
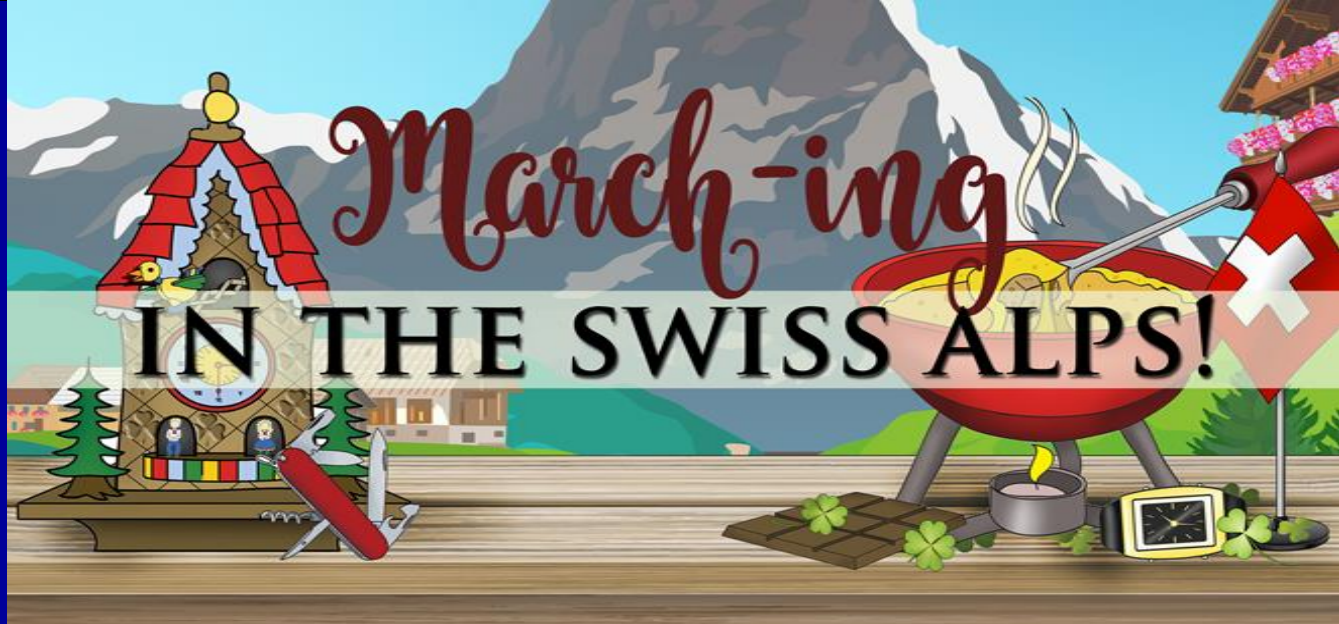





MARCH 2019 ACTIVITIES CALENDAR-Memory Care/Enhanced Care Neighborhood

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>Location Of Activity RR = Retirement Residence SS = Senior Suites</p> <p>Type Of Activity Blue = Fitness Purple = Spiritual Green = Outing Orange = Game Aqua = Vendor Pink = Entertainment Brown = Crafty Corner A = Auditorium B = Bistro C = Chapel T = Theatre L = Lobby AR = Activity Room SS-RR= Senior Suites Red Room WC = Wellness Centre FR = Fitness Room</p>			<p>1</p> <p>9:30 News and Weather 10:00 Cranium Crunches and Coffee(RR-B) 11:00 Morning Tunnel walk 1:30 Community Exercise (RR-A) 2:00 Community Exercise (RR-A) 2:00 Group Exercise on the Floor 3:00 One on One visit 4:00 Fun Bingo 6:30 Evening Tunnel walk 7:00 Friday Night Movie and Popcorn</p>	<p>2</p> <p>9:30 News and Weather 10:30 You be the judge (RR-B) 11:00 Morning Tunnel Walk 2:00 Hangman 3:00 ART: Cool Circles & Warm Squares Watercolor Weaving 4:00 Matching 6:30 Evening Tunnel Walk 7:00 Board Games Night</p>	
<p>3</p> <p>9:30 News and Weather 10:00 Morning Tunnel Walk 10:15 Communion (RR-C) 10:30 Entertainer: Dennis Doermer 2:00 Sequencing-What comes first 4:00 Fun Bingo 6:30 Evening Tunnel Walk 7:00 Movie and Popcorn</p>	<p>4</p> <p>9:30 News and Weather 10:00 Morning Tunnel Walk 10:00 Outing: Mystery Drive 10:30 Coffee, Cookies and Conversation (RR-B) 11:00 Reading with Betty 1:30 Park Place Sing-along (SS-A) 1:30 Community Exercise (RR-A) 2:00 Community Exercise (RR-A) 2:00 Painting, Drawing and Conversation (RR-AR) 3:00 Hymn Sing with Fidele (RR-C) 4:00 Cranium Crunches 6:30 Evening Tunnel Drive 7:00 Group Trivia Night</p> <p>Shrove Monday</p>	<p>5</p> <p>9:30 News and Weather 10:00 Communion (RR-C) 10:30 Morning Tunnel walk 11:00 Interactive Fit Minds 2:00 Pancake Social (RR-B) 2:30 Community Exercise (RR-A) 3:00 Community Exercise (RR-A) 4:00 Junk Drawer Detective 6:30 Evening Tunnel walk 7:00 Board Games Night</p> <p>Mardi Gras</p> 	<p>6</p> <p>9:30 News and Weather 10:00 30 Minutes March Trivia(RR-L) 10:30 Pet Therapy (RR-L) 11:00 Morning Tunnel Walk 2:00 Can You Picture This? 2:30 Entertainment: Vintage Fiddlers (SS-A) 4:00 March Easy Does It Trivia 6:30 Evening Tunnel walk 7:00 Netflix Concert</p> <p>Ash Wednesday</p>	<p>7</p> <p>9:30 News and Weather 10:00 Yoga with Susan 10:30 Who Am I? (RR-B) 2:00 Baking: Oatmeal Coconut Cookies (RR-AR) 4:00 Interactive