

# MARCH

## APPLEBY



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> 9:00 Neighborhood Time 10:30 Timbits & Coffee-CC 2:00 Total Body Fitness 2:00 Stepping Out 3:30 Brent Meidinger Performs-TH
<b>2</b> 9:00 Neighborhood Time 10:00 Movie Matinee-L 2:15 Church Service –TH 3:30 Circle of Friends	<b>3</b> 9:15 Fun & Fit 1:00 Neighborhood Time 1:00 Meditation-L 2:00 In the Kitchen-CK 3:30 Musical Moments 6:00 Circle of Friends	<b>4</b> 9:00 Neighborhood Time 1:00 Spiritual Care 2:30 In the Kitchen-CC 3:30 Soothing Sensations 6:00 Art Therapy	<b>5</b> 9:00 Neighborhood Time 10:00 Jamboree 11:00 Total Body Fitness 1:30 Horticulture Therapy 2:00 You & Me 3:30 Brains & Banter	<b>6</b> 9:00 Neighborhood Time 11:00 Musical Moments 2:00 In the Kitchen-CC 3:30 Circle of Friends	<b>7</b> 10:00 Art Therapy 11:15 Line Dancing-FC 1:00 Neighborhood Time 2:00 Circle of Friends 3:30 Stepping Out 6:00 Brains and Banter	<b>8</b> 1:00 Neighborhood Time 10:30 Women’s Day Social-CC 2:00 Brains & Banter 3:00 Natalie Marie Performs-TH 6:00 Neighborhood Time
<b>9 Daylight Savings</b> 9:00 Neighborhood Time 11:00 For the Fun of Fit 2:15 Church Service –TH 3:30 Circle of Friends	<b>10</b> 9:15 Fun & Fit 10:00 Mother Goose 1:00 Neighborhood Time 1:00 Meditation-L 2:00 Express Yourself 3:30 Musical Moments	<b>11</b> 9:00 Neighborhood Time 1:00 For the Soul 2:00 Brains & Banter 3:30 Soothing Sensations 6:00 Art Therapy 6:00 Wine & Cheese Night	<b>12</b> 9:00 Neighborhood Time 10:00 Jamboree 11:00 Total Body Fitness 1:30 Horticulture Therapy 2:00 Express Yourself 3:30 You & Me	<b>13</b> 9:00 Neighborhood Time 11:00 Musical Moments 2:00 In the Kitchen-CC 3:30 Circle of Friends	<b>14</b> 10:00 Art Therapy 11:15 Line Dancing-FC 1:00 Neighborhood Time 2:30 Holi Social-TH 3:30 Stepping Out 6:00 Brains and Banter	<b>15</b> 9:00 Neighborhood Time 11:00 Circle of Friends-CC 2:00 Total Body Fitness 2:00 Stepping Out 3:00 Ron Tansley Performs-TH
<b>16</b> 9:00 Neighborhood Time 10:00 Movie Matinee-L 2:15 Church Service –TH 3:30 Circle of Friends	<b>17 St. Patrick’s Day</b> 9:15 Fun & Fit 1:00 Neighborhood Time 1:00 Meditation-L 2:30 St. Patrick’s Day Social-CC 3:30 Stepping Out 6:00 Circle of Friends	<b>18</b> 9:00 Neighborhood Time 11:00 Brains & Banter 1:00 Spiritual Care 2:00 Circle of Friends 3:30 Soothing Sensations 6:00 Art Therapy	<b>19</b> 9:00 Neighborhood Time 10:00 Jamboree 11:00 Total Body Fitness 1:30 Horticulture Therapy 2:00 Wicked Movie-TH 4:00 Stepping Out	<b>20 First Day of Spring</b> 9:00 Neighborhood Time 11:00 Musical Moments 2:00 Wicked Movie-TH 4:00 Stepping Out	<b>21</b> 10:00 Art Therapy 11:15 Line Dancing-FC 1:00 Neighborhood Time 2:00 Circle of Friends 3:30 Stepping Out 6:00 Brains and Banter	<b>22</b> 1:00 Neighborhood Time 2:00 Brains & Banter 3:00 Gerry Larkin Performs-TH 6:00 Neighborhood Time
<b>23</b> 9:00 Neighborhood Time 11:00 For the Fun of Fit 2:15 Church Service –TH 3:30 Circle of Friends	<b>24</b> 9:15 Fun & Fit 1:00 Neighborhood Time 1:00 Meditation-L 2:00 Stepping Out 3:00 Gold Olympics-TH 6:00 Circle of Friends	<b>25</b> 9:00 Neighborhood Time 11:00 Brains & Banter 1:00 Spiritual Care 2:00 Circle of Friends 3:00 Gold Olympics-TH 6:00 Art Therapy	<b>26</b> 9:00 Neighborhood Time 10:00 Jamboree 11:00 Total Body Fitness 1:30 Horticulture Therapy 2:00 Gold Olympics-RC 3:30 You & Me	<b>27</b> 9:00 Neighborhood Time 10:30 Birthday Social-CC 2:00 Soothing Sensations 3:00 Residents Council 3:00 Gold Olympics-TH	<b>28</b> 10:00 Art Therapy 11:15 Line Dancing-FC 1:00 Neighborhood Time 2:00 Circle of Friends 3:30 Stepping Out 6:00 Brains and Banter	<b>29</b> 9:00 Neighborhood Time 10:30 In the Kitchen-CC 2:00 Total Body Fitness 2:00 Stepping Out 3:00 Geri Defoe Performs-TH
<b>30</b> 9:00 Neighborhood Time 10:00 Movie Matinee-L 2:15 Church Service –TH 3:30 Circle of Friends	<b>31</b> 9:15 Fun & Fit 1:00 Neighborhood Time 1:00 Meditation-L 2:00 In the Kitchen-CK 3:30 Musical Moments 6:00 Circle of Friends					

