

MARCH

Matthews

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 9:30 Neighbourhood Time 11:00 You and Me 2:00 Entertainment (Jo) |
| 2 9:30 Daily Perks 10:00 For the Soul 11:00 Express Yourself 2:00 Stepping Out | 3 9:30 Circle of Friends 10:30 You and Me 2:00 Brains and Banter 3:30 HIIT (FC) 6:30 Game Show Trivia (CC) | 4 Shrove Tuesday 9:30 Rosary (C) 10:00 For the Fun of Fit 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 In the Kitchen (CC) | 5 Ash Wednesday 10:00 Art Workshop (CC) 10:30 Contemplating Life with Mike (C) 10:30 Sit 'N Get Fit (Wr) 10:45 Art with Sonal 1:45 Ash Wednesday Service (RH) 2:00 In the Kitchen 3:30 Balance Class (FC) 6:30 Documentary & Popcorn (C) | 6 9:30 Chapel Service (C) 10:30 Zumba (FC) 2:00 Seated Yoga (FC) 2:30 Express Yourself 6:30 Active Games (MS) | 7 9:30 Soothing Sensation 10:00 Bingo (Ma) 2:00 Story Time 3:30 Active Games (FC) 6:30 Crafting Club (CC) | 8 9:30 Neighbourhood Time 10:00 Brains and Banter 2:00 Entertainment (Wr) |
| 9 Daylight Savings Time Begins 9:30 Daily Perks 10:00 For the Soul 11:00 Art and craft 2:00 Manicure | 10 9:30 Express Yourself 3:30 Total Body Fitness (FC) 6:30 Game Show Trivia (CC) | 11 9:30 Rosary (C) 10:00 For the Fun of Fit 2:00 Bingo (MS) 3:15 Tai Chi (FC) 6:30 Devotions (C) | 12 10:30 Sit 'N Get Fit (Wr) 10:45 Art with Sonal 2:00 Brains and Banter 3:30 Balance Class (FC) 6:30 Games Night (CC) | 13 9:30 Chapel Service (C) 10:30 Zumba (FC) 11:00 Residents bill of rights and Calendar Planning Meeting 2:00 Residents' Council (C) 2:00 Seated Yoga (FC) 6:30 Active Games (MS) | 14 9:30 Soothing Sensations 10:00 Bingo (Wr) 1:30 Outing 3:30 Pilates (FC) 6:30 Crafting Club (CC) | 15 9:30 Neighbourhood Time 11:00 Stepping Out 2:00 Entertainment (Do) |

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|--|--|---|--|--|--|---|---|--|
| 16 9:30 Daily Perks 10:00 For the Soul 11:00 Hymn sing 2:00 You and Me | 17 St. Patrick's Day 9-12 Nu-Step to Ireland 9:30 Express Yourself 11:00 Stepping Out 2:00 St. Patrick's Day Party (MS) 3:30 Total Body Fitness (FC) 6:30 Game Show Trivia (CC) | 18 9:30 Rosary (C) 10:00 For the Fun of Fit 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 In the Kitchen (CC) | 19 10:30 Sit 'N Get Fit (Wr) 10:30 Contemplating Life with Mike (C) 10:45 Art with Sonal 2:00 Karaoke 3:30 Balance Class (FC) 6:30 Games Night (CC) | 20 9:30 Chapel Service (C) 10:30 Zumba (FC) 2:00 Entertainment (MS) 2:00 Seated Yoga (FC) 6:30 Active Games (MS) | 21 9:30 Soothing Sensations 10:00 Bingo (Ma) 2:00 Circle of Friends 3:30 Active Games (FC) 6:30 Crafting Club (CC) | 22 9:30 Neighbourhood Time 11:00 iN2L 2:00 Family Games (MS) | | |
| 23 9:30 Daily Perks 10:00 For the Soul 11:00 Card Games 2:00 You and Me | 24 9:30 Express Yourself 2:00 You and Me 3:30 HIIT (FC) 6:30 Game Show Trivia (CC) | 25 9:00 Outing 9:30 Rosary (C) 10-12 Meet the RIA (RH) 2:00 Bingo (MS) 3:15 Tai Chi (FC) 6:30 Devotions (C) | 26 10:00-2:30 Ruth's Fashions (CC) 10:30 Sit 'N Get Fit (Wr) 10:45 Art with Sonal 2:00 You and Me 3:30 Balance Class (FC) 6:30 Games Night (CC) | 27 9:30 Chapel Service (C) 10:30 Zumba (FC) 2:00 Seated Yoga (FC) 2:30 Movie Time 6:30 Active Games (MS) | 28 9:30 Soothing Sensations 10:00 Bingo (Wr) 2:00 You and Me 3:30 Pilates (FC) 6:30 Crafting Club (CC) | 29 9:30 Neighbourhood Time 11:00 Stepping Out 2:00 Entertainment (Ma) | | |
| 30 9:30 Daily Perks 10:00 For the Soul 11:00 Neighbourhood Time 2:00 You and Me | 31 9:30 Express Yourself 10:30 Manicure 2:00 Short Story 3:30 Total Body Fitness (FC) 6:30 Game Show Trivia (CC) | <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: Friday, March 14th: Splitsville Waterloo Tuesday, March 25th: Value Village</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 - Harman Part-Time -</p> | |