Fit Minds 6:30 Evening Tunnel Walk 7:00 Netflix Comedy Hour</p> 	<p>8</p> <p>9:00 News and Weather 10:00 Morning Tunnel Walk 10:30 Travelogue: In Search of Heidi (RR-B) 11:00 Cranium Crunches 1:30 Community Exercise (RR-A) 2:00 Community Exercise (RR-A) 2:00 Group Exercise on the Floor 3:00 One on One Visits 4:00 Cover up Dice 6:30 Evening Tunnel Walk 7:00 Friday Night Movie and Popcorn</p>	<p>9</p> <p>9:30 News and Weather 10:00 News and Views (RR-B) 11:00 Morning Tunnel Walk 11:30 Brunch (SS-D) 11:30 Brunch (RR-D) 2:00 Park Place Sing-along (SS-A) 3:45 Minty Shamrock Social Hour (RR-B) 6:30 Evening Tunnel Walk 7:00 Group Trivia Night</p>
<p>10</p> <p>9:30 News and Weather 10:00 Morning Tunnel Walk 10:15 Communion (RR-C) 11:00 Jeopardy Trivia 2:00 Short Story: An Unlikely Alpine Reunion 2:30 Salvation Army (RR-C) 4:00 Cover Up Dice 6:30 Evening Tunnel Walk 7:00 Movie and Popcorn</p> <p>Daylight Saving Time Begin</p>	<p>11</p> <p>9:30 News and Weather 10:00 Outing: Mystery Drive 10:00 Morning Tunnel Walk 10:30 Coffee, Cookies and Conversation (RR-B) 11:00 Reading with Betty 1:30 Park Place Sing-along (SS-A) 1:30 Community Exercise (RR-A) 2:00 Community Exercise (RR-A) 2:00 Hangman 2:00 One on One visits (RR) 4:00 Cranium Crunches 6:30 Evening Tunnel Walk 7:00 Group Trivia Night</p>	<p>12</p> <p>9:30 News and Weather 10:00 Communion (RR-C) 10:30 Morning Tunnel Walk 10:30 Musical Bingo (RR-B) 11:00 Interactive Fit Minds 2:00 Coffee, Cookies and Conversation (RR-B) 2:30 Community Exercise (RR-A) 3:00 Community Exercise(RR-A) 4:00 Puzzle: Wind Categories 6:30 Evening Tunnel Walk 7:00 Board Games Night</p>	<p>13</p> <p>9:30 News and Weather 10:00 Morning Tunnel walk 10:30 Music Therapy with Jenny 11:30 EZ Does it: Flying Spring Birds 2:00 Pet Visit with Arthur (RR-L) 2:30 St Patrick's Celebration with Entertainment by Arlene Quinn (RR-A) 4:00 Reminiscing: Remembering the Luck of the Irish 6:30 Evening Tunnel walk 7:00 Netflix Concert</p>	<p>14</p> <p>9:30 News and Weather 10:00 Morning Tunnel walk 10:00 Church Services (RR-C) 10:30 Crafty Corner: Buttons & Gems Fleur-de-Lis (RR-B) 2:30 Entertainment: Peter Foret 4:00 Interactive Fit Minds 6:30 Evening Tunnel Walk 7:00 Netflix Comedy Hour</p>	<p>15</p> <p>9:00 News and Weather 10:00 Crafty Corner: Lucky Shamrock Charm (RR-B) 11:00 Morning Tunnel Walk 1:30 Community Exercise (RR-A) 2:00 Community Exercise (RR-A) 2:00 Group Exercise on the floor 