

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

March 2023

First Floor Neighbourhood

| | | | | | | |
|--|--|---|--|--|---|--|
| | | | 3:00 Music with Kim Atkins 1 | 10:30 Exercise with Jonathan 2 | | 10:30 BINGO 2:00 Friendly Visits 4 |
| 10:30 Neighbourhood Time 5 2:00 For the Soul | 10:30 Spa Morning 6 2:00 In the Kitchen <small>Purim Begins</small> | 1:30 Exercise with Jonathan 7 2:00 Legion of Mary Visits | Music Therapy 8 | 10:30 Exercise with Jonathan 9 | 10:30 Morning News 10 2:00 BINGO | 10:00 For the Fun of Fit 11 11:30 Neighbourhood Time |
| Music Therapy 12 10:00 Brains and Banter 11:30 Friendly Visits Ron Schlegel's 80 th Birthday! <small>Daylight Saving Time Begins</small> | 13 | 10:30 Soothing Sensations 14 1:30 Exercise with Jonathan 2:00 Musical Moments 3:00 Resident Council | 15 | 10:30 Exercise with Jonathan 16 | Happy St. Patrick's Day 17 2:00 St. Patrick's Day Party with Jay Erlich <small>St. Patrick's Day</small> | 10:30 BINGO 18 2:00 Friendly Visits |
| 10:30 Neighbourhood Time 19 2:00 For the Soul | 8:30 Birthday Breakfast 20 10:30 Paula French Performs <small>Spring Begins</small> | 1:30 Exercise with Jonathan 21 2:00 Legion of Mary Visits | Music Therapy 22 <small>Ramadan Begins</small> | 10:30 Exercise with Jonathan 23 | 24 10:30 Manicures 2:00 Splitzville Bowling Outing with Wentworth Heights | 10:00 For the Fun of Fit 25 11:30 Neighbourhood Time |
| 10:00 Brains and Banter 26 11:30 Friendly Visits | 27 | 10:30 Stepping Out 28 1:30 Exercise with Jonathan 2:00 Afternoon Movie | 29 | 10:30 Exercise with Jonathan 30 | 6:30 Music with Aidan Purnell 31 | |