

MARCH

Downey

Legend

Do - Downey
Ha - Hagey
Jo - Johnston
Ma - Matthews
Po - Pollock

Wr - Wright
C - Chapel
CC - Community Centre
CY - Courtyard
FC - Fitness Centre

L - Library
MS - Main Street
RH - Retirement

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10:00 The Weekend Perk 11:00 You and Me 2:00 Entertainment (Jo) 3:15 Stepping Out
2 10:00 For The Soul 11:00 Musical Moments 2:00 Circle of Friends 3:00 Crokinole	3 10:00 You and Me 11:00 Stepping Out 2:00 In the Kitchen 3:00 Knitting Club on Downey 3:30 HIIT (FC) 6:30 Game Show Trivia (CC)	4 Shrove Tuesday 9:30 Rosary (C) 10:45 Art with Sonal 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 3:30 Soothing Sensations 6:30 In the Kitchen (CC)	5 Ash Wednesday 10:00 Art Workshop (CC) 10:30 Contemplating Life with Mike (C) 1:45 Ash Wednesday Service- RH 2:00 Circle of Friends 3:00 Brains and Banter 3:30 Balance Class (FC) 6:30 Documentary & Popcorn (C)	6 9:30 Chapel Service (C) 10:30 Zumba (FC) 11:00 Stepping Out 2:00 For the Fun of Fit 2:00 Seated Yoga (FC) 3:00 Circle of Friends 6:30 Active Games (MS)	7 10:00 Friendly Visit 10:30 Sit N' Get Fit 2:00 Bingo on Downey 3:30 Active Games (FC) 6:30 Crafting Club (CC)	8 9:30 Daily Perk 10:30 Stepping Out 2:00 Entertainment (Wr) 3:30 Puzzles & Games
9 Daylight Savings Time Begins 9:30 For the Soul 10:30 Music on Demand 2:00 Soap Carving 3:00 You & Me	10 9:30 Manicure/Nail Care 11:00 You and Me 2:00 Travelling cart: Hot Chocolate 3:30 Total Body Fitness (FC) 6:30 Game Show Trivia (CC)	11 9:30 Rosary (C) 10:45 Art with Sonal 2:00 Bingo (MS) 3:15 Tai Chi (FC) 3:30 Brains & Banter 6:30 Devotions (C)	12 2:00 Tim Hortons Social 3:00 Travelogue 3:30 Balance Class (FC) 6:30 Games Night (CC)	13 9:30 Chapel Service (C) 10:30 Zumba (FC) 1:30 Bus Outing 2:00 Resident Council (C) 2:00 Seated Yoga (FC) 6:30 Active Games (MS)	14 9:30 Neighbourhood Time 10:30 Sit N' Get Fit 11:00 Soothing Sensations 2:00 Bingo on Pollock 3:30 Pilates (FC) 6:30 Crafting Club (CC)	15 10:00 Neighbourhood Time 11:00 Daily Perk 2:00 Entertainment (Do) 3:15 Stepping Out

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>16 10:00 For The Soul 11:00 Hymn Sing Along 2:00 For The Fun of Fit 3:00 You and Me</p>	<p>17 St. Patrick's Day 9:30 Friendly Visit 11:00 Circle of Friends 2:00 St. Patrick's Day Party (MS) 3:30 NuStep to Ireland (FC) 6:30 Game Show Trivia (CC)</p>	<p>18 9:30 Rosary (C) 10:45 Art with Sonal 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 3:30 You & Me 6:30 In the Kitchen (CC)</p>	<p>19 10:30 Contemplating Life with Mike (C) 2:00 Travelling Cart: Sundaes 3:15 Classic Radio 3:30 Balance Class (FC) 6:30 Games Night (CC)</p>	<p>20 9:30 Chapel Service (C) 10:30 Zumba (FC) 11:00 Brains and Banter 2:00 Entertainment (MS) 2:00 Seated Yoga (FC) 6:30 Active Games (MS)</p>	<p>21 10:00 For The Fun of Fit 10:30 Sit N' Get Fit 9:30 - 2:30 All Day Bus Outing 3:30 Active Games (FC) 6:30 Crafting Club (CC)</p>	<p>22 9:30 You & Me 10:30 Spring Painting 2:00 Family Games (MS) 3:30 Musical Moments</p>	
<p>23 9:30 For the Soul 10:30 Manicures & Nail Care 2:00 Balloon Volleyball 3:00 Neighbourhood Time</p>	<p>24 10:00 Neighbourhood Time 11:00 Stepping Out 2:00 Travelling Cart: General Store 3:00 You and Me 3:30 HIIT (FC) 6:30 Game Show Trivia (CC)</p>	<p>25 9:30 Rosary (C) 10-12 Meet the RIA (RH) 10:45 Art with Sonal 11:00 Stepping Out 2:00 Bingo (MS) 3:15 Tai Chi (FC) 3:30 Calendar Planning & Bill of Rights Meeting 6:30 Devotions (C)</p>	<p>26 10:00-2:30 Ruth's Fashions (CC) 2:00 Wisdom Wednesday 3:00 In the Kitchen 3:30 Balance Class (FC) 6:30 Games Night (CC)</p>	<p>27 9:30 Chapel Service (C) 10:30 Zumba (FC) 11:00 You and Me 2:00 Residents' Council (C) 2:00 Knitting Club on Downey 3:00 Stepping Out 6:30 Active Games (MS)</p>	<p>28 9:30 You & Me 10:30 Sit N' Get Fit 11:00 Dominoes 2:00 Bingo on Pollock 3:30 Pilates (FC) 6:30 Crafting Club (CC)</p>	<p>29 10:00 The Weekend Perk 11:00 Soothing Sensations 2:00 Entertainment (Ma) 3:15 You and Me</p>	
<p>30 10:00 For the Soul 11:30 Bus pick up - LTC 11:00 Neighbourhood Time 2:00 Movie and Popcorn 3:00 Circle of Friends</p>	<p>31 9:30 Stepping Out 11:00 Circle of Friends 2:00 In the Kitchen 3:00 You and Me 3:30 Total Body Fitness (FC) 6:30 Game Show Trivia (CC)</p>	<p>Entertainment: March 1st - Entertainment with Lynne & Rick on Johnston March 8th - Entertainment with Henry Winter on Wright March 15th - Entertainment with R&S Country on Downey March 20th - Songs with Marilyn & Muriel on Main Street March 29th - Entertainment with Kevin Coates on Matthews</p> <p>Outings: March 13th - Goodwill Thrift Store March 21st - Butterfly Sanctuary</p>					<p>Calendar Planning and Resident Bill of Rights We invite you to attend this meeting on your neighbourhood. Learn about your Bill of Rights. Have your input as we plan next month's activities, programs, and outings! Hosted by your Recreation Team Member.</p> <p>Your Recreation Team: Full-Time - Pearl Part-Time - Danica</p>

