

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

March 2023

Third Floor Neighbourhood

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| March 2023 | | | Third Floor Neighbourhood | | | |
| | | | 1 8:00 Breakfast 12:00 Lunch 3:00 Music with Kim Atkins 4:00 You & I 5:00 Dinner 6:30 Neighbourhood Time | 2 Dr. Seuss Day! 8:00 Breakfast 12:00 Lunch 4:00 Express Yourself 5:00 Dinner 6:30 BINGO | 3 8:00 Breakfast 12:00 Lunch 3:00 Soothing Sensations 4:00 Expressive Writing 5:00 Dinner 6:30 Paint and Sip Night | 4 8:00 Breakfast 12:00 Lunch 5:00 Dinner |
| 5 8:00 Breakfast 12:00 Lunch 5:00 Dinner | 6 8:00 Breakfast 12:00 Lunch 3:00 Greeting the Day 4:00 For the Fun of Fit 5:00 Dinner 6:30 BINGO Purim Begins | 7 8:00 Breakfast 12:00 Lunch 2:00 Legion of Mary Visits 4:00 Express Yourself 5:00 Dinner 6:30 Karaoke Night | 8 International Women's Day 8:00 Breakfast 12:00 Lunch 4:00 Happy Hour 5:00 Dinner 6:30 Laughter Yoga Music Therapy | 9 8:00 Breakfast 12:00 Lunch 3:00 In the Kitchen 5:00 Dinner 6:30 Movie and Munch | 10 8:00 Breakfast 12:00 Lunch 5:00 Dinner | 11 8:00 Breakfast 12:00 Lunch 3:00 Java Music Club 5:00 Dinner 6:30 BINGO |
| 12 Music Therapy 8:00 Breakfast 12:00 Lunch 3:00 You & I 5:00 Dinner 6:30 Zumba! Ron Schlegel's 80 th Birthday! Daylight Saving Time Begins | 13 8:00 Breakfast 12:00 Lunch 5:00 Dinner | 14 8:00 Breakfast 12:00 Lunch 2:30 Greeting the Day 3:00 Resident Council 5:00 Dinner 6:30 Neighbourhood Time | 15 8:00 Breakfast 12:00 Lunch 4:00 Musical Moments 5:00 Dinner 6:30 BINGO | 16 8:00 Breakfast 12:00 Lunch 3:00 HCC Salon 4:00 Brains & Banter 5:00 Dinner 6:30 Horticulture Time | 17 HAPPY ST. PADDY's DAY 8:00 Breakfast 12:00 Lunch 2:00 St. Patrick's Day Party with Jay Erlich 5:00 Dinner St. Patrick's Day | 18 8:00 Breakfast 12:00 Lunch 5:00 Dinner |
| 19 8:00 Breakfast 12:00 Lunch 5:00 Dinner | 20 8:00 Breakfast 8:30 Birthday Breakfast 10:30 Paula French Performs 12:00 Lunch 3:00 Greeting the Day 5:00 Dinner 6:30 BINGO Spring Begins | 21 8:00 Breakfast 12:00 Lunch 2:00 Legion of Mary Visits 4:00 Musical Moments 5:00 Dinner 6:30 Express Yourself | 22 8:00 Breakfast 12:00 Lunch 4:00 You & I 5:00 Dinner 6:30 Who Wants to be a Millionaire (Trivia) Music Therapy Ramadan Begins | 23 National Puppy Day! 8:00 Breakfast 12:00 Lunch 3:00 Soothing Sensations 5:00 Dinner 6:30 BINGO | 24 8:00 Breakfast 12:00 Lunch 2:00 Bowling Outing with Wentworth Heights! 5:00 Dinner | 25 Earth Hour 8:00 Breakfast 12:00 Lunch 3:00 For the Fun of Fit 4:00 News and Views 5:00 Dinner 6:30 Karaoke Night |
| 26 8:00 Breakfast 12:00 Lunch 3:00 You & I 5:00 Dinner 6:30 Arm Chair Travel | 27 8:00 Breakfast 12:00 Lunch 5:00 Dinner | 28 8:00 Breakfast 12:00 Lunch 3:00 In the Kitchen 5:00 Dinner 6:30 BINGO | 29 8:00 Breakfast 12:00 Lunch 4:00 Brains and Banter 5:00 Dinner 6:30 Express Yourself | 30 8:00 Breakfast 12:00 Lunch 3:30 Stepping Out 5:00 Dinner 6:30 Pub Night | 31 8:00 Breakfast 12:00 Lunch 3:00 Chicken Soup Stories 4:00 You & I 5:00 Dinner 6:30 Music with Aidan Purnell |  |