

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<p><b>Location of Activity</b>            RR= Retirement Residence SS= Senior Suites            B= Bistro Lib= Library            T= Theatre AR= Activity Room            C= Chapel FC= Fitness Centre            L= Lobby GR= Games Room            LL= Lower Level DR= Dining Room</p> <p><b>Type of Activity</b>            Blue—Fitness Green-Spiritual Red— Events            Purple— Vendors Brown— Excursions            Pink— New Program</p>						
<p><b>3</b>            10:30 Neighborhood Tea and Coffee (RR &amp; SS B)            11:00 St. Monica's Catholic Service (T)            2:00 Movie: My Best Friend's Wedding (T)            2:15 Wii Games (SS-GR)            3:00 Interdenominational Church Service w/Rev. Jim Scheel (C)            3:30 Social (RR-B)</p>	<p><b>4</b>            9:45 Watercolour Painting with Maggie (SS-AR)            10:30 30 Min. Mingle (RR-B)            10:30 Exercise (RR-AR)            11:00 Chair Yoga (SS-AR)            11:00 Exercise (RR-AR)            1:15 Tai Chi (SS-AR)            2:45 Aquafit (P)            3:30 Social (SS-B)            4:00 Social (RR-B)            7:30 Music Appreciation (T)</p>	<p><b>5</b>            8:00 Shrove Tuesday Pancake Community Breakfast (SS &amp; RR DR)            10:00 Exercise Class (SS-AR)            10:30 30 Minute Mingle (RR-B)            10:30 Community Ex. Class (SS-AR)            2:00 iPad Workshop (SS-AR)            3:30 Social (RR-B)            4:00 Social (SS-B)</p>	<p><b>6</b>            9:30 Kiwanis Club (SS-AR)            9:50 Shopping: Grocery Shuttle            10:00 Zumba (RR-AR)            1:30 Exercise Class (RR-LL)            1:30 Movie: Lion (T)            2:45 Aquafit (P)            3:30 Social (RR-B)            4:00 Social (SS-B)</p>	<p><b>7</b>            10:00 Exercise Class (SS- AR)            10:30 Community Ex. Class (SS-AR)            12:45 Rideau Carleton Raceway Casino            1:15 Bridge (RR-GR)            2:30 Wine and Cheese with music by Andre Gareau (SS-B)            3:30 Social (RR-B)            7:15 Bingo (RR-AR)</p>	<p><b>8</b>            9:30 Shopping: Billings Bridge Mall            10:00 Aquafit (P)            10:30 Throw Away Bingo (RR-B)            11:00 Exercise with Natalie (SS-AR)            1:30 Exercise Class (RR-LL)            12:30 Out to Lunch at Barley Mow            3:00 SS Resident Council (T)            3:30 Spiritual Hymn Sing with Fidele (C)            3:30 Social (RR-B)            4:00 Social (SS-B)</p>	<p><b>9</b>            10:30 Neighbourhood Tea &amp; Coffee (RR &amp; SS-B)            2:15 Afternoon Bingo (RR-AR)            3:30 Social (RR-B)            7:15 Movie: Mowgli (T)</p>
