




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday						
				<p style="text-align: center;"><u>LOCATION OF ACTIVITY</u></p> <p>RR = Retirement Residence SS = Senior Suites</p> <p>B = Bistro LL = Lower Lounge GR = Games Room AR = Activity Room BR = Bridge Room Lib = Library C = Chapel G = Gym</p> <p>GS = Golf Simulator BP = Back Patio DR = Dining Room L = Lobby YR = Yoga Room T = Theatre P = Pool WC = Wellness Centre</p> <p style="text-align: center;"><u>Type of Activity</u></p> <p>Blue—Fitness Green—Spiritual Red— Events Purple— Vendors Brown— Excursions</p>								
				1	2	3	4					
5	<p>10:00 Exercise with Rayza (SS YR)</p> <p>10:00 Crochet-a-Way Leisure (SS L)</p> <p>10:30 Game of Choice (RR T)</p> <p>1:30 Bridge Game (SS BR)</p> <p>2:00 Bingo (RR T) 2:00 Euchre (SS B)</p> <p>3:00 Social Hour (RR B) *Tuck Shop Cart*</p> <p>4:00 Social Hour (SS B)</p>	6	<p>10:00 Exercise with Rayza (SS YR)</p> <p>10:30 4 Pics 1 Word (RR T)</p> <p>1:00 Fit Minds (SS B)</p> <p>3:00 \$ Toonie \$ Bingo (SS B)</p>	7	<p>10:00 Indoor Walking Club (SS L)</p> <p>10:00 Shopping at Place D'Orléans Mall (RR)</p> <p>10:30 Wordle (RR T)</p> <p>1:00 Shopping at Place D'Orleans Mall (SS)</p> <p>2:00 Bingo (RR T) 2:00 Euchre (SS B) 3:00 Social Hour (RR B) 3:00 Art with Verbana (L4) 4:00 Colouring Club (RR AR) 4:00 Social Hour (SS B)</p> <p style="text-align: center;">International Women's Day</p>	8	9	<p>10:00 Exercise with Rayza (SS YR)</p> <p>10:00 Crochet-a-Way Leisure (SS L)</p> <p>10:30 Activities Meeting (RR T)</p> <p>10:30 Morning Trivia (SS B) 1:30 Boggle (RR T)</p> <p>1:30 Activities Meeting (SS T)</p> <p>2:00 Catholic Mass (RR C)</p> <p>2:30 Fun & Fitness (RR G)</p> <p>3:00 \$ Toonie \$ Bingo (SS B)</p>	10	<p>10:00 Morning Stretches (RR G)</p> <p>10:30 Word Game of Choice (RR T)</p> <p>10:00 Shopping at Convent Glen Plaza (RR)</p> <p>11:00 Chair Yoga (SS YR)</p> <p>1:00 Shopping at Convent Glen Plaza (SS)</p> <p>1:30 Bridge Game (SS BR) 2:00 Celebration of the Word (SS C)</p> <p>2:00 Rainbow Suncatcher Craft (RR AR)</p> <p>3:00 Art with Verbana (L4) 3:00 Social Hour (RR B) 4:00 Colouring Club (RR AR) 4:00 Social Hour (SS B)</p>	11	<p>10:30 Crosswords (RR T)</p> <p>11:00 Baking Cupcakes with Nadia (RR AR)</p> <p>1:30 Movie Matinée: "City of Joy" (SS T)</p> <p>2:00 Bingo (RR T)</p> <p>2:00 Euchre (SS B)</p> <p>3:00 Memories Mingle (SS B)</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>12</p> <p>10:00 Morning Stretches with Nadia (SS YR) 10:30 Family Feud (RR T) 1:15 Wii Bowling (RR T) 1:30 Bean Bags (RR 2nd FL) 2:30 Fun & Fitness (RR G) 2:30 Movie Matinée: "Riverdance" (RR T) 3:00 \$ Toonie \$ Bingo (SS B) 3:00 