

## ACTIVITY CALENDAR – MARCH 2025

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<p><b>NOTE: SCHEDULE OF ACTIVITIES/PROGRAMS MAY CHANGE WITHOUT NOTICE. THANK YOU!</b></p>						<p><b>1</b></p> <p>9:00 a.m. Walk a Block            9:30 a.m. Catholic Service            10:30 a.m. Fitness – 2            11:00 a.m. Fitness – 3            12:00 p.m. Fitness – 4            12:50 p.m. Walks/1-1 – 2            1:45 p.m. Ball Tossing- 2            2:00 p.m. Flower Arranging            3:00 p.m. Manicure &amp; Hand Massage            4:00 p.m. Happy Half            6:45 p.m. Art Class</p>
<p><b>2</b></p> <p>9:00 a.m. Walk a Block            10:30 a.m. Fitness – 2            11:00 a.m. Fitness – 3            12:00 pm. Fitness – 4            12:50 p.m. Walks/1-1 – 2            1:45 p.m. Sensory - 2            2:00 p.m. Fitness - 2            2:00 p.m. Bingo            4:00 p.m. Happy Half            6:45 p.m. Word Timer</p>	<p><b>3</b></p> <p>9:00 a.m. Walk a Block            10:00 a.m. Music Therapy - 2            11:00 a.m. Weight Class – 3            11:15 a.m. Fitness Class - 2            12:00 p.m. Weight Class – 4            2:00 p.m. Indoor Bowling            4:00 p.m. Happy Half</p>	<p><b>4</b></p> <p>9:00 a.m. Walk a Block            10:00 a.m. Music Therapy - 2            11:15 a.m. Fitness - 2            11:30 a.m. Lunch &amp; Learn on Shrove Day with Josh – 4            2:00 p.m. Baking-2            2:00 p.m. Sing Along – 3            2:00 p.m. Dominoes – 4            3:00 p.m. Sing Along – 4            3:15 p.m. 1:1/Walks            4:00 p.m. Happy Half</p>	<p><b>5</b></p> <p>9:00 a.m. Walk a Block            10:00 a.m. Music Therapy            11:00 a.m. Chair Yoga - 3            11:15 a.m. Fitness Class - 2            11:40 a.m. Chair Yoga - 4            12:50 p.m. Walks/1-1 - 2            2:30 p.m. Birthday Party – Luna Rossa            4:00 p.m. Happy Half            6:45 p.m. Domino</p>	<p><b>6</b></p> <p>9:00 a.m. Walk a Block            10:00 a.m. Parkinson’s Society B.C.’s Talk on “Active Living”            10:30 a.m. Fitness – 2            11:00 a.m. Fitness – 3            12:00 p.m. Zumba– 4            12:50 p.m. Walks/1-1 – 2            2:00 p.m. Tea &amp; Toast            2:00 p.m. Hangman Game            Theme: St. Patrick’s -            2:00 p.m. Music Therapy - 2 <b>J</b>            4:00 p.m. Happy Half            6:45 p.m. Milk &amp; Oreo Social  <b>“National Oreo Day”</b></p>	<p><b>7</b></p> <p>9:00 a.m. Walk a Block            10:00 a.m. Music Therapy - 2            11:00 a.m. Fitness - 3            11:15 a.m. – Fitness - 2            12:00 p.m. Fitness - 4            12:50 p.m. Walks/1-1 – 2            2:30 p.m. Classical Piano – Patrick Ray            4:00 p.m. Happy Half            6:45 p.m. Movie Night</p>	<p><b>8</b></p> <p>9:00 a.m. Walk a Block            9:30 a.m. Catholic Service            10:30 a.m. Fitness – 2            11:00 a.m. Fitness – 3            12:00 p.m. Fitness – 4            12:50 p.m. Walks/1-1 – 2            1:45 p.m. Bean Bag Toss - 2            2:00 p.m. Cotton Candy Social            3:00 p.m. Reminiscing            4:00 p.m. Happy Half            6:45 p.m. Documentary – Theme: National Women’s Day   <b>“National Dress in Blue Day”</b></p>

