

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Emma's East Neighbourhood March 2023			1. 8:00 Breakfast 12:00 Lunch 3:00 Exercise Class 3:30 Get Moving 4:00 Brains and Banter 5:00 Dinner 6:15 Nails	2 8:00 Breakfast 10:30 Get Moving 12:00 Lunch 2:15 Active Games 3:30 Armchair Travel 5:00 Dinner	3 8:00 Breakfast 12:00 Lunch 2:15 Friendly Visits 3:30 Bowling 5:00 Dinner 6:15 Active Games	4 8:00 Breakfast 10:00 Café 11:00 Church service 12:00 Lunch 5:00 Dinner
5 8:00 Breakfast 10:00 Café 11:00 Hymn Sing & Devotion 12:00 Lunch 5:00 Dinner	6 8:00 Breakfast 10:30 Get Moving 11:15 Brains & Banter 12:00 Lunch 2:15 Friendly Visits 3:00 Exercise Class 3:30 Bingo 5:00 Dinner	7 8:00 Breakfast 12:00 Lunch 2:15 Movie 5:00 Dinner	8 International Women's Day 8:00 Breakfast 10:30 Baking (Muffins) 12:00 Lunch 2:15 Active Games 3:00 Exercise Class 3:30 Armchair Travel 5:00 Dinner	9 8:00 Breakfast 12:00 Lunch 2:00 Get Moving 3:30 Brains and Banter 4:00 Sing Along 5:00 Dinner 6:15 Puzzles	10 8:00 Breakfast 12:00 Lunch 2:15 Friendly Visits 3:00 Ron's Birthday Party (Main Floor) 5:00 Dinner 7:15 Alchemy Unplugged	11 8:00 Breakfast 10:00 Café 11:00 Church service 12:00 Lunch 2:15 Get Moving 5:00 Dinner
12 The Oscars 8:00 Breakfast 10:00 Café 11:00 Hymn Sing & Devotion 12:00 Lunch 2:15 Active Games 5:00 Dinner	13 8:00 Breakfast 10:30 Get Moving 11:15 Brains & Banter 12:00 Lunch 2:15 Friendly Visits 3:00 Exercise Class 3:30 Bingo 5:00 Dinner	14 8:00 Breakfast 10:30 Get Moving 11:15 Brains and Banter 12:00 Lunch 2:15 Active Games 3:45 Crafts 5:00 Dinner	15. 8:00 Breakfast 12:00 Lunch 3:00 Exercise Class 3:30 Get Moving 4:00 Brains and Banter 5:00 Dinner 6:15 Nails	16 8:00 Breakfast 10:30 Get Moving 11:15 Brains & Banter 12:00 Lunch 2:15 Active Games 3:30 Armchair Travel 5:00 Dinner	17 St Patrick's Day 8:00 Breakfast 12:00 Lunch 2:30 Carnival (Main Floor) 5:00 Dinner 6:15 Active Games	18 8:00 Breakfast 10:00 Café 11:00 Church service 12:00 Lunch 5:00 Dinner
19 8:00 Breakfast 10:00 Café 11:00 Hymn Sing & Devotion 12:00 Lunch 5:00 Dinner	20 8:00 Breakfast 10:30 Get Moving 11:15 Brains & Banter 12:00 Lunch 2:15 Friendly Visits 3:00 Exercise Class 3:45 Storytime w Paulene 5:00 Dinner	21 8:00 Breakfast 10:30 Baking (Apple Crisp) 12:00 Lunch 2:15 Movie 5:00 Dinner	22 Ramadan 8:00 Breakfast 10:30 Get Moving 11:15 Brains & Banter 12:00 Lunch 2:15 Active Games 3:00 Exercise Class 3:30 Armchair Travel 5:00 Dinner	23 8:00 Breakfast 10:30 Get Moving 12:00 Lunch 2:15 Active Games 3:30 Armchair Travel 5:00 Dinner 7:15 Kevin Coates Main Floor	24 8:00 Breakfast 12:00 Lunch 2:15 Friendly Visits 3:30 Bowling 5:00 Dinner 6:15 Active Games	25 8:00 Breakfast 10:00 Café 11:00 Church service 12:00 Lunch 2:15 Get Moving 5:00 Dinner
26 8:00 Breakfast 10:00 Café 11:00 Hymn Sing & Devotion 12:00 Lunch 2:15 Active Games 5:00 Dinner	27 8:00 Breakfast 10:30 Get Moving 11:15 Brains & Banter 12:00 Lunch 2:15 Friendly Visits 3:00 Exercise Class 3:30 Bingo 5:00 Dinner	28 8:00 Breakfast 10:30 Get Moving 11:15 Brains and Banter 12:00 Lunch 3:00 Stephen Miller Musical Entertainment 5:00 Dinner	29. 8:00 Breakfast 12:00 Lunch 3:00 Exercise Class 3:30 Get Moving 4:00 Brains and Banter 5:00 Dinner 6:15 Nails	30 8:00 Breakfast 10:30 Get Moving 11:15 Brains & Banter 12:00 Lunch 2:15 Active Games 3:30 Armchair Travel 5:00 Dinner	31 8:00 Breakfast 12:00 Lunch 2:15 Friendly Visits 3:30 Bowling 5:00 Dinner 6:15 Active Games	