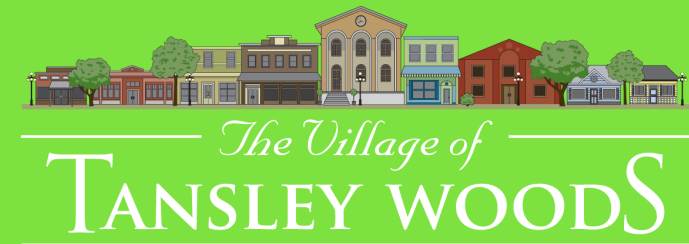




MARCH 2023

NELSON NEIGHBOURHOOD



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Residents Bill Of Rights</p> <p>23. Every Resident Has The Right To Pursue Social, Cultural, Religious, Spiritual Or Other Interests, To Develop His Or Her Potential And To Given Reasonable Assistance By The Licensee To Pursue These Interests And To Develop Their Potential</p>	<p><i>Happy St. Patrick's Day</i></p>		<p>1</p> <p>8:00 Breakfast 9:15 Fun & Fit 11:00 You and me 12:00 Lunch 2:00 Plant & Art Show– MS 4:00 Stepping Out 5:00 Dinner</p>	<p>2</p> <p>8:00 Breakfast 9:45 Circle of Friends 10:15 Basketball & Ball Toss 10:45 Musical moments 11:00 Horticulture Therapy 12:00 Lunch 1:30 You and me 3:00 Brains and Banter 3:00 Yoga Class- FC 5:00 Dinner</p>	<p>3</p> <p>8:00 Breakfast 9:45 Circle of Friends 10:45 For the fun of fit 12:00 Lunch 2:00 Soothing Sensations 2:30 Standing Balance 3:30 Musical Moments 5:00 Dinner</p>	<p>4</p> <p>8:00 Breakfast 9:45 For the Soul 10:45 Brains and banter 12:00 Lunch 1:30 Stepping out 3:30 Brent Meidinger– MS 5:00 Dinner</p>
<p>5</p> <p>8:00 Breakfast 9:45 In the kitchen 10:45 Circle of Friends 12:00 Lunch 2:00 Sunday Social– CC 3:00 Church– MS 5:00 Dinner</p>	<p>6 Purim</p> <p>8:00 Breakfast 9:45 Circle of friends 10:45 For the fun of fit 12:00 Lunch 2:00 Brains and banter 3:00 Stepping out 5:00 Dinner</p>	<p>7</p> <p>8:00 Breakfast 10:00 Devotions 10:30 Standing Balance 12:00 Lunch 1:45 Group Fitness– FC 2:30 Express Yourself 2:30 Bible Study– L 3:30 For the fun of fit 5:00 Dinner 6:30 Circle of Friends</p>	<p>8 International Women's Day/ Holi</p> <p>8:00 Breakfast 9:15 Fun & Fit 12:00 Lunch 1:30 Music Therapy 2:30 Ladies Henna Social– L 4:00 Stepping out 5:00 Dinner 6:30 You and me</p>	<p>9</p> <p>8:00 Breakfast 9:45 Soothing sensations 10:15 Basketball & Ball Toss 10:45 For the fun of fit 12:00 Lunch 3:00 Yoga Class – FC 1:30 Express Yourself 3:30 You and Me 5:00 Dinner</p>	<p>10 Breakfast Club</p> <p>8:00 Breakfast 9:45 For the soul 10:45 Musical Moments 11:00 Line Dancing– FC 12:00 Lunch 1:30 Stepping out 2:30 Standing Balance 5:00 Dinner</p>	<p>11</p> <p>8:00 Breakfast 10:30 Tai Chi– FC 12:00 Lunch 3:00 Paula French– MS 5:00 Dinner</p>
<p>12</p> <p>8:00 Breakfast 11:00 Total Body Fitness 12:00 Lunch 1:45 Basketball & Ball Toss 2:00 Sunday Social– cc 3:00 Church Service– MS</p>	<p>13</p> <p>8:00 Breakfast 9:45 Soothing Sensations 10:45 Stepping out 12:00 Lunch 2:00 Express Yourself 3:00 For the fun of fit 5:00 Dinner</p>	<p>14</p> <p>8:00 Breakfast 10:00 Devotions 12:00 Lunch 1:00 Art Therapy 1:30 Brains and Banter 1:45 Group Fitness– FC 2:30 Bible Study– L 3:30 For the fun of fit 5:00 Dinner 6:30 You and me</p>	<p>15</p> <p>8:00 Breakfast 9:15 Fun & Fit 12:00 Lunch 1:30 Music Therapy 2:30 Drum Fit –CC 3:30 In The