



March 2023

Weston Neighborhood



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