<b>Legend</b> L- Library TH—Town Hall MS- Main Street CC- Community Center FC- Fitness Center	<b>Residents Bill Of Rights</b> 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	<b>Note/Announcement:</b> Programs Subject To Change
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# MARCH

## In the Kitchen

- 4 - Pancakes-CC
- 6- Oreo Cookies and Milk-CC
- 13- Challah Bread-CC
- 27- Hot Chocolate-CC

## Socials

- 1- Timbits & Coffee
- 11- Wine & Cheese-CC
- 14- Holi Social-TH
- 15- Muffins
- 17- St. Patrick's Day Social-CC
- 27- Birthday Social
- 29- Samosas

## Movies

Popcorn will be provided



Movies for the month:

- 2- The Wizard of OZ
- 16- Brooklyn
- 19- Wicked (First Half)
- 20-Wicked (Second Half)
- 30- It's Complicated

## Pal Group Programs

Monday

Sweat Squad 1:30

Tuesday

Group Fitness 1:45

Thursday

Basketball 11:30

Yoga 1:45

## Outings

- 12- Scenic Drive (3pm)
- 18- Chuck's Roadhouse (11am)
- 26- Dodgeball/Volleyball (2pm)

## Diner's Club

- 25- McDonalds

# MARCH

Neighbourhood Name

### Legend

C—Chapel

TH—Town Hall

MF— Main Floor

TS—Town Square

SC—Social Club

FE—Front Entrance

L—Library

EM—Emma's

HS—Hobby Shop

JPL — Jack Purcell Lounge

BP— Back Patio

FC—Fitness Centre

MFC — Main Floor Café

PC—Patio Courtyard

### Note/Announcement:

words go here.....

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> 11:30 Bus pick up - LTC
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Neighbourhood Name

### Legend

C—Chapel

TH—Town Hall

MF— Main Floor

TS—Town Square

SC—Social Club

FE—Front Entrance

L—Library

EM—Emma's

HS—Hobby Shop

JPL — Jack Purcell Lounge

BP— Back Patio

FC—Fitness Centre

MFC — Main Floor Café

PC—Patio Courtyard

### Note/Announcement:

words go here.....

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>16</b> 11:30 Bus pick up - LTC	<b>17</b> 11:30 Bus pick up - LTC	<b>18</b> 11:30 Bus pick up - LTC	<b>19</b> 11:30 Bus pick up - LTC	<b>20</b> 11:30 Bus pick up - LTC	<b>21</b> 11:30 Bus pick up - LTC	<b>22</b> 11:30 Bus pick up - LTC
<b>23</b> 11:30 Bus pick up - LTC	<b>24</b> 11:30 Bus pick up - LTC	<b>25</b> 11:30 Bus pick up - LTC	<b>26</b> 11:30 Bus pick up - LTC	<b>27</b> 11:30 Bus pick up - LTC	<b>28</b> 11:30 Bus pick up - LTC	<b>29</b> 11:30 Bus pick up - LTC
<b>30</b> 11:30 Bus pick up - LTC	<b>31</b> 11:30 Bus pick up - LTC	<b>Note/Highlights:</b> Delete if you don't need it .....		<b>Note/Highlights:</b> Delete if you don't need it .....		