Memories Mingle (RR LL)</p>	<p>13</p> <p>10:00 Exercise with Rayza (SS YR) 10:00 Crochet-a-Way Leisure (SS L) 10:30 Game of Choice (RR T) 10:30 Arm Chair Travel: Ireland (SS B) 1:30 Bridge Game (SS BR) 2:00 Bingo (RR T) 2:00 Euchre (SS B) 3:00 Arm Chair Travel: Ireland (RR T) 3:00 Social Hour (RR B) *Tuck Shop Cart* 4:00 Social Hour (SS B)</p>	<p>14</p> <p>10:00 Exercise with Rayza (SS YR) 10:30 Jeopardy (RR T) 1-3:00 Pool Reopening Party: Please sign up with Reception 2:00 Celtic Music TV Video Concert (RR T) 3:00 Toonie Bingo (SS B)</p> <p> POOL REOPENING DAY</p>	<p>15</p> <p>10:00 Songs of Ireland: Sing A Long (SS T) 10:00 Indoor Walking Club (SS L) 10:00 Shopping at Walmart 10:30 St. Patrick's Watercolour Art (RR AR) 10:45 Chair Taichi (SS YR) 1:30-3:30 Audiologist: Francine Thomas (RR WC) (Please book with Reception) 2:00 Bingo (RR T) 2:00 Euchre (SS B) 3:00 Social Hour (RR B) 3:00 Art with Verbana (L10) 4:00 Colouring Club (RR AR) 4:00 Social Hour (SS B)</p>	<p>16</p> <p>10:00 Exercise with Rayza (SS YR) 10:00 Crochet-a-Way Leisure (SS L) 10:30 Shamrock Shake Social (RR B & SS B) 2:00 Catholic Mass (RR C) 2:00 Word Connection (RR T) 3:00 Baking with Crystal: Mint Brownies (RR AR) 3:00 \$ Toonie \$ Bingo (SS B)</p>	<p>17</p> <p>10:20 Latin Chair Dancing (RR LL) 10:30 Lunch Ouing: Connors 10:30 St. Patrick's Trivia (RR T) 1:00 Blood Pressure Clinic: Senior Suite Residents (SS YR) 1:30 Bridge Game (SS BR) 2:00 Live Entertainment: Arlene Quinn (SS L) 2:00 Celebration of the Word (SS C) 3:00 Art with Verbana (L4) 3:00 Social Hour (RR B) *Beer Tasting* 4:00 Social Hour (SS B) St Patrick's Day Wearing green is encouraged</p>	<p>18</p> <p>10:30 St. Patrick's Water Colour Art (SS B) 1:30 Movie Matinée: "Riverdance" (SS T) 2:00 Live Entertainment: The Starry Nights (SS L) 2:00 Bingo (RR T) 2:00 Euchre (SS B) 3:00 Crosswords (RR T)</p>
<p>19</p> <p>10:00 Morning Stretches with Nadia (SS YR) 10:30 4 Pics 1 Word (RR T) 1:15 Wii Bowling (RR T) 1:30 Bean Bags (RR 2nd FL) 2:30 Fun & Fitness (RR G) 2:30 Movie Matinée: "Till the Clouds Roll By" (RR T)</p>	<p>20</p> <p>10:00 Exercise with Rayza (SS YR) 10:00 Crochet-a-Way Leisure (SS L) 10:30 Word Unscramble (RR T) 1:30 Bridge Game (SS BR) 2:00 Euchre (SS B) 2:00 Bingo (RR T) 3:00 Social Hour (RR B) *Tuck Shop Cart* 4:00 Social Hour (SS B)</p> <p>National Ravioli Day</p>	<p>21</p> <p>10:00 Exercise with Rayza (SS YR) 10:30 Hang Man and Pictionary (RR LL) 2:00 Gym Equipment Tutorial with Activities Team (RR G) 3:00 \$ Toonie \$ Bingo (SS B)</p>	<p>22</p> <p>10:00 Indoor Walking Club (SS L) 10:00 Shopping & Lunch: St. Laurent Mall 10:30 Trivia (RR T) 10:45 Chair Taichi (SS YR) 2:00 Live Entertainment: Larry Garnett (RR T) 2:00 Euchre (SS B) 3:00 Social Hour (RR B) 3:00 Art with Verbana (L4) 4:00 Colouring Club (RR AR) 4:00 Social Hour (SS B)</p>	<p>23</p> <p>10:00 Exercise with Rayza (SS YR) 10:00 Crochet-a-Way Leisure (SS L) 10:30 Scattegories (RR T) 2:00 Catholic Mass (RR C) 2:30 Fun & Fitness (RR G) 3:00 \$ Toonie \$ Bingo (SS B) 7:00 Ottawa Senators Game Experience (SS T & RR T) (Please book with Reception)</p>	<p>24</p> <p>10:00 Morning Stretches (RR G) 10:00 Outing to Orleans Bowling 10:30 Game of Choice (RR T) 11:00 Chair Yoga (SS YR) 1:30 Bridge Game (SS BR) 1:30 Scenic Drive: Rockcliffe 2:00 Celebration of the Word (SS C) 3:00 Social Hour (RR B) 3:00 Art with Verbana (L4) 3:00 Marble Art Craft (SS B) 4:00 Colouring Club (RR AR) 4:00 Social Hour (SS B) Cheesecake Day</p>	<p>25</p> <p>10:30 Word Games (RR T) 1:30 Movie Matinée: "Casablanca" (SS T) 2:00 Bingo (RR T) 2:00 Euchre (SS B) 3:00 Rice Krispie Baking (RR AR)</p>
<p>26</p> <p>10:00 Morning Stretches with Nadia (SS YR) 10:30 4 Pics 1 Word (RR T) 1:15 Wii Bowling (RR T) 1:30 Bean Bags Tournament (RR 2nd FL) 2:30 Fun & Fitness (RR G) 2:30 Movie Matinée: "Elizabeth" (RR T) 3:00 \$ Toonie \$ Bingo (SS B) Purple Day Wearing purple is encouraged</p>	<p>27</p> <p>10:00 Exercise with Rayza (SS YR) 10:00 Crochet-a-Way Leisure (SS L) 10:30 4 Pics 1 Word (RR T) 1:30 Bridge Game (SS BR) 2:00 Bingo (RR T) 2:00 Euchre (SS B) 3:00 Social Hour (RR B) *Tuck Shop Cart* 4:00 Social Hour (SS B)</p>	<p>28</p> <p>10:00 Exercise with Rayza (SS YR) 10:00 Morning Trivia (SS B) 10:30 Wordle (RR T) 2:00 Gym Equipment Tutorial with Activities Team (SS G) 3:00 \$ Toonie \$ Bingo (SS B)</p>	<p>29</p> <p>10:00 Indoor Walking Club (SS L) 10:00 Shopping at Giant Tiger 10:30 Trivia (RR T) 1:30 Scenic Drive: Downtown Ottawa 2:00 Bingo (RR T) 2:00 Euchre (SS B) 3:00 Social Hour (RR B) 3:00 Art with Verbana (L4) 4:00 Colouring Club (RR AR) 4:00 Social Hour (SS B) Birthday and Anniversary Dinner</p>	<p>30</p> <p>10:00 Exercise with Rayza (SS YR) 10:00 Crochet-a-Way Leisure (SS L) 10:00 Food Service Meeting (RR T) 10:30 Scattegories (SS B) 1:30 Food Service Meeting (SS T) 2:00 Catholic Mass (RR C) 2:00 Scattegoies (RR LL) 3:00 \$ Toonie \$ Bingo (SS B)</p>	<p>31</p> <p>10:00 Morning Stretches (RRG) 11:00 Lunch to Swiss Chalet 10:30 Game of Choice (RR T) 11:00 Latin Chair Dancing (SS YR) 1:30 Bridge Game (SS BR) 2:00 Celebration of the Word (SS C) 3:00 Social Hour (RR B) 3:00 Art with Verbana (L4) 3:00 Melting Crayon Craft (RR AR) 4:00 Colouring Club (RR AR) 4:00 Colourful Social Hour SS B National Crayon Day Wearing fun colours is encouraged</p>	