

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
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**Location of Activity**

**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  
**BY=** Backyard **DR=** Dining Room





**Type of Activity**

**Blue—Fitness Green—Spiritual**  
**Brown— Outing Purple— Vendor**  
**Red— New Program/Special Events**



<p style="text-align: right; font-weight: bold; color: red;">1</p> <p>9:30 Tuck Shop (SS-L)  <b>10:00 Zumba (SS-AR)</b>                  10:30 Tuck Shop (RR-L)  <b>10:35 Seated Ball Exercise (RR-AR)</b>                  2:00 Bingo (SS-AR)                  2:00 Bridge (SS-B)                  2:30 Curling (RR-AR)  <b>2:30 Aquafit (P)</b>                  3:30 Mix &amp; Mingle (SS-B)</p>	<p style="text-align: right; font-weight: bold; color: red;">2</p> <p><b>10:00 Shopping: Wal-Mart Supercentre</b>  <b>10:00 Chair Cardio Exercise (SS-AR)</b>  <b>10:35 Resistance Band Exercise (RR-AR)</b>  <b>2:00 Shopping: Carlingwood Shopping Centre</b>                  2:00 Euchre (SS-B)                  2:30 Music Hall (T)  <b>No Aquafit today</b>                  3:30 Mix &amp; Mingle (RR-B)</p>	<p style="text-align: right; font-weight: bold; color: red;">3</p> <p><b>10:00 Moderate Intensity Exercise (SS-AR)</b>  <b>10:30 Chair Exercise (RR-AR)</b>                  2:00 Bridge (SS-B)                  2:00 Bingo (SS-AR)  <b>3:30 Virtual Hymn Sing (T)</b>                  3:30 Mix &amp; Mingle (SS-B)</p>	<p style="text-align: right; font-weight: bold; color: red;">4</p> <p><b>10:15 Weekend Exercise (SS-AR)</b>                  2:00 Craft Club (SS-AR)                  2:15 Movie: True Spirit (T)                  3:30 Mix &amp; Mingle (RR-B)                  7:15 Movie: True Spirit (T)</p>
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<p style="text-align: right; font-weight: bold; color: red;">5</p> <p><b>10:15 Weekend Exercise (RR-AR)</b>  <b>11:00 St. Mary's Catholic Live Stream Mass (T)</b>                  2:00 Bridge (SS-B)                  2:15 Movie: Funny Girl (T)                  7:15 Movie: Funny Girl (T)</p>	<p style="text-align: right; font-weight: bold; color: red;">6</p> <p><b>10:00 Chair Cardio Exercise (SS-AR)</b>  <b>10:35 Seated Ball Exercise (RR-AR)</b>  <b>1:30 Scenic Drive</b>  <b>2:30 Walker Repair (RR-L)</b>                  2:00 Bingo (SS-AR)  <b>2:30 4 Pics 1 Word (T)</b>  <b>2:45 Aquafit (P)</b>  <b>3:15 Walker Repair (SS-L)</b>  <b>3:30 Mix &amp; Mingle with Julie (SS-B)</b></p>	<p style="text-align: right; font-weight: bold; color: red;">7</p> <p><b>8:00 Community Breakfast (SS-DR)</b>  <b>10:00 Chair Dance with Maura (SS-AR)</b>  <b>10:35 Chair Dance with Maura (RR-AR)</b>                  10:35 Tech Tuesday (SS-B)                  2:00 Euchre (SS-B)  <b>2:30 Earthstorm (T)</b>                  3:30 Mix &amp; Mingle (RR-B)</p>	<p style="text-align: right; font-weight: bold; color: red;">8</p> <p>9:30 Tuck Shop (SS-L)  <b>10:00 Zumba (SS-AR)</b>                  10:30 Tuck Shop (RR-L)  <b>10:35 Seated Ball Exercise (RR-AR)</b>                  2:00 Bingo (SS-AR)                  2:00 Bridge (SS-B)  <b>2:30 Aquafit (P)</b>                  2:30 Bean Bags (RR-AR)                  3:30 Mix &amp; Mingle (SS-B)</p>	<p style="text-align: right; font-weight: bold; color: red;">9</p> <p><b>10:00 Wheeler's Sugar Bush and Pancake House</b>  <b>10:00 Chair Cardio Exercise (SS-AR)</b>  <b>10:35 Resistance Band Exercise (RR-AR)</b>                  2:00 Euchre (SS-B)  <b>2:30 Aquafit (P)</b>  <b>2:30 Afternoon Tea with Management (RR-DR)</b>                  2:30 Music Hall (T)                  3:30 Mix &amp; Mingle (RR-B)</p>	<p style="text-align: right; font-weight: bold; color: red;">10</p> <p><b>10:00 Moderate Intensity Exercise (SS-AR)</b>  <b>10:30 Chair Exercise (RR-AR)</b>                  10:35 Gym Equipment Instruction (SS Gym)                  2:00 Bridge (SS-B)                  2:00 Bingo (SS-AR)  <b>2:30 Staff WOW Party</b>  <b>3:30 Virtual Hymn Sing (T)</b>                  3:30 Mix &amp; Mingle (SS-B)</p>	<p style="text-align: right; font-weight: bold; color: red;">11</p> <p><b>10:15 Weekend Exercise (SS-AR)</b>                  2:00 Craft Club (SS-AR)                  2:15 Movie: Wild Mountain Thyme (T)                  3:30 Mix &amp; Mingle (RR-B)                  7:15 Movie: Wild Mountain Thyme (T)</p>
