

Sunday

Monday

Tuesday

Wednesday

Thursday




Friday

Saturday



March 2019



	<h1>March 2019</h1>							<p>10:00 Latin Chair Dancing (3rd) 11:00 Zumba Gold Chair Dancing (LL) 11:15 Current Events (2nd) 3:00 Happy Hour (3rd) 6:00 Mindful Colouring</p>	<p>11:00 Concert on YouTube (3rd) 1:00 FitMinds (3rd) 2:30 Bean Bag Toss (3rd) 3:30 Coffee & Tea Cart (2nd) 6:00 Pair and Sort</p>
<p>10:00 French Mass on TV (2nd/3rd) 2:00 Baking: Sugar Cookies (3rd) 2:00 Puzzles 6:00 Movie & Popcorn (3rd)</p>	<p>10:15 Neighborhood Walks (3rd) 11:00 Mindful Colouring (3rd) 2:00 Mardi Gras Masks (3rd) 2:30 Discuss and Recall (2nd) 6:00 Fluff & Fold</p>	<p>MARDI GRAS / SHROVE TUESDAY 10:30 Blood Pressure Clinic/Pendant Checks (WC) 11:10 Music with Jenn (3rd) 2:00 Mardi Gras Trivia (3rd) 2:30 Christian Church Service (C) 3:00 News & Views (2nd) 3:30 Exercises (3rd)</p>	<p>Dobby Dog Visits! 9:30 Sit & Stretch (3rd) 10:00 Outing: Mystery Drive 2:00 Who Am I? (3rd) 3:00 Mindful Coloring (2nd) 6:00 Netflix & Chill (3rd)</p>	<p>9:30 Foot Care Clinic *Sign Up At Reception* 11:10 Music with Jenn (3rd) 2:00 FitMinds (3rd) 2:00 Mass (C) 2:00 News & Views (3rd) 3:00 One on One Visits (2nd) 3:30 Exercises (3rd)</p>	<p>INTERNATIONAL WOMEN'S DAY 10:00 Latin Chair Dancing (3rd) 11:00 Famous Women (3rd) 11:00 Zumba Gold Chair Dancing (LL) 11:30 Junk Drawer Detective (2nd) 3:00 History 101 (3rd) 6:00 Mindful Colouring</p>	<p>11:00 Travel Logue: Egypt (3rd) 2:00 Bowling (3rd) 3:30 Daily Chronicle (2nd) 6:00 Fluff & Fold</p>			
<p>10:00 French Mass on TV (2nd/3rd) 1:00 Can You Picture This? (3rd) 2:00 Group Colouring (3rd) 3:00 Play: Cards (2nd) 6:00 Movie & Popcorn (3rd)</p>	<p>10:15 Neighborhood Walks (3rd) 11:00 EZ Does It (3rd) 2:00 FitMinds (3rd) 2:30 Junk Drawer Detective (2nd) 6:00 Fluff & Fold</p>	<p>11:10 Music with Jenn (3rd) 2:00 Cranium Crunches (2nd) 2:30 Theme Trivia: St. Patrick's (3rd) 3:30 Exercises (3rd) 6:00 Music on YouTube (3rd)</p>	<p>Dobby Dog Visits! 9:30 Sit & Stretch (3rd) 10:00 Outing: Mystery Drive 1:30 Outing: Tim Horton's 3:00 Gold Coin Toss (3rd) 3:30 Mindful Colouring (2nd) 6:00 Netflix & Chill (3rd)</p>	<p>11:10 Music with Jenn (3rd) 2:00 FitMinds (3rd) 2:00 Mass (C) 2:00 Make: St. Patrick's Centerpieces (3rd) 3:00 Theme Trivia: St. Patrick's (2nd) 3:30 Exercises (3rd)</p>	<p>10:00 Latin Chair Dancing (3rd) 10:30 "Babies Who Volunteer" (LL) 11:00 St. Patrick's Bingo (3rd) 11:00 Zumba Gold Chair Dancing (LL) 3:00 Happy Hour (3rd) 6:00 Mindful Colouring</p>	<p>11:00 Concert on YouTube (3rd) 2:00 Travel Logue: Ireland (3rd) 3:00 Hangman (3rd) 3:30 Coffee & Tea Cart (2nd) 6:00 Pair & Sort</p>			
