





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="font-family: cursive;">March</h1> <h2 style="font-size: 2em;">2019</h2>						
					ST. DAVID DAY	2
					10:00 Latin Chair Dancing (3rd) 10:00 Zumba Gold Chair Dancing (LL) 10:30 Neighbourhood Coffee and Tea (B) 10:45 News & Views (B) 2:00 BINGO! (AR) 3:00 St. David Daffodil Making (B) 3:00 Tuck Shop (G) 4:00 Happy Hour (B) 7:00 Movie (T)	11:00 Exercises (FC) 2:00 Tea & Chat (B) 2:00 Afternoon Movie (T) 3:30 Billiards (G) 4:00 Happy Hour (B)
3	4	5	6	7	8	9
10:00 French Mass with Communion (T) 10:30 Play: Scrabble (B) 2:30 TV Series: "Outlander" (T) 7:00 Cribbage (G)	10:00 Scrabble (B) 10:45 News & Views B) 2:00 Travel Logue: Sweden (T) 3:15 Cranium Crunches (B) 4:00 Happy Hour (B) 7:00 Movie (T)	MARDI GRAS / SHROVE TUESDAY 10:00 Tuck Shop (GR) 10:30-11:30 Blood Pressure Clinic/ Pendant Checks (WC) 10:30 FitMinds (AR) 2:00 BINGO! (AR) 2:00 History on Shrove Tuesday (T) 2:00 Reading Buddies with Divine Infant Students (LL) 2:00 Bridge (G) 2:30 Christian Church Service (C) 3:00 Exercises (LL) 3:00 Hangman (B) 4:00 1/2 Price Happy Hour (B) 7:00 Bridge (G)	10:00 Exercises (FC) 10:00 Outing: Convent Glen & Mystery Drive 10:45 News & Views (B) 12:30 Outing: Canadian Museum of Nature - Butterflies in Flight 2:00 Classical Music on YouTube (T) 2:00 Pick a Box (B) 3:00 Hangman (B) 4:00 Happy Hour (B) 7:00 Movie (T)	9:30 Foot Care Clinic *Sign Up at Reception* 10:30 Neighborhood Coffee and Tea (B) 11:10 Music with Jenn (3rd) 10:30 FitMinds(B) 2:00 Mass (C) 2:00 Thursday Trivia (T) 3:00 Exercises (LL) 4:00 Happy Hour (B) 7:00 Movie (T)	INTERNATIONAL WOMEN'S DAY 10:00 Zumba Gold Chair Dancing (LL) 10:00 Latin Chair Dancing (3rd) 10:30 Neighbourhood Coffee and Tea (B) 10:30 Billberry Baptist Church (C) 10:45 News & Views (B) 2:00 BINGO! (AR) 3:00 Tuck Shop (G) 3:00 Famous Women Quiz (B) 4:00 Happy Hour (B) 7:00 Movie (T)	11:00 Exercises (FC) 2:00 Word Games (FD) 3:30 Billiards (G) 7:00 Movie (T)
10	11	12	13	14	15	16
10:00 French Mass with Communion (B) 2:00 Mindful Colouring (FD) 2:30 TV Series: "Outlander" (T) 7:00 Cribbage (G)	10:00 Scrabble (B) 10:45 News & Views B) 2:00 SFH Irish Dance Performance (DR) 3:15 Cranium Crunches (B) 4:00 Happy Hour (B) 7:00 Movie (T)	10:00 Tuck Shop (GR) 10:30 Neighbourhood Coffee and Tea (B) 10:30 FitMinds (AR) 11:10 Music with Jenn (3rd) 2:00 BINGO! (AR) 2:00 Bridge (G) 3:00 Exercises (LL) 3:00 Hangman (B) 4:00 1/2 Price Happy Hour (B) 7:00 Bridge (G) 7:00 Movie (T)	10:00 Sit & Stretch (FC) 10:00 Outing: St. Laurent Mall & Mystery Drive 10:45 News & Views (B) 12:30 Outing: Red Lobster (\$) 2:00 Play: Skip Bo (G) 2:00 