



# March 2023

## Weston Neighborhood



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>LOCATION LEGEND</b> LAM - Lambton BRU - Brule ALD - Alderwood ISL - Islington WES - Weston WAD - Wadsworth	<b>LOCATION LEGEND</b> CC - Community Centre CH - Chapel MST - Main Street CK - Country Kitchen HB - Hobby Room 1:1 - Individual program P - Patio	<b>LOCATION LEGEND</b> LR - Living Room D - Den RT - Retirement TS - Town Square TH - Theatre Room LIB - LTC Library CY - Courtyard	<b>1 NEIGHBORHOOD TIME</b> Daily News Chronicles <b>11:15 Music Therapy - LR</b> Inside Walks TV Afternoon Rest and Relax	<b>2</b> <b>10:00</b> Morning exercise - LR <b>11:00</b> <b>Java Music Club - CK</b> <b>12:00</b> Lunch Assistance <b>2:30</b> Active Games - "Balloon Volleyball" - LR <b>3:00</b> <b>Flash Back Café - LIB</b> <b>3:30</b> Friendly Visits - 1:1	<b>3</b> <b>10:00</b> Creative Coloring - CK <b>11:00</b> Baking - "Peanut Butter Cookies" - CK <b>12:00</b> Lunch Assistance <b>2:30</b> Bingo - CK <b>3:30</b> Music & Memories - LR	<b>4</b> <b>10:00</b> Morning Walks - MST <b>11:00</b> Tea Social - CK <b>12:00</b> Lunch Assistance <b>2:30</b> Active Games "Bean Bag Toss" - LR <b>3:30</b> Movie & Popcorn - LR
<b>5</b> <b>10:00</b> Room Visits - 1:1 <b>11:00</b> Ring Toss - LR <b>12:00</b> Lunch Assistance <b>2:30</b> Coffee & Chit-chat - CK <b>3:30</b> "Suzie Q" Sing - a - Long - LR	<b>6 NEIGHBORHOOD TIME</b> Daily News Chronicles <b>11:00 Spiritual Services - LR</b> Inside Walks TV Afternoon Rest and Relax	<b>7</b> <b>12:00</b> Lunch Assistance <b>2:15</b> Active Games - "Target Toss" - LR <b>3:00</b> <b>Entertainment with Emilio - LR</b> <b>4:15</b> Walk N' Wheels - 1:1 <b>5:00</b> Dinner Assistance <b>6:30</b> IN2L "Individual Programs"	<b>8 International Women's Day Holi</b> <b>10:00</b> Puzzle Buddies - CK <b>11:00</b> <b>Crafts "Holi Collaborative Poster" - HB</b> <b>12:00</b> Lunch Assistance <b>2:30</b> Active Games "Chair Basketball" - LR <b>3:30</b> Table Games Corner - HB	<b>9</b> <b>10:00</b> Morning exercise - LR <b>11:00</b> <b>Java Music Club - CK</b> <b>12:00</b> Lunch Assistance <b>2:30</b> Active Games - "Balloon Badminton" - LR <b>3:00</b> <b>Flash Back Café - LIB</b> <b>3:30</b> Friendly Visits - 1:1	<b>10</b> <b>10:00</b> Creative Coloring - CK <b>11:00</b> Baking - "Pizza" - CK <b>12:00</b> Lunch Assistance <b>2:30</b> Bingo - CK <b>3:30</b> Music & Memories - LR	<b>11 NEIGHBORHOOD TIME</b> Daily News Chronicles Music - LR Inside Walks TV Afternoon Rest and Relax
<b>12 NEIGHBORHOOD TIME DAY LIGHT SAVINGS TIME BEGINS</b> Daily News Chronicles Music - LR Inside Walks TV Afternoon Rest and Relax	<b>13</b> <b>10:00</b> Wake Up & Stretch - LR <b>11:00</b> Flower Arranging - CK <b>12:00</b> Lunch Assistance <b>2:30</b> Trivia "Who am I?" - LR <b>3:30</b> Painting Club - CK	<b>14</b> <b>12:00</b> Lunch Assistance <b>2:15</b> Active Games - "Ladder Toss" - LR <b>3:30</b> Bingo - CK <b>4:15</b> Walk N' Wheels - 1:1 <b>5:00</b> Dinner Assistance <b>6:30</b> IN2L "Individual Programs" - 1:1	<b>15 NEIGHBORHOOD TIME</b> Daily News Chronicles