




MARCH 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	EZ Fit Shoe Sale 2	3	4	Foot Dr. Paul 5	Shuttle van 6	7
10:30 Hymn sing 10:30 Relaxation/Movement with Naomi 2:30 Pretty Polish ML 2:30 Sunday Social ML 3:00 Sit and Dance ML 5:00 Miriam on piano ML 6:45 The Golden Girls	9:00 Word Puzzle Club 10:15 Exercises 11:00 Town Hall Meeting 11:00 Walking group 1:30 Lets Stretch ML 2:00 Bingo 2:30 Vanessa on piano 3:15 McMaster Craft Class 3:30 UNO ML 6:30 Therapy dog – Mousse ML 6:45 Movie– Ladies choice	9:45 Better Balance 10:30 Coffee Shop Club 10:30 Xbox bowling 10:30 Walking group 10:30 Anglican Service 11:00 Heat Therapy 1:00 Bicycle exercises 1:45 Exercise 2:00 Walmart 2:30 Left, Right, Centre 6:30 Chloe & Alannah time 6:45 Movie– Men’s choice	9:30 Hairdresser 10:15 Exercises with Radha 10:45 Chaplin Joseph’s Bible Study 11:00 Walking group 1:30 Ball Benefits class ML 2:00 Jackpot bingo 3:30 Dominos 6:45 Movie Ladies choice	9:00 Fewer Falls 10:00 Dollartree 10:30 Xbox bowling 10:30 Talk a Latte ML 10:30 Walking group 10:30 Greeting card making 11:00 Heat therapy 1:00 Bicycle exercises 1:45 Exercises 2:00 Scenic Drive 2:30 Fit Minds 3:30 Kent’s Singalong ML 6:45 Movie– Men’s Choice	9:30 Hairdresser 9:30 Rummy 3F 10:00 Giant Tiger 10:15 Exercises 10:45 Scrabble 11:00 Walking group 1:30 Lets Stretch ML 2:30 Bob Williamson-All the Worlds a Stage 3:30 Knit and Chatter 7:00 The Price is Right - Now and Then	10:30 Cranium crunch-at the front desk 10:30 Dominos ML 2:00 John and Sheila Ludgate ML 3:00 Bingo 6:45 NEW! Prime series-Monk
International womens day 8	9	10	Gems for you Sale 11	12	13	14
10:30 Hymn sing 2:30 Pretty Polish ML 2:30 Sunday Social ML 3:00 Sit and Dance ML 5:00 Miriam on piano ML 6:45 The Golden Girls 	9:00 Word Puzzle Club 10:15 Exercises 11:00 Bookmobile 11:00 Walking group 1:30 Lets Stretch ML 2:00 Bingo 2:30 Vanessa on piano 3:15 McMaster Craft Class 3:30 UNO 6:30 Therapy dog –Mousse ML 6:45 Carol Burnett Show –1	9:45 Better Balance 10:00 Bank Run 10:30 Xbox bowling 10:30 Walking group 10:30 Catholic Mass 11:00 Heat Therapy 1:00 Bicycle exercises 1:45 Exercise 2:00 Limeridge Mall 2:30 Left, Right, Centre 4:30 Akiko on Flute ML 6:30 Chloe & Alannah time 6:45 Carol Burnett show-2	9:30 Hairdresser 10:15 Exercises with Radha 10:45 Chaplin Joseph’s Bible Study 10:45 FOOD Town Hall meeting 11:00 Walking group 1:30 Ball Benefits class 2:00 Jackpot bingo 3:30 Dominos 6:45 Carol Burnett show-3	9:00 Fewer Falls 10:30 Norma’s Crafts 10:30 Xbox bowling 10:30 Talk a Latte ML 10:30 Walking group 11:00 Heat therapy 11:15 Lunch Critics Maria’s Fifty’s Diner 1:00 Bicycle exercises 1:45 Exercises 2:30 Scenic drive 2:30 Fit Minds 3:30 Kent’s Singalong ML 5:00 Alina on Piano 6:45 Movie – Carol Burnett	9:30 Hairdresser 9:30 Rummy 3F 10:15 Exercises 10:45 Scrabble 11:00 Walking group 12:00 New Resident lunch 1:00 Philharmonic Trip 1:30 Lets Stretch ML 2:30 Robin McKee-Radial Line & the Beach 3:30 Knit & Chatter 6:45 Name that Celebrity/ Place or Thing 7:30 Movie -Erin Brockovich	10:30 Cranium crunch-at the front desk 10:30 Dominos ML 2:00 Kim Atkins ML 3:00 Bingo 6:45 Prime series-Monk
15	16	St Patrick's day 17	18	Foot Dr. Paul 19	Shuttle van 20	21
10:30 Hymn sing 10:30 Relaxation/Movement with Naomi 2:30 Pretty Polish ML 2:30 Sunday Social ML 3:00 Sit and Dance ML 5:00 Miriam on piano ML 6:45 The Golden Girls	9:00 Word Puzzle Club 10:15 Exercises 11:00 Walking group 1:30 Lets Stretch ML 2:00 Bingo 2:30 Vanessa on piano 3:15 McMaster Craft Class 3:30 UNO 6:45 Prime–Bridget & Eamon	9:45 Better Balance 10:30 Coffee Shop Club 10:30 Xbox bowling 10:30 Walking group 10:30 Rosary 11:00 Heat Therapy 1:00 Bicycle exercises 1:45 Exercise 2:00 Irish Singalong ML 3:00 Shamrock Party with Marion Shynal 6:45 Concert DVD –Andre Rieu in Dublin	9:30 Hairdresser 10:15 Exercises with Radha 10:45 Chaplin Joseph’s Bible Study 11:00 Walking group 1:30 Ball Benefits class ML 2:00 Jackpot bingo 3:30 Classics with Laura 3:30 Dominos 6:45 Prime-The O’Briens	9:00 Fewer Falls 10:00 Spring Tide Bulb Show 10:30 Xbox bowling 10:30 Walking group 10:30 Talk a Latte ML 11:00 Heat therapy 1:00 Bicycle exercises 1:45 Exercises 2:00 Scenic Drive 2:30 Ft Minds 3:30 Kent’s Singalong ML 6:45 Movie– Angela’s Ashes 7:00 Kirkendall Garden Club MR	9:30 Hairdresser 9:30 Rummy 3F 10:00 Shoppers Drug Mart 10:15 Exercises 10:30 Remember When 10:45 Scrabble 11:00 Walking group 1:30 Lets Stretch ML 4:45 Burgers and Beatles Night 7:30 Prime-Older Than Ireland	10:30 Cranium crunch-at the front desk 10:30 Dominos ML 2:00 Krishanthi ML 3:00 Bingo 6:45 Prime series-Monk MORE ON REVERSE >



