

Sunday

Monday

Tuesday

Wednesday

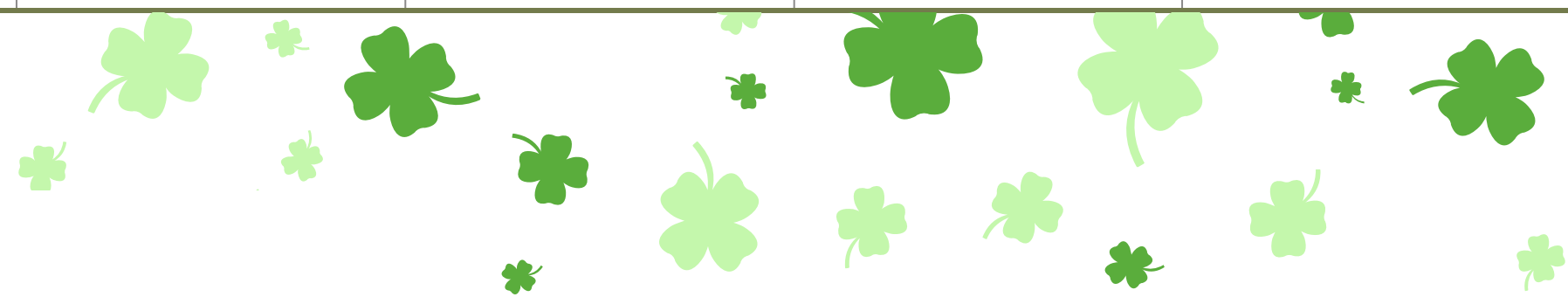
Thursday

Friday

Saturday

MARCH

Claremont Neighbourhood



<p>2 9:45 Church Service- TH 11:00 Neighbourhood time 2:30 Brain & Banter-CK</p>	<p>3 10:00 Brain & Banter-CK 11:00 Neighbourhood time 2:30 Stepping out-T 6:15 Ice cream social-L</p>	<p>4 11:15 Music Therapy w/Erin-OA 1:30 You & I-T 2:30 Mardi Gras Entertainment w/Filipa Sousa-MS 6:30 Bingo-FC</p>	<p>5 10:00 For the soul-OA 11:00 You & I-T 2:30 Ash Wednesday Service-FC 6:30 Active Games- MS</p>	<p>6 9:30 Hymn Sing w/ Pastor Rob -OA 10:00 Brains & Banter-CK 10:00 Girls Club-DPCK 11:00 For the soul-T 2:30 Express yourself-CK 6:30 Movie Night-FC</p>	<p>7 10:00 For the Soul-OA 11:00 You & I-T 2:30 Brain & Banter-CK</p>	<p>1 8:00 Breakfast Club- CC 10:00 Neighbourhood time 2:30 You & I-T</p> <p>8 10:00 Neighbourhood time 11:00 Stepping Out-T 2:30 Soothing Sensations-P</p>
<p>9 Daylight savings (Spring Forward) 9:45 Church Service- TH 11:00 Musical Moments-P 2:30 Java Music Club -L</p>	<p>10 10:00 Brains & Banter-CK 11:00 You & I-T 2:30 Walmart outing (Sign up) 6:15 Ice cream social-L</p>	<p>11 11:15 Music Therapy w/Erin-OA 1:30 You & I-T 2:30 Neighbourhood time 6:30 Musical Moments-FC</p>	<p>12 10:30 Ramadan Presentation-TH 11:00 Bible study w/Pastor Rob-L 2:00 Birthday Party -MS 6:30 Active Games- MS</p>	<p>13 9:30 Hymn Sing w/ Pastor Rob -OA 10:00 Girls Club-DPCK 10:00 Circle of Friends-CK 12:00 Diners Club 2:30 Stepping out-T</p>	<p>14 10:00 Brain & Banter-CK 11:00 Stepping out-T 2:30 Musical Moments-P</p>	<p>15 10:00 Soothing Sensations-P 11:00 Stepping out-T 2:30 Brain & Banter-CK</p>
<p>16 9:45 Church service -TH 11:00 Neighbourhood time 2:30 St Patrick's Day Fun-CC</p>	<p>17 St Patricks Day- Wear Green 9:30 Neighbourhood Time 10:00 Stepping Out - T 2:30 St. Patrick Entertainment w/ Bruce Tournay-MS</p>	<p>18 11:15 Music Therapy w/Erin-OA 1:30 You & I-T 2:30 Neighbourhood time 6:30 Bingo-FC</p>	<p>19 10:00 For the Soul 11:00 Bible study w/Pastor Rob-L 2:30 You & I 6:30 Pub night w/Ryan Andrews-MS</p>	<p>20 9:30 Hymn Sing w/ Pastor Rob -OA 10:00 Girls Club-DPCK 11:00 For the soul-T 2:30 Express yourself-CK 6:30 Movie Night-FC</p>	<p>21 10:00 Catholic Mass-TH 11:00 Stepping out-T 2:30 Story telling</p>	<p>22 10:00 For the Soul-OA 11:00 For the fun of fit-FC 2:30 Express yourself-CK</p>
<p>23 9:45 Church Service- TH 11:00 Neighbourhood Time 2:30 Traveling treat cart-T</p>	<p>24 10:00 Brains & Banter-CK 11:00 Neighbourhood time 2:30 Country Drive (Sign up) 6:15 Ice cream social-L</p>	<p>25 11:15 Music Therapy w/Erin-OA 1:30 You & I-T 2:30 Neighbourhood time 6:30 Musical Moments-FC</p>	<p>26 1:00 Neighbourhood time 2:30 Music-OA 5:00 Luau Dinner -R</p>	<p>27 Blue Jay Theme Day 9:30 Hymn Sing w/ Pastor Rob -OA 10:00 Baseball-FC 10:00 Girls Club-DPCK 11:00 You & I-T 2:30 Circle of Friends-CK</p>	<p>28 10:00 For the Soul-OA 11:00 You & I-T 2:30 Residents Council-FC</p>	<p>29 10:00 Neighbourhood time 11:00 Brain & banter 2:30 For the Fun of Fit-T</p>