<p><b>10</b>            10:30 Neighborhood Tea and Coffee (RR &amp; SS B)            11:00 St. Monica's Catholic Service (T)            2:00 Movie: Paddington (T)            2:15 Wii Games (SS-GR)            3:00 Interdenominational Church Service w/Rev. Jim Scheel (C)            3:30 Social (RR-B)</p>	<p><b>11</b>            10:00 Brain Games (T)            10:30 Exercise (RR-AR)            10:30 30 Min. Mingle (RR-B)            11:00 Exercise (RR-AR)            1:15 Tai Chi (SS-AR)            2:45 Aquafit (P)            3:30 Social (SS-B)            4:00 Social (RR-B)</p>	<p><b>12</b>            10:00 Exercise Class (SS-AR)            10:30 30 Minute Mingle (RR-B)            10:30 Community Ex. Class (SS-AR)            11:00 Vendor: Marianna's Jewelry (RR-L)            2:30 Dishes from Around The World-at The Ravines (RR-B and SS- B)            3:30 Social (RR-B)            4:00 Social (SS-B)</p>	<p><b>13</b>            9:30 Kiwanis Club (SS-AR)            9:50 Shopping: Grocery Shuttle            10:00 Zumba (RR-AR)            1:30 Exercise Class(RR-LL)            1:30 March Break Movie: Coco (T)            2:45 Aquafit (P)            3:30 Social (RR-B)            4:00 Social (SS-B)</p>	<p><b>14</b>            10:00 Exercise Class (SS- AR)            10:30 Community Ex. Class (SS-AR)            12:45 Late Shop: Giant Tiger            1:15 Bridge (RR-GR)            2:30 Knit and Knatter (RR-Lib)            3:30 Social (RR-B)            4:00 Social (SS-B)            5:00 Birthday Anniversary Dinner (RR &amp; SS DR)            7:15 Bingo (RR-AR)</p>	<p><b>15</b>            9:30 Shopping: Merivale Mall            10:00 Aquafit (P)            10:30 Throw Away Bingo (RR-B)            11:00 Exercise with Natalie (SS-AR)            1:30 Exercise Class (RR-LL)            1:30 Waking Club at Minto Walking Track            3:30 Spiritual Hymn Sing with Fidele (C)            3:30 Social (RR-B)</p>	<p><b>16</b>            10:00 Fit Minds (RR-B)            10:30 Neighbourhood Tea &amp; Coffee (RR &amp; SS-B)            2:15 Afternoon Bingo (RR-AR)            3:30 Social (RR-B)            7:15 Movie: Who Gets the Dog?(T)</p>

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<p style="text-align: right;"><b>17</b></p> <p>10:30 Neighborhood Tea and Coffee (RR &amp; SS B) 11:00 St. Monica's Catholic Service (T) 2:00 Movie: The Theory of Everything (T) 3:00 Interdenominational Church Service w/Rev. Pauline Williams (C) 3:30 Social (RR-B) 7:00 St Patrick's Day Party with Dai Bassett (SS-AR)</p>	<p style="text-align: right;"><b>18</b></p> <p>9:00 Walker Repair Clinic (RR-L) 9:45 Walker Repair Clinic (SS-L) 9:45 Watercolour Painting with Maggie (SS-AR) 10:30 30 Min. Mingle (RR-B) 10:30 Exercise (RR-AR) 11:00 Chair Yoga (SS-AR) 11:00 Exercise (RR-AR) 1:15 Tai Chi (SS-AR) 2:45 Aquafit (P) 3:30 Social (SS-B)</p>	<p style="text-align: right;"><b>19</b></p> <p>10:00 Exercise Class (SS-AR) 10:30 30 Minute Mingle (RR-B) 10:30 Community Ex. Class (SS-AR) 2:00 Afternoon music with Pam &amp; Doug (RR-AR) 3:30 Social (RR-B) 4:00 Social (SS-B)</p>	<p style="text-align: right;"><b>20</b></p> <p>9:30 Kiwanis Club (SS-AR) 9:50 Shopping: Grocery Shuttle 10:00 Zumba (RR-AR) 1:15 Book Club Meeting (RR-Lib) 1:30 Exercise Class (RR-LL) 1:30 Movie: Good Will