Inside Walks TV Afternoon Rest and Relax	<b>16</b> <b>10:00</b> Morning exercise - LR <b>11:00</b> <b>Java Music Club - CK</b> <b>12:00</b> Lunch Assistance <b>2:30</b> Active Games - "Balloon Volleyball" - LR <b>3:00</b> <b>Flash Back Café - LIB</b> <b>3:30</b> Friendly Visits - 1:1	<b>17 St. Patrick's Day</b> <b>10:30 Beyond Melodies - LR</b> <b>11:30</b> Creative Coloring - CK <b>12:00</b> Lunch Assistance <b>2:30</b> Bingo - CK <b>3:30</b> <b>Music &amp; Memories "Irish Music" - LR</b> <b>3:30</b> <b>Serving - "Shamrock Shake" - LR</b>	<b>18</b> <b>10:00</b> Morning Walks - MST <b>11:00</b> Tea Social - CK <b>12:00</b> Lunch Assistance <b>2:30</b> Active Games "Bean Bag Toss" - LR <b>3:30</b> Movie & Popcorn - LR
<b>19</b> <b>10:00</b> Room Visits - 1:1 <b>11:00</b> Ring Toss - LR <b>12:00</b> Lunch Assistance <b>2:30</b> Coffee & Chit-chat - CK <b>3:30</b> "Suzie Q" Sing - a - Long - LR	<b>20 NEIGHBORHOOD TIME FIRST DAY OF SPRING</b> Daily News Chronicles <b>11:00 Spiritual Services - LR</b> Inside Walks TV Afternoon Rest and Relax	<b>21</b> <b>12:00</b> Lunch Assistance <b>2:15</b> Active Games - "Target Toss" - LR <b>3:30</b> Bingo - CK <b>4:15</b> Walk N' Wheels - 1:1 <b>5:00</b> Dinner Assistance <b>6:30</b> IN2L "Individual Programs" - 1:1	<b>22 RAMADAN</b> <b>10:00</b> Puzzle Buddies - LR <b>11:00</b> <b>Ramadan Special "Rice Crispies Treats" - CK</b> <b>11:15</b> <b>Music Therapy - LR</b> <b>12:00</b> Lunch Assistance <b>2:30</b> Active Games "Chair Basketball" - LR <b>3:30</b> Table Games Corner - HB	<b>23</b> <b>10:00</b> Morning exercise - LR <b>11:00</b> <b>Java Music Club - CK</b> <b>12:00</b> Lunch Assistance <b>2:30</b> Active Games - "Balloon Badminton" - LR <b>3:00</b> <b>Flash Back Café - LIB</b> <b>3:30</b> Friendly Visits - 1:1	<b>24</b> <b>10:00</b> Creative Coloring - CK <b>11:00</b> Baking - "Puff Pastries" - CK <b>12:00</b> Lunch Assistance <b>2:30</b> Bingo - CK <b>3:30</b> Music & Memories - LR	<b>25 NEIGHBORHOOD TIME</b> Daily News Chronicles Music - LR Inside Walks TV Afternoon Rest and Relax
<b>26 NEIGHBORHOOD TIME</b> Daily News Chronicles Music - LR Inside Walks TV Afternoon Rest and Relax	<b>27</b> <b>10:00</b> Wake Up & Stretch - LR <b>11:00</b> Flower Arranging - CK <b>12:00</b> Lunch Assistance <b>2:30</b> Trivia "General Knowledge" - LR <b>3:30</b> Painting Club - CK	<b>28</b> <b>12:00</b> Lunch Assistance <b>2:15</b> Active Games - "Ladder Toss" - LR <b>3:30</b> Bingo - CK <b>4:15</b> Walk N' Wheels - 1:1 <b>5:00</b> Dinner Assistance <b>6:30</b> IN2L "Individual Programs" - 1:1	<b>29 NEIGHBORHOOD TIME</b> Daily News Chronicles Music - LR Inside Walks TV Afternoon Rest and Relax	<b>30</b> <b>10:00</b> Morning exercise - LR <b>11:00</b> <b>Java Music Club - CK</b> <b>12:00</b> Lunch Assistance <b>2:30</b> Active Games - "Balloon Volleyball" - LR <b>3:00</b> <b>Flash Back Café - LIB</b> <b>3:30</b> Friendly Visits - 1:1	<b>31</b> <b>10:00</b> Creative Coloring - CK <b>11:00</b> Baking - "Banana Bread" - CK <b>12:00</b> Lunch Assistance <b>2:30</b> Bingo - CK <b>3:30</b> Music & Memories - LR	