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<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<p><b>9</b></p> <p>9:00 a.m. Walk a Block            10:30 a.m. Fitness – 2            11:00 a.m. Fitness – 3            12:00 p.m. Fitness – 4            12:50 p.m. Walks/1-1 – 2            2:00 p.m. Gentle Touch            2:00 p.m. Bingo            3:00 p.m. A Good Read - 3            4:00 p.m. Happy Half            6:45 p.m. Hangman Game            Theme: St. Patrick's  <b>“Daylight Savings Time”</b></p>	<p><b>10</b></p> <p>9:00 a.m. Walk a Block            10:00 a.m. Music Therapy -2            11:00 a.m. Weight Class – 3            11:15 a.m. Fitness Class - 2            12:00 p.m. Weight Class – 4            2:00 p.m. Indoor Golf            4:00 p.m. Happy Half</p>	<p><b>11</b></p> <p>9:00 a.m. Walk a Block            10:00 a.m. Music Therapy- 2            11:15 a.m. Fitness - 2            11:30 a.m. *Picnic Lunch - 3            2:00 p.m. *Soup Club- 2            2:00 p.m. Sing Along 3            2:00 p.m. Domino – 4            3:00 p.m. Sing along 4            3:15 p.m. 1:1/Walks            4:00 p.m. Happy Half</p>	<p><b>12</b></p> <p>9:00 a.m. Walk a Block            10:00 a.m. Music Therapy - 2            11:00 a.m. Mindfulness            Meditation -3            11:15 a.m. Fitness Class – 2            12:00 p.m. Mindfulness            Meditation - 4            12:50 p.m. Walks/1-1 – 2            2:30 p.m.* Music – Robert            Sproviero            4:00 p.m. Happy Half            6:45 p.m. Bingo</p>	<p><b>13</b></p> <p>9:00 a.m. Walk a Block            10:30 a.m. Parkinson's Exercise            with Aubrie            10:30 a.m. Fitness – 2<sup>nd</sup>            11:00 a.m. Fitness – 3<sup>rd</sup>            12:00 p.m. Zumba – 4<sup>th</sup>            2:00 p.m. Music Therapy - 2            2:00 p.m. Floor Dart Game            2:00 p.m. Men's Club with Green            Beer            12:50 p.m. Walks/1-1 – 2            3:00 p.m. Fitness - 2            4:00 p.m. Happy Half            6:45 p.m. Word Timer</p>	<p><b>14</b></p> <p>9:00 a.m. Walk a Block            10:00 a.m. Music Therapy            11:00 a.m. Fitness 3            11:15 a.m. – Fitness – 2            12:00 p.m. Fitness 4            12:50 p.m. Walks/1-1 – 2            2:30 p.m. Michael Turner – Elvis            Presley Tribute            4:00 p.m. Happy Half            6:45 p.m. Movie Night &amp; Chips  <b>“Potato Chip Day”</b></p>	<p><b>15</b></p> <p>9:00 a.m. Walk a Block            9:30 a.m. Catholic Service            10:30 a.m. Fitness – 2            11:00 a.m. Fitness – 3            12:00 p.m. Fitness – 4            12:50 p.m. Walks/1-1 – 2            2:30 p.m. Classical Music – One            Key Band            3:00 p.m. Reminiscing            4:00 p.m. Happy Half            6:45 p.m. Art Class            Theme: St. Patrick's</p>
<p><b>16</b></p> <p>9:00 a.m. Walk a Block            10:30 a.m. Fitness – 2            11:00 a.m. Fitness – 3            12:00 pm. Fitness – 4            12:50 p.m. Walks/1-1 – 2            2:00 p.m. Shamrock Day Social            2:00 p.m. Fitness- 2            4:00 p.m. Happy Half            6:45 p.m. Documentary on            “St. Patrick's</p>	<p><b>17</b></p> <p>9:00 a.m. Walk a Block            10:00 a.m. Music Therapy - 2            11:00 a.m. Weight Class – 3            11:15 a.m. Fitness Class - 2            12:00 p.m. Weight Class – 4            2:30 p.m. St. Patrick's Day Party –            Lorraine Smith            4:00 p.m. Happy Half</p>	<p><b>18</b></p> <p>9:00 a.m. Walk a Block            10:00 a.m. Music Therapy - 2            11:15 a.m. Fitness - 2            11:30 a.m. Picnic Lunch - 2            2:00 p.m. Baking Club – 2            2:00 p.m. Sing Along 3            2:00 p.m. Domino - 4            3:00 p.m. Sing along 4            3:15 p.m. 1-1 visits            4:00 p.m. Happy Half</p> <p><b>“Sloppy Joe Day”</b></p>	<p><b>19</b></p> <p>9:00 a.m. Walk a Block            10:00 a.m. Music Therapy - 2            11:00 a.m. Mindfulness            Meditation - 3            11:15 a.m. Fitness Class – 2            12:00 p.m. Mindfulness            