Classical Music on YouTube (T) 3:00 Hangman (B) 4:00 Happy Hour (B) 6:00 St. Patrick's Theme Sip & Paint Night 7:00 Movie (T)	10:30 Neighborhood Coffee and Tea (B) 11:10 Music with Jenn (3rd) 10:30 FitMinds(B) 2:00 Thursday Theme Trivia: Ireland (B) 2:00 Entertainment: Andre Gauthier (DR) 2:00 Mass (C) 3:00 Exercises (LL) 4:00 Happy Hour (B) 7:00 Movie (T)	10:00 Latin Chair Dancing (3rd) 10:00 Zumba Gold Chair Dancing (LL) 10:30 Neighbourhood Coffee and Tea (B) 10:45 News & Views (B) 10:30 Babies Who Volunteer (LL) 2:00 BINGO! (AR) 3:00 Play: Jenga (B) 3:00 Tuck Shop (G) 4:00 Happy Hour (B) 7:00 Movie (T)	11:00 Exercises (FC) 2:00 Baking: Irish Apple Cake with Custard Sauce (AR) 2:00 Afternoon Movie (T) 3:30 Billiards (G) 4:00 Happy Hour (B)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>ST. PATRICK'S DAY 17</p> <p>10:00 French Mass with Communion (T)</p> <p>10:30 Neighborhood Coffee and Tea (B)</p> <p>2:00 Irish Beer Tasting (T)</p> <p>2:30 TV Series: "Outlander" (T)</p> <p>7:00 Cribbage (G)</p>	<p>10:00 Scrabble (B) 18</p> <p>10:30 Neighborhood Coffee and Tea (B)</p> <p>10:45 News & Views (B)</p> <p>2:00 Travel Logue: Costa Rica (T)</p> <p>3:15 Cranium Crunches (B)</p> <p>4:00 Happy Hour (B)</p> <p>7:00 Movie (T)</p>	<p>10:00 Tuck Shop (G) 19</p> <p>10:30 FitMinds (AR)</p> <p>11:10 Music with Jenn (3rd)</p> <p>2:00 BINGO! (AR)</p> <p>2:00 Bridge (B)</p> <p>2:30 Lutheran Church Service with Pastor King (C)</p> <p>3:00 Exercises (LL)</p> <p>3:00 Hangman (B)</p> <p>4:00 1/2 Price Happy Hour (B)</p> <p>7:00 Bridge (G)</p> <p>7:00 Movie (T)</p>	<p>FIRST DAY OF SPRING</p> <p>10:00 Exercises (LL) 20</p> <p>10:00 Outing: Diefenbunker Museum (\$)</p> <p>12:30 Outing: Cora's & Mystery Drive (\$)</p> <p>10:45 News & Views (B)</p> <p>2:00 Classical Music on YouTube (T)</p> <p>3:00 Hangman (B)</p> <p>4:00 Happy Hour (B)</p> <p>7:00 Movie (T)</p>	<p>9:30 Foot Care Clinic *Sign Up at Reception* 21</p> <p>10:30 Neighborhood Coffee and Tea (B)</p> <p>10:30 FitMinds (AR)</p> <p>11:00 Food Committee Meeting (T)</p> <p>2:00 Thursday Trivia (B)</p> <p>2:00 Mass (C)</p> <p>3:00 Exercises (LL)</p> <p>4:00 Happy Hour (B)</p> <p>7:00 Movie (T)</p>	<p>10:00 Latin Chair Dancing (3rd) 22</p> <p>10:00 Zumba Gold Chair Dancing (LL)</p> <p>10:30 Neighborhood Coffee and Tea (B)</p> <p>10:30 Billberry Baptist Church (C)</p> <p>10:45 News & Views (B)</p> <p>11:10 Music with Jenn (3rd)</p> <p>2:00 BINGO! (AR)</p> <p>3:00 Tuck Shop (G)</p> <p>3:00 Play: Rumikub (B)</p> <p>4:00 Happy Hour (B)</p> <p>7:00 Movie (T)</p>	<p>11:00 Exercises (FC) 23</p> <p>2:00 Crosswords (FD)</p> <p>2:30 Afternoon Movie (T)</p> <p>3:30 Billiards (G)</p>
