




MARCH 2019 ACTIVITIES CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>SHUTTLES & OUTINGS PLEASE BE SURE TO SIGN UP AT RECEPTION AT LEAST 48 HOURS IN ADVANCE</p> 	<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 Red = Movie 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>10:00 Zumba Gold Chair (SS-A) 10:00 Blood Pressure Clinic (RR-Wellness Centre) 10:00 Cranium Crunches and Coffee (RR-B) 10:15 Tuck Shop (RR-Basement) 11:00 Jeopardy (SS-T) 1:30 Community Exercise (RR-A) 2:00 Community Exercise (RR-A) 2:00 Interactive Fit Minds (RR-B) 2:30 Community Exercise (SS-A) 3:00 Community Exercise (SS-A) 3:45 Chocolate and Cheese Social Hour (SS-B) 7:00 Board Games Night (SS-B) 7:00 Card Games Night (RR-B)</p>	<p>2</p> <p>10:00 Resident Fitness (SS-A) 10:30 You be the judge (RR-B) 11:30 one on one Visits (RR) 2:00 Pictionary (SS-B) 2:15 Cards: Play Euchre (RR-B) 3:45 Chocolate and Cheese Social (RR-B) 7:15 Movie Night (SS-T) Our Souls at Night</p> <p style="text-align: center;">Chocolate and Cheese Day</p>
<p>3</p> <p>10:00 Bible Film with Lisa (RR-A) 10:15 Communion (RR-C) 10:30 Self-serve Morning Coffee (SS/RR-B) 2:30 Self-Serve Afternoon Tea (SS-B/RR-B)</p>	<p>4</p> <p>9:30 Shuttle: Westgate Shopping Mall 9:45 Yoga with Georgia (RR-A) 10:30 Coffee, Cookies and Conversation (RR-B) 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) 2:15 Cards: Play Euchre (RR-B) 2:30 Community Exercise (SS-A) 3:00 Community Exercise (SS-A) 3:00 Hymn Sing with Fidele (RR-C) 3:45 Social Hour (SS-B) 7:15 Movie Night (SS-T) Hairspray</p> <p style="text-align: center;">Shrove Monday</p>	<p>5</p> <p>9:30 Shuttle: Billings Bridge Mall 10:00 Communion (RR-C) 10:15 Tuck Shop (RR-Basement) 1:30 Outing: Museum of Science and Technology \$\$ 2:00 Pancake Social (RR-B) 2:30 Community Exercise (RR-A) 3:00 Community Exercise (RR-A) 3:45 Social Hour (RR-B) 7:15 Cards: Play Bridge (SS-B)</p> <p style="text-align: center;">Mardi Gras</p> 	<p>6</p> <p>10:00 30 Minutes March Trivia (RR-L) 10:30 Pet Therapy (RR-L) 11:00 Weights with Chelsey (SS-FR) 2:00 One on One Visit (RR) 2:30 Entertainment: Vintage Fiddlers (SS-A) 4:00 Social Hour (SS-B) 7:15 Game: BINGO (RR-A) \$2.00 for 3 cards All Welcome to Play Bingo</p> <p style="text-align: center;">Ash Wednesday</p>	<p>7</p> <p>10:30 Fit Minds (SS-A) 10:30 Who Am I? (RR-B) 2:00 Baking: Oatmeal Coconut Cookies (RR-AR) 2:00 Book Club (SS-RR) 2:30 Community Exercise (SS-A) 3:00 Community Exercise (SS-A) 3:45 Social Hour (RR-B) 7:15 Movie Night (SS-T) The Notebook</p> <p style="text-align: center;"></p>	<p>8</p> <p>10:00 NEW: Boxing for Seniors Demonstration (SS-A) 10:15 Tuck Shop (RR-Basement) 10:30 Travelogue: In Search of Heidi (RR-B) 1:30 Community Exercise (RR-A) 2:00 Community Exercise (RR-A) 2:00 Interactive Fit Minds (RR-B) 2:30 Community Exercise (SS-A) 3:00 Community Exercise (SS-A) 3:45 Minty Shamrock Social Hour (SS-B) 7:00 Board Games Night (SS-B) 7:00 Card Games Night (RR-B)</p>	<p>9</p> <p>10:00 Resident Fitness (SS-A) 10:00 News and Views (RR-B) 11:30 Brunch (SS-D) 11:30 Brunch (RR-D) 2:00 Park Place Sing-along (SS-A) 2:15 Cards: Play Euchre (RR-B) 3:45 Minty Shamrock Social Hour (RR-B) 7:15 Movie Night (SS-T) Fun Mom Dinner</p>
<p>10</p> <p>10:15 Communion (RR-C) 10:30 Self-Serve Morning Coffee (SS/RR-B) 2:00 Writing Fun Club (SS-RR) 2:30 Self-Serve Afternoon Tea (SS-B/RR-B) 2:30 Salvation Army (RR-C)</p> <p>Jigsaw puzzle on the go in the library (SS-Library)</p> <p style="text-align: center;">Daylight Saving Time Begin</p>	<p>11</p> <p>9:30 Shuttle: Billings Bridge 9:45 Yoga with Georgia (RR-A) 10:30 Coffee, Cookies and Conversation (RR-B) 1:30 Park Place Sing-along (SS-A) 1:30 Community Exercise (RR-A) 2:00 Community Exercise (RR-A) 2:00 Ottawa Library Visiting (RR-AR) 2:00 One on One visits (RR) 2:15 Cards: Play Euchre (RR-B) 2:30 Community Exercise (SS-A) 3:00 Community Exercise (SS-A) 3:45 Social Hour (SS-B) 7:15 Movie Night (SS-T) Did you hear about the Morgans</p>	<p>12</p> <p>9:30 Shuttle: Carlingwood Mall 10:00 Communion (RR-C) 10:15 Tuck Shop (RR-Basement) 10:30 Musical Bingo (RR-B) 11:45 Outing: Rideau Carleton Raceway Casino \$\$ 2:00 Coffee, Cookies and Conversation (RR-B) 2:30 Community Exercise (RR-A) 3:00 Community Exercise (RR-A) 3:45 Social Hour (RR-B) 7:15 Cards: Play Bridge (SS-B)</p>	<p>13</p> <p>9:00 Findlay Creek Hearing Care Clinic (RR-AR) 10:30 Crafty Corner: 2-in-1 Crafty St. Paddy's Day Puzzle (RR-B) 10:30 Tai Chi (SS-A) 11:00 Weights with Chelsey (SS-FR) 2:00 Pet Visit with Arthur (RR-L) 2:00 One on One Visit (RR) 2:30 St Patrick's Celebration with Entertainment by Arlene Quinn (RR-A) 4:00 Social Hour (SS-B) 7:15 Game: BINGO (RR-A) \$2.00 for 3 cards All Welcome to Play Bingo</p> <p style="text-align: center;"></p>	<p>14</p> <p>10:00 Church Services (RR-C) 10:30 Fit Minds (SS-A) 10:30 Crafty Corner: Buttons & Gems Fleur-de-Lis (RR-B) 2:00 Knitting Group (SS-B) 2:00 New: Water coloring with Jen (RR-AR) 2:30 Community Exercise (SS-A) 3:00 Community Exercise (SS-A) 3:45 Social Hour (RR-B) 7:15 Movie Night (SS-T) Won't you be my Neighbor</p>	<p>15</p> <p>10:00 Zumba Gold Chair (SS-A) 10:00 Crafty Corner: Lucky Shamrock Charm (RR-B) 10:15 Tuck Shop (RR-Basement) 1:30 Community Exercise (RR-A) 2:00 Community Exercise (RR-A) 2:00 Interactive Fit Minds (RR-B) 2:30 Catholic Mass (RR-A) 2:30 Community Exercise (SS-A) 3:00 Community Exercise (SS-A) 3:45 Complimentary Green Beer at Social Hour (SS-B) 7:00 Board Games Night (SS-B) 7:00 Card Games Night (RR-B)</p>	<p>16</p> <p>10:00 Resident Fitness (SS-A) 10:00 You be the Judge (RR-B) 2:00 Entertainment: Capital Chordettes (SS-A) 2:15 Cards: Play Euchre (RR-B) 3:45 Complimentary Green Beer at Social Hour (RR-B) 7:15 Movie Night (SS-T) Little Women</p> <p style="text-align: center;">Wear Any Color But Green</p> <p style="text-align: center;">Green Day</p>

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p align="right">17</p> <p>10:00 Bible Film with Lisa (RR-A) 10:15 Communion (RR-C) 10:30 Self-Serve Morning Coffee (SS/RR-B) 2:30 Self-Serve Afternoon Tea (SS-B/RR-B)</p> <p>Jigsaw puzzle on the go in the library (SS-Library)</p> <p align="center">Happy St Patrick's Day</p> 	<p align="right">18</p> <p>9:30 No Shopping 9:45 Yoga with Georgia (RR-A) 10:30 Coffee, Cookies and Conversation (RR-B) 1:30 Sing along with Deb (SS-A) 1:30 Community Exercise (R R-A) 2:00 Community Exercise (RR-A) 2:00 New: Giant Crossword Puzzle (RR-B) 2:15 Cards: Play Euchre (RR-B) 2:30 Community Exercise (SS-A) 3:00 Community Exercise (SS-A) 3:45 Social Hour (SS-B) 7:15 Movie Night (SS-T) The Leisure Seeker</p>	<p align="right">19</p> <p>9:30 No shopping Sheila is on vacation 10:00 Communion (RR-C) 10:15 Tuck Shop (RR-Basement) 10:30 New: Giant Crossword Puzzle (SS-B) 11:45 No outing 2:00 Painting, Drawing and Conversation (RR-AR) 2:00 One on One Visit (RR) 2:30 Community Exercise (RR-A) 3:00 Community Exercise (RR-A) 3:45 Social Hour (RR-B) 7:15 Cards: Play Bridge (SS-B)</p>	<p align="right">20</p> <p>9:30 Food Forum (SS-T) 10:30 GM Chat (RR-B) 10:30 Balls, Bands and Balance (SS-A) 2:00 One on One Visit (RR) 2:00 Pet Visit with Arthur (RR-L) 2:30 Entertainment: Musical Memories (RR-A) 4:00 Social Hour (SS-B) 7:15 Game: BINGO (RR-A) \$2.00 for 3 cards All Welcome to Play Bingo</p>	<p align="right">21</p> <p>10:30 Fit Minds (SS-A) 10:30 Giant Crossword Puzzle(RR-B) 2:00 Julian Norwich Anglican Church Services (RR-C) 2:00 Painting Drawing and Conversation (RR-AR) 2:00 Afternoon at the Casino at Park Place (SS-A) 2:30 Community Exercise (RR-A) 3:00 Community Exercise (RR-A) 3:45 Social Hour (RR-B) 7:15 Movie Night (SS-T) Lion</p> 	<p align="right">22</p> <p>10:00 Spelling Bee (SS-T) 10:00 Game: Musical Bingo(RR-B) 10:15 Tuck Shop (RR-Basement) 1:30 Community Exercise (RR-A) 2:00 Community Exercise (RR-A) 2:00 Interactive Fit Minds (RR-B) 2:30 Community Exercise (SS-A) 3:00 Community Exercise (SS-A) 3:45 Social Hour (SS-B) 7:00 Board Games Night (SS-B) 7:00 Card Games Night (RR-B)</p>	<p align="right">23</p> <p>10:00 Resident Fitness (SS-A) 10:00 News and Views (RR-B) 11:00 One on One Visits (RR) 2:00 Park Place Sing-along (SS-A) 2:15 Cards: Play Euchre (RR-B) 3:45 Social Hour (RR-B) 7:15 Movie Night (SS-T) Silver Linings Playbook</p>