30
9:45 Church Service- TH
11:00 Stepping out-T
2:30 Express yourself-CK

31
9:45 Calendar delivery-T
10:00 You & I
11:00 Neighbourhood Time
2:30 Soothing Sensations-P
6:15 Ice cream social-L

Legend			Note/Announcement: See backside for Program information
TH—Town Hall	P— Parlour	T— Traveling	
MS— Main Street	L—Library	FC—Fitness Centre	
OA—Open Area	CC— Community Centre	R—Ruby	
CK—Country Kitchen	TS— Town Square	DPCK—Dunlop Country Kitchen	
	RH—Retirement		

MARCH

Living In My Today Program Descriptions

Our emphasis is on developing relationships, while the experience of those living with dementia forms the foundation of The Five Pillars of LIVING in My Today.

The Five Pillars

- Meaningful and Active Engagement;
- Enjoyable Mealtimes;
- Empowered Care Partners;
- Thoughtful Design;
- Supportive Approaches to Care.

New Program Descriptions

We are now using broad program names on our calendars to maintain flexibility and ensure engagement for all residents. This approach keeps programming dynamic, inclusive, and responsive to the community's evolving needs.

New Program Descriptions Neighbourhood Time

- Neighbourhood time sets up shared living spaces with resources to catch resident's attention and invite them to give them a try.

In The Kitchen

- Creates moments of opportunity for reminiscence, learning, and fellowship through its recognition that the kitchen is not only used to prepare and consume food. Replaces; Baking, cooking, etc.

Circle of Friends

- Creates intentional opportunities for residents to cultivate new connections in a supportive environment that promotes shared experiences and camaraderie. Replaces; Tea & Chats, News & Views, etc.

Brains & Banter

- A stimulating and social activity, combining engaging brain games with lively conversation. Replaces; Trivia, Word Games, & Puzzles.

Musical Moments

- Supports residents to engage with music in meaningful ways. Replaces; Music on Demand, Sing-Alongs, etc.

New Program Descriptions Stepping Out

- A guided walk that supports residents to enjoy the outdoors and village community. Replaces; Walk & Talks, Walks on Main Street, etc.

You & I

- Replaces One to One & Friendly Visits

For the Fun of Fit

- Fitness activities that focus on having fun and building relationships, while also challenging hand-eye coordination, balance, and range of motion. Replaces; Active Games, Mini Putt, Bean Bag Toss, etc.

Express Yourself

- Honours creativity and creates a supportive environment for residents to explore and express themselves. Replaces; Crafts or anything creative.

Soothing Sensations

- A program that focuses on sensory enrichment. Replaces; Sensory programming

For the Soul

- Spiritual programs that connect us to others. Replaces; Spiritual programs, Gratitude Circles, & Joke programs.