dinner	8 International Women's Day Wear PURPLE 8:30 Breakfast 10:30 Spa day in crooked Q 12:00 Lunch 2:30 Tea/ coffee party 5:00 Dinner	9 8:30 Breakfast 10:30 Brains and banter 11:30 Soothing sensations 12:00 Lunch 2:30 BINGO 5:00 Dinner	10 Polo Shirt Day 8:30 Breakfast 10:30 Express Yourself 11:30 Stepping Out 12:00 Lunch 2:30 Celebrating Ron Schlegel 5:00 Dinner	11 8:30 Breakfast 10:30 For the Fun of fit 12:00 Lunch 2:30 Soothing sensation 4:30 Table games 5:00 Dinner
12 Clocks go Forward 8:30 Breakfast 10:30 Church Service 11:30 Hymn sing 12:00 Lunch 2:30 Circle of Friends 4:30 Brains and Banter 5:00 Dinner	13 8:30 Breakfast 10:30 Express Yourself 11:30 Stepping Out 12:00 Lunch 2:30 Musical Moments 4:30 You and Me 5:00 Dinner	14 8:30 Breakfast 10:30 For the fun of fit 12:00 Lunch 2:30 In the kitchen 4:30 Table Games 5:00 Dinner	15 8:30 Breakfast 10:30 Musical moments 11:30 You and me 12:00 Lunch 2:30 Drum fit 5:00 Dinner	16 8:30 Breakfast 10:30 Brains and banter 11:30 Soothing sensations 12:00 Lunch 2:30 BINGO 5:00 Dinner	17 St. Patrick's Day 8:30 Breakfast 10:30 Express Yourself 11:30 Stepping Out 12:00 Lunch 5:00 Dinner 6:30 Entertainment with Jack Garson (CQ)	18 8:30 Breakfast 10:30 For the Fun of fit 12:00 Lunch 2:30 Soothing sensation 4:30 Table games 5:00 Dinner
19 8:30 Breakfast 10:30 Church Service 11:30 Hymn sing 12:00 Lunch 2:30 Circle of Friends 4:30 Brains and Banter 5:00 Dinner	20 First Day of Spring 8:30 Breakfast 10:30 Express Yourself 11:30 Stepping Out 12:00 Lunch 2:30 Musical Moments 4:30 You and Me 5:00 Dinner	21 World Downs Syndrome Day 8:30 Breakfast 10:30 For the fun of fit 12:00 Lunch 2:30 In the kitchen 4:30 Table Games 5:00 Dinner	22 8:30 Breakfast 10:30 Musical moments 11:30 You and me 12:00 Lunch 2:30 Arm Chair travel 5:00 Dinner	23 Ramadan Starts 8:30 Breakfast 10:30 Brains and banter 11:30 Soothing sensations 12:00 Lunch 2:30 BINGO 5:00 Dinner	24 8:30 Breakfast 10:30 Express Yourself 11:30 Stepping Out 12:00 Lunch 2:30 Movie 4:30 You and Me 5:00 Dinner	25 8:30 Breakfast 10:30 For the Fun of fit 12:00 Lunch 2:30 Soothing sensation 4:30 Table games 5:00 Dinner
26 8:30 Breakfast 10:30 Church Service 11:30 Hymn sing 12:00 Lunch 2:30 Circle of Friends 4:30 Brains and Banter 5:00 Dinner	27 8:30 Breakfast 10:30 Express Yourself 11:30 Stepping Out 12:00 Lunch 2:30 Musical Moments 4:30 You and Me 5:00 Dinner	28 8:30 Breakfast 10:30 For the fun of fit 12:00 Lunch 2:30 In the kitchen 4:30 Table Games 5:00 Dinner	29 8:30 Breakfast 10:30 Musical moments 11:30 You and me 12:00 Lunch 2:30 Drum fit 5:00 Dinner	30 8:30 Breakfast 10:30 Brains and banter 11:30 Soothing sensations 12:00 Lunch 2:30 BINGO 5:00 Dinner	31 8:30 Breakfast 10:30 Express Yourself 11:30 Stepping Out 12:00 Lunch 2:30 Birthday social with Aidan Purnell (CQ) 5:00 Dinner	