2:30 Catholic Mass (RR-A) 3:00 Fun Bingo 4:00 Jokes in a jar 6:30 Evening Tunnel Walk 7:00 Friday Night Movie and Popcorn</p>	<p>16</p> <p>9:30 News and Views 10:00 You be the Judge (RR-B) 11:00 Morning Tunnel Walk 2:30 Entertainment: EIO George 4:00 St Patrick's Day Matching Game 6:30 Evening Tunnel Walk 7:00 Board Games Night</p> <p>Wear Any Color But Green</p> <p>Green Day</p>

MARCH 2019 ACTIVITIES CALENDAR- Memory Care/Enhanced Care Neighborhood

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>17</p> <p>9:30 News and Weather 10:00 Morning Tunnel Walk 10:15 Communion (RR-C) 11:00 Cover up Dice 2:00 Visit to the Library 3:00 Let's Reminisce- "Edelweiss" 4:00 It's Not Easy Being GREEN 6:30 Evening Tunnel Walk 7:00 Movie and Popcorn</p> <p>Happy St Patrick's Day</p>	<p>18</p> <p>9:30 News and Weather 10:00 Morning Tunnel walk 10:30 Coffee, Cookies and Conversation (RR-B) 11:00 Reading with Betty 1:30 Sing along with Deb (SS-A) 1:30 Community Exercise (R R-A) 2:00 Community Exercise (RR-A) 2:30 Entertainment: Guy Lalonde 4:00 Fun Bingo 6:30 Evening Tunnel walk 7:00 Group Trivia Night</p>	<p>19</p> <p>9:30 News and Weather 10:00 Communion (RR-C) 10:30 Morning Tunnel Walk 11:00 Interactive Fit Minds 2:00 Painting, Drawing and Conversation (RR-AR) 2:30 Community Exercise (RR-A) 3:00 Community Exercise (RR-A) 4:00 Puzzle: Which Word Doesn't Belong? 6:30 Evening Tunnel walk 7:00 Board Games Night</p>	<p>20</p> <p>9:30 News and Weather 10:00 Morning Tunnel walk 10:30 Game: Clover All Over 2:00 Pet Visit with Arthur (RR-L) 2:30 Entertainment: Musical Memories (RR-A) 4:00 Discussion and Recall- Follow the Money 6:30 Evening Tunnel walk 7:00 Netflix concert</p>	<p>21</p> <p>9:30 News and Weather 10:00 Yoga with Susan 10:30 Giant Crossword Puzzle(RR-B) 2:00 Julian Norwich Anglican Church Services (RR-C) 2:00 Painting Drawing and Conversation (RR-AR) 2:30 Community Exercise (RR-A) 3:00 Community Exercise (RR-A) 4:00 Interactive Fit Minds 6:30 Evening Tunnel walk 7:00 Netflix Comedy Hour</p>	<p>22</p> <p>9:30 News and Weather 10:00 Cranium Crunches and Coffee(RR-B) 11:00 Morning Tunnel walk 1:30 Community Exercise (RR-A) 2:00 Community Exercise (RR-A) 2:00 Group Exercise on the Floor 3:00 One on One visit 4:00 Cover up Dice 6:30 Evening Tunnel walk 7:00 Friday Night Movie and Popcorn</p>	<p>23</p> <p>10:00 News and Weather 10:00 News and Views (RR-B) 11:00 Morning Tunnel walk 2:00 Park Place Sing-along (SS-A) 3:00 Who, What, When? 6:30 Evening Tunnel Walk 7:00 Popcorn and Movie</p>
