



# MARCH 2023

## Hazel Lane



### SUNDAY

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

### SATURDAY

			<b>1</b> 8:00 Breakfast 10:15 Coffee and Golden Girls 11:00 Musical Moments 12:00 Lunch 2:30 Arm Chair Travel 5:00 Dinner	<b>2</b> 8:00 Breakfast 10:30 Group Exercise 11:00 Stepping Out 12:00 Lunch 2:30 Movie Afternoon 5:00 Dinner 6:15 Circle of Friends	<b>3</b> 8:00 Breakfast 10:00 Brains and Banter 11:15 You & Me 12:00 Lunch 2:30 BINGO 5:00 Dinner	<b>4</b> 8:00 Breakfast 10:00 Express Yourself 11:00 Soothing Sensations 12:00 Lunch 2:30 Brains & Banter 5:00 Dinner
<b>5</b> 8:00 Breakfast 10:15 Church Service 11:15 Stepping Out 12:00 Lunch 2:30 Fun n' Fitness 5:00 Dinner	<b>6</b> 8:00 Breakfast 10:00 Java Music 11:15 Stepping Out 12:00 Lunch 2:30 Brains and Banter 5:00 Dinner	<b>7</b> 8:00 Breakfast 10:30 Group Exercise 11:00 Soothing Sensations 12:00 Lunch 2:30 In the Kitchen 5:00 Dinner	<b>8 International Women's Day</b> Wear Purple 8:00 Breakfast 10:00 Spa Morning 11:00 Musical Moments 12:00 Lunch 2:30 Tea Party 5:00 Dinner	<b>9</b> 8:00 Breakfast 10:30 Group Exercise 11:00 Stepping Out 12:00 Lunch 2:30 In the Kitchen 5:00 Dinner	<b>10 Polo Shirt Day</b> 8:00 Breakfast 10:00 Brains and Banter 11:15 You & Me 12:00 Lunch 2:30 Celebrating Ron Schlegel 5:00 Dinner 6:15 Circle of Friends	<b>11</b> 8:00 Breakfast 10:00 Express Yourself 11:00 Soothing Sensations 12:00 Lunch 2:30 Brains & Banter 5:00 Dinner
<b>12 Clocks Go Forward</b> 8:00 Breakfast 10:15 Church Service 11:15 Stepping Out 12:00 Lunch 2:30 Fun n' Fitness 5:00 Dinner	<b>13</b> 8:00 Breakfast 10:00 Java Music 11:15 Stepping Out 12:00 Lunch 2:30 Brains and Banter 5:00 Dinner	<b>14</b> 8:00 Breakfast 10:30 Group Exercise 11:00 Soothing Sensations 12:00 Lunch 2:30 In the Kitchen 5:00 Dinner	<b>15</b> 8:00 Breakfast 10:15 Coffee and Golden Girls 11:00 Musical Moments 12:00 Lunch 2:30 Fun of Fit 5:00 Dinner	<b>16</b> 8:00 Breakfast 10:30 Group Exercise 11:00 Stepping Out 12:00 Lunch 2:30 Express Yourself 5:00 Dinner 6:15 Circle of Friends	<b>17 St. Patrick's Day</b> 8:00 Breakfast 10:00 Brains and Banter 11:15 You & Me 12:00 Lunch 2:30 Entertainment with Jack Garson CQ 5:00 Dinner	<b>18</b> 8:00 Breakfast 10:00 Express Yourself 11:00 Soothing Sensations 12:00 Lunch 2:30 Brains & Banter 5:00 Dinner
<b>19</b> 8:00 Breakfast 10:15 Church Service 11:15 Stepping Out 12:00 Lunch 2:30 Fun n' Fitness 5:00 Dinner	<b>20 First Day of Spring</b> 8:00 Breakfast 10:00 Java Music 11:15 Stepping Out 12:00 Lunch 2:30 All Things Spring 5:00 Dinner	<b>21 World Down Syndrome Day</b> Wear fun socks 8:00 Breakfast 10:30 Group Exercise 11:00 Soothing Sensations 12:00 Lunch 2:30 In the Kitchen 5:00 Dinner	<b>22</b> 8:00 Breakfast 10:15 Cool Bean Café 11:00 Musical Moments 12:00 Lunch 2:30 Arm Chair Travel 5:00 Dinner	<b>23 Ramadan Starts</b> 8:00 Breakfast 10:30 Group Exercise 11:00 Stepping Out 12:00 Lunch 2:30 In the Kitchen 5:00 Dinner	<b>24</b> 8:00 Breakfast 11:15 You & Me 12:00 Lunch 2:30 BINGO 5:00 Dinner 6:15 Circle of Friends	<b>25</b> 8:00 Breakfast 10:00 Express Yourself 11:00 Soothing Sensations 12:00 Lunch 2:30 Brains & Banter 5:00 Dinner
<b>26</b> 8:00 Breakfast 10:15 Church Service 11:15 Stepping Out 12:00 Lunch 2:30 Fun n' Fitness 5:00 Dinner	<b>27</b> 8:00 Breakfast 10:00 Java Music 11:15 Stepping Out 12:00 Lunch 2:30 Brains and Banter 5:00 Dinner	<b>28</b> 8:00 Breakfast 10:30 Group Exercise 11:00 Soothing Sensations 12:00 Lunch 2:30 In the Kitchen 5:00 Dinner	<b>29</b> 8:00 Breakfast 10:15 Book Club 11:00 Musical Moments 12:00 Lunch 2:30 Fun of Fit 5:00 Dinner	<b>30</b> 8:00 Breakfast 10:30 Group Exercise 11:00 Stepping Out 12:00 Lunch 2:30 Movie Afternoon 5:00 Dinner 6:15 Circle of Friends	<b>31</b> 8:00 Breakfast 10:00 Brains and Banter 11:15 You & Me 12:00 Lunch 2:30 Birthday Social with Aiden Purnell in CQ 5:00 Dinner	Recreation Team Members:  Annie & Navjot  Neighborhood Co-Ordinator  Michelle Saunders