




MARCH

Pollock

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 9:00 You & Me 10:00 Manicures & Nail Care 2:00 Entertainment (Jo) 3:30 Stepping Out  
2 9:00 Neighbourhood Time 10:00 For the Soul 11:00 Short Stories 2:00 Card Games 3:00 You & Me	3 10:00 Neighbourhood Time 2:00 Stepping out 3:00 Hello Pollock! 3:30 HIIT(FC) 6:30 Game Show Trivia (CC)	4 Shrove Tuesday 9:00 Neighbourhood Time 9:30 Rosary (C) 10:30 Sit 'N Get Fit 10:45 Art with Sonal 12:00 Pancake Lunch 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 In the Kitchen (CC)	5 Ash Wednesday 9:00 Neighbourhood Time 10:00 Art Workshop (CC) 10:30 Contemplating Life with Mike (C) 1:45 Ash Wednesday Service (RH) 2:00 Soothing Sensations 3:00 Hello Pollock! 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) 3:00 Hello Pollock! 6:30 Active Games (MS)	7 2:00 Bingo on Downey 3:30 Active Games (FC) 6:30 Crafting Club (CC) 	8 9:30 Daily Perk 11:00 Stepping Out 2:00 Entertainment (Wr)
9 Daylight Savings Time Begins 10:00 For The Soul 2:00 Neighborhood Time 3:00 Express Yourself 4:00 Soothing Sensations	10 1:30 Soothing Sensations 3:00 Hello Pollock! 3:30 Total Body Fitness (FC) 6:30 Game Show Trivia (CC)	11 9:30 Rosary (C) 10:30 Sit 'N Get Fit 10:45 Art with Sonal 2:00 Bingo (MS) 3:15 Tai Chi (FC) 6:30 Devotions (C)	12 9:00 Neighbourhood Time 2:00 Express Yourself 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 Seated Yoga (FC) 6:30 Active Games (MS)	14 9:00 Neighbourhood Time 2:00 Bingo on Pollock 3:30 Pilates (FC) 6:30 Crafting Club (CC)	15 9:00 Keep up 10:00 Spring Painting 11:15 Baking 2:00 Entertainment (Do) 3:30 Musical Moments

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Legend

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
16 10:00 For the Soul 11:15 Ring Toss 2:00 Hot Wax 3:00 Neighbourhood Time	17 St. Patrick's Day 9:00 Laughter Yoga 9-12 Nu-Step to Ireland 10:00 Word Games 2:00 St. Patrick's Day Party (MS) 6:30 Game Show Trivia (CC)	18 9:00 Van Outing 9:30 Rosary (C) 10:30 Sit 'N Get Fit 10:45 Art with Sonal 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 In the Kitchen (CC)	19 9:00 Neighbourhood Time 10:30 Contemplating Life with Mike (C) 2:00 Soothing Sensations 3:00 Hello Pollock! 3:30 Balance Class (FC) 6:30 Games Night (CC)	20 9:00 Neighbourhood Time 9:30 Chapel Service (C) 10:30 Zumba (FC) 2:00 Seated Yoga (FC) 2:00 Entertainment (MS) 6:30 Active Games (MS)	21 2:00 Bingo on Downey 3:30 Active Games (FC) 4:00 Guess the Phrase 6:30 Crafting Club (CC)	22 9:00 Neighbourhood Time 11:00 Stepping Out 2:00 Family Games (MS)	
23 10:00 For the Soul 2:00 Neighbourhood Time 3:00 Movie & Popcorn	24 1:30 Soothing Sensations 3:00 Hello Pollock! 3:30 HIIT(FC) 6:30 Game Show Trivia (CC)	25 9:30 Rosary (C) 10-12 Meet the RIA (RH) 10:30 Sit 'N Get Fit 10:45 Art with Sonal 2:00 Bingo (MS) 3:15 Tai Chi (FC) 3:30 Calendar Planning & Bill of Rights Meeting 6:30 Devotions (C)	26 9:00 Neighbourhood Time 10:00-2:30 Ruth's Fashions (CC) 2:30 Express Yourself 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) 2:00 Karaoke 6:30 Active Games (MS) 	28 9:00 Neighbourhood Time 2:00 Bingo on Pollock 3:30 Pilates (FC) 6:30 Crafting Club (CC)	29 9:00 Keep Up 10:00 Baking 2:00 Entertainment (Ma)	
30 10:00 For the Soul 11:15 Corn Hole 2:00 Neighbourhood Time 3:00 Root Beer Float Social	31 9:00 Muscle Relaxation 10:30 Who Am I? 2:00 Java Music (C) 3:30 Total Body Fitness (FC) 6:30 Game Show Trivia (CC)	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 Outings: March 13th (1:30 pm) - Goodwill with Summit March 18th (9:00 am) - Earth Sciences Museum with Summit				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. Your Recreation Team: Full-Time - Summit Part-Time - Sydney	

