

# MARCH

## Johnston

### 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   |
|---|--|--|---|---|--|--|
|   |  |  |   |   |  |  |
| <b>2</b><br>11:15 Weekend Perks<br>2:00 BINGO<br>3:30 Stepping Out<br>5:00 Make Your Own Poutine with Julia | <b>3</b><br>10:00 Sit 'N Get Fit<br>11:00 Let's Color<br>2:00 Let's Paint<br>3:30 HIIT (FC)<br>6:30 Game Show Trivia (CC)  | <b>4 Shrove Tuesday</b><br>9:30 Rosary (C)<br>10:30 You and Me<br>2:00 Bingo (MS)<br>3:15 Hand Therapy (FC)<br>6:30 In the Kitchen (CC)    | <b>5 Ash Wednesday</b><br>9:15 Art with Sonal<br>10:00 Art Workshop (CC)<br>10:30 Contemplating Life with Mike (C)<br>11:00 Morning Stretches<br>1:45 Ash Wednesday Service (RH)<br>3:30 Balance Class (FC)<br>6:30 Documentary & Popcorn (C) | <b>6</b><br>9:30 Chapel Service (C)<br>10:30 Zumba (FC)<br>1:30 Outing<br>2:00 Puzzle It Out<br>2:00 Seated Yoga (FC)<br>6:30 Active Games (MS)                                   | <b>7</b><br>2:00 Shamrock Shake Travelling Cart<br>4:00 Soothing Sensations<br>3:30 Active Games (FC)<br>6:30 Crafting Club (CC) | <b>1</b><br>10:00 Calendar Hang Up<br>11:00 Neighbourhood Time<br>2:00 Entertainment (Jo)                        |
| <b>9 Daylight Savings Time Begins</b><br>9:30 Weekend Perks<br>10:00 For The Soul<br>2:00 BINGO             | <b>10</b><br>10:00 Brains and Banter<br>10:00 Sit 'N Get Fit<br>3:30 Total Body Fitness (FC)<br>6:30 Game Show Trivia (CC) | <b>11</b><br>9:00-12:00 Outing<br>9:30 Rosary (C)<br>11:00 Morning Stretches<br>2:00 Bingo (MS)<br>3:15 Tai Chi (FC)<br>6:30 Devotions (C) | <b>12</b><br>9:15 Art with Sonal<br>2:00 Bill Of Rights and Calendar Planning<br>3:30 Balance Class (FC)<br>6:30 Games Night (CC)   | <b>13</b><br>9:30 Chapel Service (C)<br>10:30 Zumba (FC)<br>2:00 Let's Paint<br>2:00 Residents' Council (C)<br>2:00 Seated Yoga (FC)<br>3:30 You and Me<br>6:30 Active Games (MS) | <b>14</b><br>10:00 Stepping Out<br>11:00 Manicures<br>2:00 Let's Paint<br>3:30 Pilates (FC)<br>6:30 Crafting Club (CC)           | <b>8</b><br>9:30 Weekend Perks<br>10:00 Tim Horton's Coffee and Tim Bits<br>2:00 Entertainment (Wr)              |
|   |  |  |   |   |  | <b>15</b><br>9:30 Weekend Perks<br>10:30 Express Yourself - St. Patty's Day Prop Prep<br>2:00 Entertainment (Do) |

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|--|---|--|---|--|--|---|--|
| <p><b>16</b><br/>11:15 Stepping Out<br/>2:00 BINGO<br/>3:30 St. Patty's Day Tattoos!<br/>5:00 Make Your Own Poutine with Julia</p> | <p><b>17 St. Patrick's Day</b><br/>10:00 Sit 'N Get Fit<br/>2:00 St. Patrick's Day Party (MS)<br/>NuStep to Ireland (FC)<br/>6:30 Game Show Trivia (CC)</p> | <p><b>18</b><br/>9:30 Rosary (C)<br/>2:00 Bingo (MS)<br/>3:15 Hand Therapy (FC)<br/>6:30 In the Kitchen (CC)</p>   | <p><b>19</b><br/>9:15 Art with Sonal<br/>10:30 Contemplating Life with Mike (C)<br/>11:00 Morning Stretches<br/>3:30 Balance Class (FC)<br/>6:30 Games Night (CC)</p> | <p><b>20</b><br/>9:30 Chapel Service (C)<br/>10:30 Zumba (FC)<br/>2:00 Entertainment (MS)<br/>2:00 Seated Yoga (FC)<br/>3:30 Express Yourself<br/>6:30 Active Games (MS)</p>  | <p><b>21</b><br/>2:00 Movie and Popcorn<br/>3:30 Active Games (FC)<br/>6:30 Crafting Club (CC)</p>   | <p><b>22</b><br/>10:00 Weekend Perks<br/>11:00 Puzzle It Out<br/>2:00 Family Games (MS)<br/>3:30 You and Me</p>   |  |
| <p><b>23</b><br/>9:30 Weekend Perks<br/>10:00 For The Soul<br/>11:00 Express Yourself<br/>2:00 BINGO</p>                           | <p><b>24</b><br/>10:00 Brains and Banter<br/>10:00 Sit 'N Get Fit<br/>3:30 HIIT (FC)<br/>6:30 Game Show Trivia (CC)</p>                                     | <p><b>25</b><br/>9:30 Rosary (C)<br/>10-12 Meet the RIA (RH)<br/>11:00 Morning Stretches<br/>2:00 Bingo (MS)<br/>3:15 Tai Chi (FC)<br/>6:30 Devotions (C)</p>   | <p><b>26</b><br/>9:15 Art with Sonal<br/>10:00-2:30 Ruth's Fashions (CC)<br/>2:00 Let's Play Cards<br/>3:30 Balance Class (FC)<br/>6:30 Games Night (CC)</p>          | <p><b>27</b><br/>9:30 Chapel Service (C)<br/>10:30 Zumba (FC)<br/>2:00 Stepping Out<br/>2:00 Seated Yoga (FC)<br/>3:30 Manicures<br/>6:30 Active Games (MS)</p>  | <p><b>28</b><br/>10:00 Express Yourself<br/>11:00 Stepping Out<br/>3:30 Pilates (FC)<br/>6:30 Crafting Club (CC)</p>  | <p><b>29</b><br/>9:30 Weekend Perks<br/>11:00 Morning Stretches<br/>2:00 Entertainment (Ma)</p>   |  |
| <p><b>30</b><br/>11:15 Stepping Out<br/>2:00 BINGO<br/>5:00 Make Your Own Mac N Cheese With Julia</p>                              | <p><b>31</b><br/>10:00 Sit 'N Get Fit<br/>11:00 Let's Color<br/>2:00 Card Games<br/>3:30 Total Body Fitness (FC)<br/>6:30 Game Show Trivia (CC)</p>         | <p><b>Entertainment:</b><br/>March 1st - Entertainment with Lynne &amp; Rick on Johnston<br/>March 8th - Entertainment with Henry Winter on Wright<br/>March 15th - Entertainment with R&amp;S Country on Downey<br/>March 20th - Songs with Marilyn &amp; Muriel on Main Street<br/>March 29th - Entertainment with Kevin Coates on Matthews</p> <p><b>Outings:</b><br/>March 6 @1:30pm - Elora Casino with Debi<br/>March 11 @9:00am - Thrift on Kent with Julia</p> |   |  |  | <p><b>Calendar Planning and Resident Bill of Rights</b><br/>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!<br/>Hosted by your Recreation Team Member.</p> <p><b>Your Recreation Team:</b><br/>Full-Time - Debi<br/>Part-Time - Julia</p>  |  |