<p>10:00 French Mass on TV (2nd/3rd) 2:00 Mix & Match (3rd) 3:00 Daily Chronicle (2nd) 6:00 Movie & Popcorn (3rd)</p>	<p>10:15 Neighborhood Walks (2nd) 11:00 Riddles & Rhymes (2nd) 2:00 Name That Tune (3rd) 2:30 EZ Does It (2nd) 3:00 Travelogue: Costa Rica (3rd) 6:00 Fluff & Fold</p>	<p>10:30 Junk Drawer Detective (2nd) 11:10 Music with Jenn (3rd) 2:00 History 101 (3rd) 3:30 Exercises (3rd) 6:00 Discuss and Recall (3rd)</p>	<p>Dobby Dog Visits! 9:30 Sit & Stretch (3rd) 10:00 Outing: Mystery Drive 3:00 Spring Butterflies (3rd) 3:30 Mindful Colouring (2nd) 6:00 Netflix & Chill (3rd)</p>	<p>11:10 Music with Jenn (3rd) 2:00 FitMinds (3rd) 2:00 Mass (C) 2:00 News & Views (3rd) 3:00 One on One Visits (2nd) 3:30 Exercises (3rd)</p>	<p>10:00 Latin Chair Dancing (3rd) 11:00 Nail Painting (3rd) 11:00 Zumba Gold Chair Dancing (LL) 3:00 Bean Bag Toss (3rd) 6:00 Mindful Colouring</p>	<p>11:00 Travel Logue: Greece (3rd) 2:00 Matching Cards (3rd) 3:00 Bean Bag Toss (3rd) 3:30 Daily Chronicle (2nd) 6:00 Pair & Sort</p>			
<p>10:00 French Mass on TV (2nd/3rd) 2:00 Baking: Banana Bread (3rd) 2:00 Puzzles 6:00 Movie & Popcorn (3rd)</p>	<p>10:15 Neighborhood Walks (2nd) 11:00 EZ Does It (2nd) 2:00 Name That Tune (3rd) 2:30 Discuss & Recall (2nd) 3:00 Travelogue: Sweden (3rd) 6:00 Fluff & Fold</p>	<p>10:30 Cranium Crunches (2nd) 11:10 Music with Jenn (3rd) 2:00 Hangman (3rd) 3:30 Exercises (3rd) 6:00 Discuss and Recall (3rd)</p>	<p>Dobby Dog Visits! 9:30 Sit & Stretch (3rd) 10:00 Outing: Mystery Drive 1:30 Outing: Tim Horton's 3:00 Spring Bingo (3rd) 3:30 Mindful Colouring (2nd) 6:00 Netflix & Chill (3rd)</p>	<p>11:10 Music with Jenn (3rd) 2:00 FitMinds (3rd) 2:00 Mass (C) 2:00 News & Views (3rd) 3:00 One on One Visits (2nd) 3:30 Exercises (3rd)</p>	<p>10:00 Latin Chair Dancing (3rd) 10:30 "Babies Who Volunteer" (LL) 11:00 Balloon Ball (3rd) 11:00 Zumba Gold Chair Dancing (LL) 3:00 Happy Hour (3rd) 6:00 Mindful Colouring</p>	<p>11:00 Concert on YouTube (3rd) 2:00 Beading (3rd) 3:00 Bowling (3rd) 3:30 EZ Does It (2nd) 6:00 Pair & Sort</p>			
<p>10:00 French Mass on TV (2nd/3rd) 2:00 Group Colouring (3rd) 2:00 Puzzles 6:00 Movie & Popcorn (3rd)</p>	 <p><i>Bet You Didn't Know...</i></p> <ul style="list-style-type: none"> • It is the first month of Spring which begins between March 19-21 • In the Southern Hemisphere, March is the same as September in the Northern Hemisphere • Each year March and June end on the same day of the week <ul style="list-style-type: none"> • Mardi Gras is also known as "Pancake Day" • The first New Orleans Mardi Gras Parade was held 177 years ago <ul style="list-style-type: none"> • Shamrocks are the national flower/emblem of Ireland • The colour of St. Patrick's Day was originally blue 