Hunting (T) 2:30 Antique Doll Display (SS-AR) 2:45 Aquafit (P) 3:30 Social (RR-B)</p>	<p style="text-align: right;"><b>21</b></p> <p>10:00 Exercise Class (SS-AR) 10:30 Community Ex. Class (SS-AR) 12:45 Walking Club at Minto Walking Track 1:15 Bridge (RR-GR) 2:00 Board Games (RR-B) 3:30 Social (RR-B) 4:00 Social (SS-B) 7:15 Bingo (RR-AR)</p>	<p style="text-align: right;"><b>22</b></p> <p>9:30 Shopping: Carlingwood Mall 10:00 Vendor: Bijoux (RR-L) 10:00 Aquafit (P) 10:30 Throw Away Bingo (RR-B) 11:00 Exercise with Natalie (SS-AR) 1:30 Exercise Class (RR-LL) 12:00 Wheeler's Pancake House 3:30 Spiritual Hymn Sing with Fidele (C) 3:30 Social (RR-B) 4:00 Social (SS-B)</p>	<p style="text-align: right;"><b>23</b></p> <p>10:30 Neighbourhood Tea &amp; Coffee (RR &amp; SS-B) 2:15 Afternoon Bingo (RR-AR) 3:30 Social (RR-B) 7:15 Movie: Imitation Game (T)</p>
<p style="text-align: right;"><b>24</b></p> <p>10:30 Neighborhood Tea and Coffee (RR &amp; SS B) 11:00 St. Monica's Catholic Service (T) 2:00 Movie: Love Actually (T) 2:15 Wii Games (SS-GR) 3:00 Interdenominational Church Service w/Rev. Jim Scheel (C) 3:30 Social (RR-B)</p>	<p style="text-align: right;"><b>25</b></p> <p>10:00 Brain Games (T) 10:30 Exercise (RR-AR) 10:30 30 Min. Mingle (RR-B) 11:00 Exercise (RR-AR) 1:15 Tai Chi (SS-AR) 2:00 Book Delivery (RR-LL) 2:30 RR Resident Council (T) 2:45 Aquafit (P) 3:30 Social (SS-B) 4:00 Social (RR-B)</p>	<p style="text-align: right;"><b>26</b></p> <p>10:00 Exercise Class (SS-AR) 10:30 30 Minute Mingle (RR-B) 10:30 Community Ex. Class (SS-AR) 11:00 Activity Buck Auction 2:00 iPad Workshop (SS-AR) 3:30 Social (RR-B) 4:00 Social (SS-B)</p>	<p style="text-align: right;"><b>27</b></p> <p>9:30 Kiwanis Club (SS-AR) 9:50 Shopping: Grocery Shuttle 10:00 Zumba (RR-AR) 1:30 Exercise Class (RR-LL) 1:30 Movie: Dumplin (T) 2:00 Giant Crossword (RR-B) 2:45 Aquafit (P) 3:30 Social (RR-B) 4:00 Social (SS-B)</p>	<p style="text-align: right;"><b>28</b></p> <p>10:00 Brightening Lives Pet Visits (RR-L) 10:00 Exercise Class (SS-AR) 10:30 Community Ex. Class (SS-AR) 12:45 Shoppers Drug Mart 1:15 Bridge (RR-GR) 3:30 Social (RR-B) 4:00 Social (SS-B) 7:15 Bingo (RR-AR)</p>	<p style="text-align: right;"><b>29</b></p> <p>9:30 Shopping: Billings Bridge Mall 10:00 Aquafit (P) 10:00 Vendor: Pam's Travelling Shop (SS-L) 10:30 Throw Away Bingo (RR-B) 11:00 Exercise with Natalie (SS-AR) 1:30 Exercise Class (RR-LL) 1:30 Memory Care Drive 3:30 Spiritual Hymn Sing with Fidele (C) 3:30 Social (RR-B)</p>	<p style="text-align: right;"><b>30</b></p> <p>10:00 Fit Minds (SS-B) 10:30 Neighbourhood Tea &amp; Coffee (RR &amp; SS-B) 2:15 Afternoon Bingo (RR-AR) 3:30 Social (RR-B) 7:15 Movie: Julie and Julia (T)</p>
<p style="text-align: right;"><b>31</b></p> <p>10:30 Neighborhood Tea and Coffee (RR &amp; SS B) 11:00 St. Monica's Catholic Service (T) 2:00 Movie: The Breakers Upperers (T) 2:15 Wii Games (SS-GR) 3:00 Interdenominational Church Service w/Rev. Jim Scheel (C) 3:30 Social (RR-B)</p>						