Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MAF Oaklands	RCH	* * *	*		* *	1:00 Art Therapy 2:30 Neighbourhood Time 3:30 Brent Meidinger -TH 6:00 Circle of Friends
Odkidi idi						
10:00 Total Body Fitness 1:00 Neighbourhood Time 2:15 Church - TH 3:30 For The Fun of Fit 6:00 You and Me	9:00 Neighbourhood Time 10:30 Brains and Banter 2:00 Musical Moments 3:30 Express Yourself	9:00 Neighbourhood Time 1:00 Art Therapy 2:00 Soothing Sensations 3:00 In the Kitchen 4:00 Spiritual Care	9;15 Fun & Fit 2:30 Neighbourhood Time 3:30 Brains and Banter 6:00 Soothing Sensations	10:30 Horticulture Therapy 1:00 Neighbourhood Time 1:30 Music Therapy 2:30 In the Kitchen 3:30 For the Soul 6:00 You and me	9:00 Neighbourhood Time 10:30 Express Yourself 11:15 Line Dancing- FC 2:00 Soothing Sensations 3:30 For the Fun of Fit 6:00 Circle of Friends	9:00 Neighbourhood Time 10:00 Women's Day Social-CC 2:00 You and Me 3:00 Natalie Marie - TH
9 Daylight Savings Time Begins 9:00 Neighbourhood Time 10:00 Stepping Out 2:15 Church -TH 3:30 In the Kitchen	9:00 Neighbourhood Time 10:00 Mother Goose- TH 2:00 Soothing Sensations 3:30 For the Fun of Fit	9:00 Neighbourhood Time 10:30 Express Yourself 2:00 Spiritual Care 3:30 Circle of Friends	2:30 Neighbourhood Time 3:30 Brains and Banter 6:00 You and Me	13 Purim 10:30 Horticulture Therapy 1:00 Neighbourhood Time 1:30 Music Therapy 3:00 Purim Social 6:00 Circle of Friends	9:00 Neighbourhood Time 10:30 Musical Moments 11:15 Line Dancing- TH 2:30 Holi Celebration -TH 6:00 Brains and Banter	2:00 Neighbourhood Time 3:00 Ron Tansley- TH 6:00 For the Fun of Fit
10:00 Total Body Fitness 1:00 Neighbourhood Time 2:15 Church -TH 3:30 For The Fun of Fit 6:00 Circle of Friends	9:00 Neighbourhood Time 10:30 Brains and Banter 2:30 St. Patricks Social-CC 3:30 You and Me	9:00 Neighbourhood Time 10:30 For the Fun of Fit 1:00 Art Therapy 2:00 For the Soul 3:30 In the Kitchen 4:00 Spiritual Care	2:00 Wicked Movie Pt. 1- TH 2:30 Neighbourhood Time 4:00 Express Yourself 6:00 Soothing Sensations	20 First Day of Spring 10:30 Horticulture Therapy 1:00 Neighbourhood Time 1:30 Music Therapy 2:00 Wicked Movie Pt2 -TH 6:00 Brains and Banter	9:00 Neighbourhood Time 10:00 Express Yourself 11:15 Line Dancing- FC 2:00 Soothing Sensations 3:30 Musical Moments 6:00 You and Me	9:00 Neighbourhood Time 10:00 Circle of Friends 2:00 Stepping Out 3:00 Gerry Larkin- TH
9:00 Neighbourhood Time 10:00 Brains and Banter 2:15 Church -TH 3:30 Express Yourself	9:00 Neighbourhood Time 10:30 Stepping Out 2:00 Stepping Out 3:00 Golden Olympics- TH	25 Diners Club 9:00 Neighbourhood Time 10:30 Express Yourself 1:00 Art Therapy 2:00 Stepping Out 3:00 Golden Olympics-TH	2:30 Stepping Out 3:00 Golden Olympics- Outing 6:00 Brains and Banter	10:30 Birthday Social- CC 10:30 Horticulture Therapy 1:00 Neighbourhood Time 1:30 Music Therapy 3:00 Golden Olympics- TH	9:00 Neighbourhood Time 10:30 Brains and Banter 11:15 Line Dancing- TH 2:00 Soothing Sensations 6:00 Express Yourself	29 Eid- al-Fitr 2:00 Neighbourhood Time 3:00 Geri Defoe- TH 6:00 Circle of Friends

CC- Community Center

FC- Fitness Center

MS- Main Street

TH- Town Hall

L- Library

10:00 Total Body Fitness 1:00 Neighbourhood Time 2:15 Church -TH 3:30 For The Fun of Fit 6:00 Circle of Friends

### 31 Trans Day of Visibility

9:00 Neighbourhood Time 10:00 Express Yourself 2:30 Documentary -TH 3:30 Stepping Out

6:00 You and me

### Legend **Residents Bill Of Rights**

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

### **Note/Announcement:**

Programs Subject to Change

# MARCH

# **Pal Group Programs**

Monday

Sweat Squad 1:30

Tuesday

Group Fitness 1:45

Thursday

Basketball 11:30 Yoga 1:45

## **Diner's Club**

25- McDonalds

# Outings

Scenic Drive - Wednesday 12th @ 3:00

Chuck's Roadhouse - Wednesday 18th @11:30

Active Games Outing - Wednesday 26th @2:00