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 <p><b>12</b></p> <p>10:15 Weekend Exercise (RR-AR)                      11:00 St. Mary's Catholic Live Stream Mass (T)                      2:00 Bridge (SS-B)                      2:15 Movie: 2 Hearts (T)                      2:30 Interdenominational Church Service w/ Pastor Pauline Williams (T)                      7:15 Movie: 2 Hearts (T)</p>	<p><b>13</b></p> <p>10:00 Chair Cardio Exercise (SS-AR)                      10:35 Seated Ball Exercise (RR-AR)                      12:15 Lunch Outing: East Side Mario's                      2:00 Bingo (SS-AR)                      2:30 Kahoot (T)                      2:45 Aquafit (P)                      3:30 Mix &amp; Mingle (SS-B)</p>	<p><b>14</b></p> <p>10:00 Chair Dance with Maura (SS-AR)                      10:35 Chair Dance with Maura (RR-AR)                      10:35 Tech Tuesday (SS-B)                      11:00 RR Resident Chit Chat with your GM (T)                      2:00 Euchre (SS-B)                      2:30 Earthstorm (T)                      3:30 Mix &amp; Mingle (RR-B)</p>	<p><b>15</b></p> <p>9:30 Tuck Shop (SS-L)                      10:00 Zumba (SS-AR)                      10:30 Tuck Shop (RR-L)                      10:30 SS Resident Council Meeting (T)                      10:35 Seated Ball Exercise (RR-AR)                      2:00 Bingo (SS-AR)                      2:00 Bridge (SS-B)                      2:30 Aquafit (P)                      2:30 Arcade Basketball (RR-AR)                      3:30 Mix &amp; Mingle (SS-B)</p>	<p><b>16</b></p> <p>10:00 Shopping: Billings Bridge Shopping Mall                      10:00 Chair Cardio Exercise (SS-AR)                      10:35 Resistance Band Exercise (RR-AR)                      2:00 Euchre (SS-B)                      2:00 Shopping: Merivale Mall                      2:30 Music Hall (T)                      2:30 Aquafit (P)                      3:30 Mix &amp; Mingle (RR-B)</p>	<p><b>17</b></p> <p>10:00 Moderate Intensity Exercise (SS-AR)                      10:30 Chair Exercise (RR-AR)                      11:45 &amp; 1:00 St. Patrick's Day Lunch (RR &amp; SS DR)                      2:00 Bridge (SS-B)                      2:00 Bingo (SS-AR)                      2:30 Saint Patrick's Day Celebration with Kevin the Magician (RR-AR)                      3:30 Virtual Hymn Sing (T)                      3:30 Mix &amp; Mingle (SS-B)</p> 	<p><b>18</b></p> <p>10:15 Weekend Exercise (SS-AR)                      2:00 Craft Club (SS-AR)                      2:15 Movie: Leap Year (T)                      3:30 Mix &amp; Mingle (RR-B)                      7:15 Movie: Leap Year (T)</p>
<p><b>19</b></p> <p>10:15 Weekend Exercise (RR-AR)                      11:00 St. Mary's Catholic Live Stream Mass (T)                      2:00 Bridge (SS-B)                      2:15 Movie: Pinocchio (T)                      7:15 Movie: Pinocchio (T)</p>	<p><b>20</b></p> <p>10:00 Chair Cardio Exercise (SS-AR)                      10:35 Seated Ball Exercise (RR-AR)                      1:30 Scenic Drive                      2:00 Bingo (SS-AR)                      2:30 Hangman (T)                      2:45 Aquafit (P)                      3:30 Mix &amp; Mingle (SS-B)</p> 	<p><b>21</b></p> <p>10:00 Chair Dance with Maura (SS-AR)                      10:35 Chair Dance with Maura (RR-AR)                      