Meditation - 4            2:00 p.m. *Cinnamon Roll Social            4:00 p.m. Happy Half            6:45 p.m. A Good Read</p>	<p><b>20</b></p> <p>9:00 a.m. Walk a Block            10:30 a.m. Parkinson's Exercise            10:30 a.m. Fitness – 2            11:00 a.m. Fitness– 3            12:00 p.m. Zumba – 4            12:50 p.m. Walks/1-1 – 2            2:30 p.m. Spring Fling –            Bob Collins            4:00 p.m. Happy Half            6:45 p.m. Hangman</p>	<p><b>21</b></p> <p>9:00 a.m. Walk a Block            10:00 a.m. Music Therapy - 2            11:00 a.m. Fitness 3            11:15 a.m. – Fitness – 2            12:00 p.m. Fitness 4            12:50 p.m. Walks/1-1 – 2            2:00 p.m. Karaoke            4:00 p.m. Happy Half            6:45 p.m. Movie Night – The            Sound of Music (1965)</p> <p><b>“National Single Parent Day”</b></p>	<p><b>22</b></p> <p>9:00 a.m. Walk a Block            9:30 a.m. Catholic Service            10:30 a.m. Fitness – 2            11:00 a.m. Fitness – 3            12:00 p.m. Fitness – 4            12:50 p.m. Walks/1-1 – 2            2:30 p.m. Flower Arranging            4:00 p.m. Happy Half            6:45 p.m. Art Class</p>
<p><b>23/30</b></p> <p>9:00 a.m. Walk a Block            10:30 a.m. Fitness – 2            11:00 a.m. Fitness – 3            12:00 p.m. Fitness – 4            12:50 p.m. Walks/1-1 – 2            1:45 p.m. Coloring - 2            2:00 p.m. Bingo            4:00 p.m. Happy Half            6:45 p.m. Hand Massage/Manicure</p>	<p><b>24/31</b></p> <p>9:00 a.m. Walk a Block            10:00 a.m. Music Therapy – 2            11:00 a.m. Weight Class – 3            11:15 a.m. Fitness Class - 2            12:00 p.m. Weight Class– 4            2:00 p.m. Indoor Bowling            4:00 p.m. Happy Half</p>	<p><b>25</b></p> <p>9:00 a.m. Walk a Block            10:00 a.m. Music Therapy -2            11:15 a.m. Fitness - 2            11:30 a.m. Lunch &amp; Learn with            Margareta on Greece            2:00 p.m. Baking Club – 2            2:00 p.m. Sing Along 3            2:00 p.m. Domino - 4            3:00 p.m. Sing along 4            3:15 p.m. 1-1 visits            4:00 p.m. Happy Half</p>	<p><b>26</b></p> <p>9:00 a.m. Walk a Block            10:00 a.m. Music Therapy - 2            11:00 a.m. Mindfulness Meditation            11:15 a.m. Fitness Class – 2            12:00 p.m. Mindfulness Meditation            12:50 p.m. Walks/1-1 – 2            2:30 p.m. Welcome New Residents            – Hand Over Heart            4:00 p.m. Happy Half            6:45 p.m. Arts &amp; Crafts  <b>“National Purple Day”</b></p>	<p><b>27</b></p> <p>9:00 a.m. Walk a Block            10:30 a.m. Parkinson's Exercise            10:30 a.m. Fitness – 2            11:00 a.m. Fitness– 3            12:00 p.m. Zumba – 4            12:50 p.m. Walks/1-1 – 2            2:00 p.m. Word Timer - <b>B</b>            2:00 p.m. Music Therapy – <b>J</b>            2:00 p.m. Indoor Bowling - <b>A</b>            4:00 p.m. Happy Half            6:45 p.m. Pub Night</p>	<p><b>28</b></p> <p>9:00 a.m. Walk a Block            10:00 a.m. Music Therapy            11:00 a.m. Fitness 3            11:15 a.m. – Fitness – 2            12:00 p.m. Fitness 4            12:50 p.m. Walks/1-1 – 2            2:30 p.m. Celebration of Life –            Rebecca Blair            4:00 p.m. Happy Half            6:45 p.m. Movie Night</p>	<p><b>29</b></p> <p>9:00 a.m. Walk a Block            9:30 a.m. Catholic Service            10:30 a.m. Fitness – 2            11:00 a.m. Fitness – 3            12:00 p.m. Fitness – 4            12:50 p.m. Walks/1-1 – 2            2:00 p.m. Karaoke            4:00 p.m. Happy Half            6:45 p.m. Art Class</p>