<p align="right">24</p> <p>10:15 Communion (RR-C) 10:30 Self-Serve Morning Coffee (SS-B/RR-B) 2:00 Writing Fun Club (SS-RR) 2:00 The MET Church (RR-C) 2:30 Self-Serve Afternoon Tea (SS-B/RR-B)</p> <p>Jigsaw puzzle on the go in the library (SS-Library)</p>	<p align="right">25</p> <p>9:30 No shopping 9:45 Yoga with Georgia (RR-A) 10:30 Cranium Crunches(RR-B) 1:30 Community Exercise (RR-A) 2:00 Community Exercise (RR-A) 2:00 One on One Visits (RR) 2:15 Cards: Play Euchre (RR-B) 2:30 Community Exercise (RR-A) 2:30 Community Exercise (RR-A) 2:30 Resident's Council (SS-T) 4:00 Social Hour (SS-B) 7:15 Movie Night (SS-T) Grown Ups</p>	<p align="right">26</p> <p>9:30 Shuttle: Carling wood Mall 10:00 Communion (RR-C) 10:15 Tuck Shop (RR-Basement) 10:30 Game: Climb the Matterhorn (RR-B) 11:45 Outing: Wheelers Pancake House \$\$ 2:00 Pina Colada Social (SS-B) 2:30 Community Exercise (RR-A) 3:00 Community Exercise (RR-A) 3:45 Pina Colada Social (RR-B) 7:15 Cards: Play Bridge (SS-B)</p>	<p align="right">27</p> <p>10:00 Game: Scatergories (RR-B) 10:30 Tai Chi (SS-A) 11:00 Weights with Chelsey (SS-FR) 2:00 Pet Visit with Arthur (RR-L) 2:30 Entertainment: Andre Gareau (SS-A) 4:45 Birthday Dinner (RR-D) 5:30 Birthday Dinner (SS-D) 7:15 Game: BINGO (RR-A) \$2.00 for 3 cards All Welcome to Play Bingo</p> 	<p align="right">28</p> <p>10:00 Vendor: Pam's Travelling Shop (SS-L) 10:30 Fit Minds (SS-A) 10:30 Game: Jeopardy Trivia (RR-B) 2:00 Crafty Corner: Paint Chip Notepads (RR-B) 2:00 Knitting Group (SS-B) 2:15 Shuttle: Shopper's Drugmart 2:30 Community Exercise (SS-A) 3:00 Community Exercise (SS-A) 3:45 Social Hour (RR-B) 7:15 Movie Night (SS-T) Annie</p>	<p align="right">29</p> <p>10:00 Zumba Gold Chair (SS-A) 10:00 Trivia and Tim Hortons Bits (RR-B) 10:15 Tuck Shop (RR-Basement) 1:30 Community Exercise (RR-A) 2:00 Community Exercise (RR-A) 2:00 Interactive Fit Minds (RR-B) 2:30 Community Exercise (SS-A) 3:00 Community Exercise (SS-A) 3:45 Social Hour (SS-B) 7:00 Board Games Night (SS-B) 7:00 Card Games Night (RR-B)</p>	<p align="right">30</p> <p>10:00 Resident Fitness (SS-A) 10:00 You be the judge(RR-B) 2:00 Horse Race Game (SS-A) 2:15 Cards: Play Euchre (RR-B) 3:45 Social Hour (RR-B) 7:15 Movie Night (SS-T) Lavender</p>
<p align="right">31</p> <p>10:15 Communion (RR-C) 10:30 Self-Serve Morning Coffee (SS-B/RR-B) 2:00 Writing Fun Club (SS-RR) 2:30 Self-Serve Afternoon Tea (SS-B/RR-B)</p> <p>Jigsaw puzzle on the go in the library (SS-Library)</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>					