<p>24</p> <p>9:30 News and Weather 10:00 Morning Tunnel Walk 10:15 Communion (RR-C) 11:00 Cover Up Dice 2:00 The MET Church (RR-C) 4:00 Visit to the Library 6:30 Evening Tunnel Walk 7:00 Movie and Popcorn</p>	<p>25</p> <p>9:30 News and Weather 10:00 Morning Tunnel walk 10:00 Outing: Mystery Drive 10:30 Cranium Crunches(RR-B) 11:00 Reading with Betty 1:30 Community Exercise (RR-A) 2:00 Community Exercise (RR-A) 2:30 Community Exercise (RR-A) 2:30 Community Exercise (RR-A) 3:00 Hymn Sing with Fidele 4:00 Fun Bingo 7:00 Group Trivia Night</p>	<p>26</p> <p>9:30 News and Weather 10:00 Communion (RR-C) 10:30 Game: Climb the Matterhorn (RR-B) 2:00 Interactive Fit Minds 2:30 Community Exercise (RR-A) 3:00 Community Exercise (RR-A) 4:00 Puzzle: Exposing the Secret Word 7:00 Board Games Night</p>	<p>27</p> <p>9:30 News and Weather 10:00 Game: Scatergories (RR-B) 10:30 Music Therapy with Jenny 11:30 Netflix Animal Documentary 2:00 Pet Visit with Arthur (RR-L) 2:30 Entertainment: Andre Gareau (SS-A) 4:00 Color by Number 4:45 Birthday Dinner (RR-D) 7:00 Netflix Concert</p> 	<p>28</p> <p>9:30 News and Weather 10:30 Interactive Fit Minds) 11:00 Crafty Corner: Paint Chip Notepads (RR-B) 2:30 Entertainment: Noel Dimaranan 4:00 Jenga 6:30 Evening Tunnel Walk 7:00 Netflix Comedy Hour</p>	<p>29</p> <p>9:30 News and Views 10:00 Trivia and Tim Hortons Bits (RR-B) 11:00 Morning Tunnel Walk 1:30 Community Exercise (RR-A) 2:00 Community Exercise (RR-A) 2:00 Group Exercise on the floor 3:00 Fun Bingo 7:00 Friday Night Movie and Popcorn</p>	<p>30</p> <p>9:30 New and Weather 10:00 You be the judge(RR-B) 11:00 Morning Tunnel Walk 2:00 Who, What, When ? 3:00 Fun Bingo 4:00 Color by Number 6:30 Evening Tunnel Walk 7:00 Board Game Night</p>
<p>31</p> <p>9:30 News and Views 10:00 Morning Tunnel Walk 10:15 Communion (RR-C) 11:00 Cover Up Dice 2:00 Visit to the Library 4:00 Puzzle: Searching For March 6:30 Evening Tunnel Walk 7:00 Movie and Popcorn</p>	<p><i>March</i> derives its name from Mars, the Roman god of war. The name seemed like a logical choice to Romans because, with the gradually warming weather, military campaigns could begin again. The Finnish call March "maaliskuu", which means "earthly month." That also makes sense since as the snow melts, you can once again see the ground. Merz is German for March. In Spanish, it is Marzo.</p>					