MARCH 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22	23	24	Foot Dr. Jason 25	26	27	28
10:30 Hymn sing 2:00 Jeff Gurney ML 2:30 Pretty Polish ML 2:30 Sunday social ML 3:00 Sit and Dance ML 5:00 Miriam on piano ML 6:45 The Golden Girls	9:00 Word Puzzle Club 10:15 Exercises 11:00 Bookmobile 11:00 Walking group 1:30 Lets Stretch ML 2:00 Bingo 2:30 Vanessa on piano 3:15 McMaster Craft Class 3:30 UNO ML 6:30 Therapy dog –Mousse ML 6:45 Reader's Digest- Nature's Amazing Events	9:45 Better Balance 10:30 Coffee Shop Club 10:30 Rosary 10:30 Walking group 10:30 Xbox bowling 11:00 Heat Therapy 1:00 Bicycle exercises 1:45 Exercise 2:00 Flamboro Casino 2:30 Left, Right, Centre 6:30 Chloe & Alannah time 6:45 Reader's Digest- Encounters of the Deep	9:30 Hairdresser 10:15 Exercises with Radha 10:45 Chaplin Joseph's Bible Study 10:30 Reading Buddies 11:00 Walking group 1:30 Ball Benefits class ML 2:00 Show & Tell ML 3:00 Jackpot bingo 6:45 Readers's Digest- Nature's Incredible Designs	9:00 Fewer Falls 10:00 Walmart 10:30 Walking group 10:30 Xbox bowling 10:30 Classical Interlude Beethoven ML 11:00 Heat therapy 1:00 Bicycle exercises 1:45 Exercises 2:00 Scenic Drive 2:30 People Worth Knowing- Beethoven 3:30 Kent's Singalong ML 6:45 Movie- Ladies choice	9:30 Hairdresser 9:30 Rummy 3F 10:15 Exercises 10:30 Remember When 10:45 Scrabble 10:45 Food Matters Taste of Ireland 11:00 Walking group 1:30 Lets Stretch ML 1:30 Grandpals 2:30 Wyatt Ladd 3:30 Knit & Chatter 6:45 Karaoke Sing a Long	10:30 Cranium crunch- at the front desk 10:30 Dominos ML 2:00 Jan Denk ML 3:00 Bingo 6:45 Prime series- Monk
29	30	31				
10:30 Hymn sing 2:30 Pretty Polish ML 2:30 Sunday social ML 3:00 Sit and Dance ML 5:00 Miriam on piano ML 6:45 The Golden Girls	9:00 Word Puzzle Club 10:15 Exercises 11:00 Walking group 1:30 Lets Stretch ML 2:00 Bingo 2:30 Vanessa on piano 3:15 McMaster Craft Class 3:30 UNO 6:30 Therapy dog – Mousse ML 6:45 Movie- Ladies Choice	9:45 Better Balance 10:30 Coffee Shop Club 10:30 Xbox bowling 10:30 Walking group 10:30 Rosary 11:00 Heat Therapy 1:00 Bicycle exercise 1:45 Exercise 2:30 Birthday Party With Paula French 6:30 Chloe & Alannah time 6:45 Movie- Men's choice				

Blue- entertainment,
red -special events,
Pink- outings-sign up required

ML location -main lounge
3F 3rd floor lounge
MR meeting room

All others will be in the lower level

Shuttle van available by Appt. Tues, Thurs, and 1st and 3rd Fri.