10:35 Tech Tuesday (SS-B)                      2:00 Euchre (SS-B)                      2:30 Earthstorm (T)                      3:30 Mix &amp; Mingle (RR-B)</p>	<p><b>22</b></p> <p>9:30 Tuck Shop (SS-L)                      10:00 Chair Exercise (SS-AR)                      10:30 Tuck Shop (RR-L)                      10:35 Seated Ball Exercise (RR-AR)                      2:00 Bingo (SS-AR)                      2:00 Bridge (SS-B)                      2:30 Aquafit (P)                      2:30 Ladder Ball (RR-AR)                      5:00 Birthday/Anniversary Dinner (RR&amp;SS DR)</p>	<p><b>23</b></p> <p>10:00 Shopping: Bayshore Shopping Centre                      10:00 Chair Cardio Exercise (SS-AR)                      10:35 Resistance Band Exercise (RR-AR)                      2:00 College Square Mall                      2:00 Euchre (SS-B)                      2:30 Music Hall (T)                      2:30 Aquafit (P)                      3:30 Mix &amp; Mingle (RR-B)                      7:00 Sens Night (T)</p> 	<p><b>24</b></p> <p>10:00 Moderate Intensity Exercise (SS-AR)                      10:30 Chair Exercise (RR-AR)                      10:35 Gym Equipment Instruction (SS Gym)                      2:00 Bridge (SS-B)                      2:00 Bingo (SS-AR)                      2:30 Book Club Meeting (RR-L)                      3:30 Virtual Hymn Sing (T)                      3:30 Mix &amp; Mingle (SS-B)</p>	<p><b>25</b></p> <p>10:15 Weekend Exercise (SS-AR)                      2:00 Craft Club (SS-AR)                      2:15 Movie: Our Friend (T)                      3:30 Mix &amp; Mingle (RR-B)                      7:15 Movie: Our Friend (T)</p>
<p><b>26</b></p> <p>10:15 Weekend Exercise (RR-AR)                      11:00 St. Mary's Catholic Live Stream Mass (T)                      2:00 Bridge (SS-B)                      2:15 Movie: Mall Cop (T)                      7:15 Movie: Mall Cop (T)</p>	<p><b>27</b></p> <p>10:00 Chair Cardio Exercise (SS-AR)                      10:35 Seated Ball Exercise (RR-AR)                      2:00 Bingo (SS-AR)                      1:30 Scenic Drive                      2:30 Wordle (T)                      2:45 Aquafit (P)                      3:30 Mix &amp; Mingle (SS-B)</p>	<p><b>28</b></p> <p>10:00 Chair Dance with Maura (SS-AR)                      10:35 Chair Dance with Maura (RR-AR)                      10:35 Tech Tuesday (SS-B)                      2:00 Euchre (SS-B)                      2:30 Earthstorm (T)                      3:30 Mix &amp; Mingle (RR-B)</p>	<p><b>29</b></p> <p>9:30 Tuck Shop (SS-L)                      10:00 Zumba (SS-AR)                      10:30 Tuck Shop (RR-L)                      10:35 Seated Ball Exercise (RR-AR)                      2:00 Bingo (SS-AR)                      2:00 Bridge (SS-B)                      2:30 Aquafit (P)                      2:30 Ring Toss (RR-AR)                      3:30 Mix &amp; Mingle (SS-B)</p>	<p><b>30</b></p> <p>10:00 Shopping: Nepean Crossroads Centre                      10:00 Chair Cardio Exercise (SS-AR)                      10:35 Resistance Band Exercise (RR-AR)                      2:00 Euchre (SS-B)                      2:00 Outing: Rideau Carleton Casino                      2:30 Music Hall (T)                      2:30 Aquafit (P)                      2:30 Mystery Seed (SS-AR)                      3:30 Mix &amp; Mingle (RR-B)</p>	<p><b>31</b></p> <p>10:00 Moderate Intensity Exercise (SS-AR)                      10:30 Chair Exercise (RR-AR)                      10:35 Gym Equipment Instruction (SS Gym)                      2:00 Bridge (SS-B)                      2:00 Bingo (SS-AR)                      3:30 Virtual Hymn Sing (T)                      3:30 Mix &amp; Mingle (SS-B)</p>	<p><b>TODAY'S ACTIVITIES HAVE BEEN CANCELED DUE TO THE SHORTAGE OF ICE AND SNOW AT THE BEGINNING OF THE MONTH.</b></p>