



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Happy St Patrick's Day! 	Happy Birthday! Gurjot March 5 Bill March 8 Sunaina March 12 Carol March 22 Harpreet March 26 Irene March 30	1 8:00 Breakfast 10:00 Special Event Gratis Shoppe 12:00 Lunch 2:30 Circle of Friends 4:00 Express Yourself 5:00 Dinner	2 8:00 Breakfast 9:30 Dog Visits 10:30 Soothing Sensations 12:00 Lunch 2:30 Circle of Friends 4:00 Brains and Banter 5:00 Dinner 6:15 For the Fun of Fit	3 8:00 Breakfast 10:00 Mindfulness Class 12:00 Lunch 2:00 Stepping Out 3:00 Exercise class 3:30 Wine and Cheese 5:00 Dinner	4 8:00 Breakfast 10:15 Café Time 11:15 Circle of Friends 12:00 Lunch 2:15 Live Music Brent Meidinger 3:45 Chocolate Bingo 5:00 Dinner
5 8:00 Breakfast 10:15 Café Time 11:30 Church Service 12:00 Lunch 2:30 Circle of Friends 4:00 Musical Moments 5:00 Dinner	6 8:00 Breakfast 12:00 Lunch 2:00 For the Fun of Fit 3:30 Chocolate Bingo 4:00 Brains and Banter 5:00 Dinner 6:15 Java Time	7 8:00 Breakfast 12:00 Lunch 2:00 Stepping Out 3:00 Exercise Class 4:00 Brains and Banter 5:00 Dinner 6:30 For the Soul	8 8:00 Breakfast 10:30 Java Time 11:15 Musical Moments 12:00 Lunch 2:30 Circle of Friends 4:00 Express Yourself 5:00 Dinner 6:15 For the Fun of Fit	9 8:00 Breakfast 9:30 Dog Visits 10:30 Soothing Sensations 12:00 Lunch 3:00 Stepping Out 4:00 Brains and Banter 5:00 Dinner	10 8:00 Breakfast 10:00 Mindfulness Class 10:45 Java Time 12:00 Lunch 2:00 Musical Moments 3:00 Stepping Out—Ron Schlegel birthday party 5:00 Dinner	11 8:00 Breakfast 12:00 Lunch 2:15 For the Fun of Fit 3:00 Café Time 3:30 Chocolate Bingo 5:00 Dinner 6:15 You and Me
12 8:00 Breakfast 11:30 Church Service 12:00 Lunch 2:30 Bean Bag Toss 3:30 Brains and Banter 5:00 Dinner 6:15 Nails	13 8:00 Breakfast 12:00 Lunch 2:00 Circle of Friends 4:00 Brains and Banter 5:00 Dinner 6:15 Active Games	14 8:00 Breakfast 12:00 Lunch 2:00 Stepping Out 3:00 For the Fun of Fit 4:00 Brains and Banter 5:00 Dinner 6:30 For the Soul	15 8:00 Breakfast 10:30 Java Time 11:15 Musical Moments 12:00 Lunch 2:30 In the kitchen 4:00 Express Yourself 5:00 Dinner	16 8:00 Breakfast 9:30 Soothing Sensations 10:30 Express Yourself - Crafts 12:00 Lunch 2:30 Circle of Friends 4:00 Brains and Banter 5:00 Dinner 6:15 For the Fun of Fit	17 St Patrick's Day 8:00 Breakfast 10:00 Mindfulness Class 10:45 Musical Moments 12:00 Lunch 2:30 Stepping Out—Carnival 4:00 Brains and Banter 5:00 Dinner	18 8:00 Breakfast 10:15 Café Time 11:15 Circle of Friends 12:00 Lunch 2:30 For the Fun of Fit 3:30 Chocolate Bingo 5:00 Dinner
19 8:00 Breakfast 10:15 Café Time 11:30 Church Service 12:00 Lunch 2:30 Circle of Friends 4:00 Musical Moments 5:00 Dinner	20 8:00 Breakfast 12:00 Lunch 2:00 For the Fun of Fit 3:30 Chocolate Bingo 4:00 Brains and Banter 5:00 Dinner 6:15 Java Time	21 8:00 Breakfast 12:00 Lunch 2:00 Stepping Out 3:00 For the Fun of Fit 4:00 Brains and Banter 5:00 Dinner 6:30 For the Soul	22 8:00 Breakfast 10:30 Java Time 11:15 Musical Moments 12:00 Lunch 2:30 Circle of Friends 4:00 Express Yourself 5:00 Dinner 6:15 For the Fun of Fit	23 8:00 Breakfast 9:30 Soothing Sensations 10:30 Express Yourself—craft 12:00 Lunch 2:30 Circle of Friends 4:00 Brains and Banter 5:00 Dinner	24 8:00 Breakfast 10:00 Mindfulness Class 10:45 Java Time 12:00 Lunch 2:00 Stepping Out 2:15 Ladder Ball 3:30 Birthday Party 5:00 Dinner	25 8:00 Breakfast 12:00 Lunch 2:15 For the Fun of Fit 3:00 Café Time 3:30 Chocolate Bingo 5:00 Dinner 6:15 You and Me
26 8:00 Breakfast 11:30 Church Service 12:00 Lunch 2:30 Bean Bag Toss 3:30 Brains and Banter 5:00 Dinner 6:15 Nails	27 8:00 Breakfast 12:00 Lunch 2:00 Circle of Friends 4:00 Brains and Banter 5:00 Dinner 6:15 Active Games	28 8:00 Breakfast 12:00 Lunch 2:00 Stepping Out 3:00 Exercise Class 4:00 Brains and Banter 5:00 Dinner 6:30 For the Soul	29 8:00 Breakfast 10:30 Java Time 11:15 Musical Moments 12:00 Lunch 2:30 Circle of Friends 4:00 Express Yourself 5:00 Dinner	30 8:00 Breakfast 9:30 Soothing Sensations 10:30 In the kitchen 12:00 Lunch 2:30 Bowling 4:00 Brains and Banter 5:00 Dinner 6:15 For the Fun of Fit	31 8:00 Breakfast 10:00 Mindfulness Class 10:45 Java Time 12:00 Lunch 2:00 Stepping Out 3:00 Exercise class 3:30 Tea Party 5:00 Dinner	Emma's West Neighbourhood March 2023