<p>24</p> <p>10:00 French Mass with Communion (T)</p> <p>10:30 Neighborhood Coffee and Tea (B)</p> <p>2:00 Mindful Coloring (FD)</p> <p>2:30 TV Series: "Outlander" (T)</p> <p>7:00 Cribbage (G)</p>	<p>10:00 Scrabble (B) 25</p> <p>10:30 Neighborhood Coffee and Tea (B)</p> <p>10:45 News & Views (B)</p> <p>2:00 Travel Logue: Egypt (T)</p> <p>2:00 Reading Buddies with Divine Infant Students (LL)</p> <p>3:15 Cranium Crunches (B)</p> <p>4:00 Happy Hour (B)</p> <p>7:00 Movie (T)</p>	<p>10:00 Tuck Shop (G) 26</p> <p>10:30 Neighbourhood Coffee and Tea (B)</p> <p>10:30 FitMinds (AR) </p> <p>2:00 Bridge (B)</p> <p>2:00 Resident Council Meeting (T)</p> <p>3:00 Hangman (B)</p> <p>4:00 1/2 Price Happy Hour (B)</p> <p>7:00 Bridge (G)</p> <p>7:00 Movie (T)</p>	<p>10:00 - 11:00 Ottawa Public Library Visit (B) 27</p> <p>10:00 Sit & Stretch (FC)</p> <p>10:00 - 2:00 Outing: Stanley's Maple Farm</p> <p>10:45 News & Views (B)</p> <p>2:00 Classical Music on YouTube (T)</p> <p>3:00 Hangman (B)</p> <p>4:00 Happy Hour (B)</p> <p>4:45 Birthday & Anniversary Dinner with Lauren Hall</p> <p>7:00 Movie (T)</p>	<p>10:30 Neighborhood Coffee and Tea (B) 28</p> <p>10:30 FitMinds (AR)</p> <p>11:10 Music with Jenn (3rd)</p> <p>2:00 Mass (C)</p> <p>2:00 Wheel of Fortune (T)</p> <p>3:00 Exercises (LL)</p> <p>4:00 Happy Hour (B)</p> <p>7:00 Movie (T)</p>	<p>10:00 Zumba Gold Chair Dancing (LL) 29</p> <p>10:30 Neighborhood Coffee and Tea (B)</p> <p>10:45 News & Views (B)</p> <p>11:10 Music with Jenn (3rd)</p> <p>2:00 Mass (C)</p> <p>2:00 Babies Who Volunteer (LL)</p> <p>2:00 BINGO! (AR) \$2.00/per card!</p> <p>3:00 Exercises (LL)</p> <p>4:00 Happy Hour (B)</p> <p>7:00 Movie (T)</p>	<p>11:00 Exercises (FC) 30</p> <p>2:00 Who, What, When (B)</p> <p>2:00 Afternoon Movie (T)</p> <p>3:30 Billiards (G)</p> <p>4:00 Happy Hour (B)</p>
<p>10:00 French Mass with Communion (T) 31</p> <p>10:30 Neighborhood Coffee and Tea (B)</p> <p>2:00 Baking (AR)</p> <p>2:30 TV Series: "Outlander" (T)</p> <p>7:00 Cribbage (G)</p>	<p>PROGRAM LOCATION</p> <p>* - Sign Up Required \$ - Cost Associated AR - Activity Room FC - Fitness Centre B - Bistro G - Games Room</p> <p>L - Lobby C - Chapel LL - Lower Lounge WC - Wellness Centre FD - Front Desk DR - Dining Room</p> <p>PROGRAM DESCRIPTION</p> <p>Red - Special Event Orange - New Program Green - Spiritual Program Blue - Fitness Program Grey - Cognitive Program Brown - Bus Outing</p>					
<p><i>Meal Times</i></p> <p>Breakfast - 8:00 am Lunch - 11:45 am and 1:00 pm Dinner - 4:45 pm and 6:00 pm</p> <p></p> <p>Book your bus outing at Reception!</p> <p></p> <p>Call *91 on your phone for the daily activities & menu!</p>						