Kitchen 5:00 Dinner 6:30 Express yourself</p>	<p>16</p> <p>8:00 Breakfast 9:45 For the soul 10:15 Basketball & Ball Toss 10:45 For the fun of fit 11:00 Horticulture Therapy 12:00 Lunch 2:00 Soothing sensations 3:00 Yoga Class– FC 3:30 Brains and Banter 5:00 Dinner</p>	<p>17 St. Patrick's Day</p> <p>8:00 Breakfast 9:45 Circle of friends 10:45 Express yourself 11:00 Line Dancing 12:00 Lunch 2:00 St Patrick's Day Social– CC 3:00 Gerry Larkin St. Pats day– MS 5:00 Dinner</p>	<p>18</p> <p>8:00 Breakfast 9:45 For the soul 10:45 Brains and banter 12:00 Lunch 1:30 Stepping out 3:00 Musical Moments 5:00 Dinner</p>
<p>19</p> <p>8:00 Breakfast 9:45 In the kitchen 10:45 Musical Moments 12:00 Lunch 2:00 Sunday Social– CC 3:00 Church– MS 5:00 Dinner</p>	<p>20 First Day of Spring</p> <p>8:00 Breakfast 9:45 For The soul 10:45 For the fun of fit 12:00 Lunch 2:00 Brains and banter 3:00 Irish Tales—TS 5:00 Dinner</p>	<p>21</p> <p>8:00 Breakfast 10:00 Devotions 12:00 Lunch 1:00 Art Therapy 1:30 Soothing Sensations 1:45 Group Fitness– FC 2:30 Bible Study-L 3:30 Stepping Out 5:00 Dinner</p>	<p>22 Ramadan</p> <p>8:00 Breakfast 9:15 Fun & Fit 12:00 Lunch 1:30 Music Therapy 2:30 Drum Fit– FC 3:30 In The Kitchen 5:00 Dinner 6:30 You and me</p>	<p>23 National Puppy Day</p> <p>8:00 Breakfast 9:45 Express Yourself 10:45 Musical Moments 10:15 Basketball & Ball Toss 11:00 Horticulture Therapy 12:00 Lunch 1:30 Soothing Sensations 2:00 Puppy Visits– L 3:00 Yoga Class—FC 5:00 Dinner</p>	<p>24 Diner's Club</p> <p>8:00 Breakfast 9:45 Circle of Friends 10:45 For the fun of fit 11:00 Line Dancing– FC 12:00 Lunch 2:00 Soothing Sensations 2:30 Standing Balance– FC 3:30 Musical Moments 5:00 Dinner</p>	<p>25</p> <p>8:00 Breakfast 10:30 Tai Chi– FC 12:00 Lunch 3:00 Jack Garson Performs– MS 5:00 Dinner</p>
<p>26</p> <p>8:00 Breakfast 11:00 Total Body Fitness 12:00 Lunch 1:45 Basketball & Ball Toss 2:00 Sunday Social– cc 3:00 Church Service– MS</p>	<p>27</p> <p>8:00 Breakfast 9:45 Soothing Sensations 10:45 For the fun of fit 12:00 Lunch 1:30 Bowling– Outing 2:00 Brains and banter 3:00 Express yourself 5:00 Dinner</p>	<p>28</p> <p>8:00 Breakfast 10:00 Devotions 12:00 Lunch 1:00 Art Therapy 1:30 Brains and banter 1:45 Group Fitness– FC 2:30 Bible Study– L 3:30 For the fun of fit 5:00 Dinner 6:30 You and me</p>	<p>29</p> <p>8:00 Breakfast 9:15 Fun & Fit 12:00 Lunch 1:30 Music Therapy 2:30 Drum Fit– FC 3:30 In The Kitchen 5:00 Dinner 6:30 Brains and Banter</p>	<p>30</p> <p>8:00 Breakfast 9:45 You and Me 10:15 Basketball & Ball Toss-FC 10:45 For The Soul 11:00 Horticulture Therapy 12:00 Lunch 2:00 Spanish Social– L 3:00 Yoga Class—FC 3:30 Stepping Out 5:00 Dinner</p>	<p>31</p> <p>8:00 Breakfast 9:45 Circle of Friends 10:45 For the fun of fit 11:00 Line Dancing– FC 12:00 Lunch 2:00 Soothing Sensations 3:30 Baby Chicks– FC 5:00 Dinner</p>	