

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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MARCH 2023

PARK PLACE

Location of Activity
RR= Retirement Residence
SS= Senior Suites

B = Bistro
T = Theatre
C = Chapel
L = Lobby
GR = Games Room
LL = Lower Level

Lib = Library
AR = Activity Room
A = Auditorium
DR= Dining Room
P = Patio

Type of Activity
Blue—Fitness Green—New Red— Movie/TV Series/Virtual
Pink— Special Orange—Game Purple—Concert



1	2	3	4			
<p>10:00 Light Cardio Fitness (SS-A) 10:00 Group Crossword (RR-B) 10:45 Yoga with Georgia (SS-B) 1:30 Chair Tai Chi with Hiromi (RR-A) 2:00 Painting Lessons with Jack (SS-A) 3:00 Social Hour (RR-B & SS-B)</p>	<p>10:00 Bean Bag Toss (RR-L) 10:30 Fitness with Nabil (SS-A) 10:30 Chair Drums (RR-A) 2:00 Book Club (SS-A) 1:30 Afternoon Movie (RR-A): Back to the Future 2:00 Colouring and Coffee (RR-B) 3:00 Fit Minds (SS-B & RR-B) 7:15 Movie Night (SS-T): I Give it a Year</p>	<p>10:00 Strength and Balance Exercise (SS-A) 10:15 Tuck Shop (RR-LL) 10:30 Morning Praise with Dai (RR-L) 1:30 Baking Group (RR-AR) 2:00 Pool and Darts Group (SS-GR) 3:00 Social Hour (RR-B & SS-B)</p>	<p>10:30 Group Crossword (RR-B) 10:30 Coffee and Donuts (SS-B) 2:15 Bingo (SS-B) 3:15 Afternoon TV Series (SS-T) The Vicar of Dibley 3:30 Drop in Trivia (RR-B) 7:15 Movie Night (SS-T): My Octopus Teacher</p>			
5	6	7	8	9	10	11
<p>10:00 Virtual Catholic Mass (RR-A) 10:00 Virtual United Church Service (SS-T) 10:30 Scrabble Group (RR-B) 2:00 The Oscar's Party (SS-B) 2:30 Knitting Club (SS-L) 7:15 Movie Night (SS-T): Our Planet Episode 1: One Planet</p>	<p>10:00 Light Cardio Fitness (SS-A) 10:00 Balloon Ball (RR-A) 10:30 Coffee and Trivia (RR-B & SS-B) 2:00 Bingo (RR-AR) 2:00 Group Crossword (SS-B) 3:00 Social Hour (RR-B & SS-B)</p>	<p>10:00 Bowling (RR-A) 10:15 Tuck Shop (RR-LL) 10:30 Fitness with Nabil (SS-A) 11:00 Gardening Club Meeting with President of Nepean Horticulture Society (SS-B) 1:30 Outing: Shopping at Billings Bridge 2:00 Chair Exercises (RR-A) 3:00 Table-Top Curling (SS-B) 7:15 Movie Night (SS-T): The Power of the Dog</p>	<p>10:00 Light Cardio Fitness (SS-A) 10:00 Group Crossword (RR-B) 10:30 Current Events with Prof. Cammy (SS-T) 10:45 Yoga with Georgia (SS-B) 2:00 Painting Lessons with Jack (SS-A) 3:00 Social Hour (RR-B & SS-B)</p> <p style="text-align: center;">International Women's Day</p>	<p>10:00 Bean Bag Toss (RR-L) 10:30 Fitness with Nabil (SS-A) 11:00 Seniors' Centre without Walls Presentation (SS-T) 2:00 Computer Tutorials: Skype (SS-T) 2:00 Colouring and Coffee (RR-B) 3:00 Fit Minds (SS-B & RR-B) 7:15 Movie Night (SS-T): The Irishman</p>	<p>10:00 Strength and Balance Exercise (SS-A) 10:15 Tuck Shop (RR-LL) 10:45 Men's Group (SS-T) 1:30 Baking Group (RR-AR) 2:00 News and Views (SS-B) 3:00 Social Hour (SS-B)</p>	<p>10:30 Group Crossword (RR-B) 2:15 Bingo (SS-B) 3:15 Afternoon TV Series (SS-T): The Vicar of Dibley 3:30 Drop in Trivia (RR-B) 7:15 Movie Night (SS-T): The Two People</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;">12</p> <p>10:00 Virtual Catholic Mass (RR-A) 10:15 Virtual United Church Service (SS-T) 10:30 Scrabble Group (RR-B) 2:00 Sing-a-long with Kelly (RR-L) 2:30 Knitting Club (SS-L) 3:00 Chair Drums (RR-A) 7:15 Movie Night (SS-T): Our Planet Episode 2: Frozen Worlds</p>	<p style="text-align: right;">13</p> <p>10:00 Light Cardio Fitness (SS-A) 10:00 Balloon Ball (RR-A) 10:15 Women's Group (SS-T) 10:30 Coffee and Trivia (RR-B) 2:00 Bingo (RR-AR) 2:00 Group Crossword (SS-B) 3:00 Social Hour (RR-B & SS-B)</p>	<p style="text-align: right;">14</p> <p>10:00 Outing: Shopping at Winners and Dollarama 10:00 Bowling (RR-A) 10:15 Tuck Shop (RR-LL) 10:30 Fitness with Nabil (SS-A) 12:30 Outing: Lunch at Red Lobster 2:00 Painting with Navy (SS-A) 2:00 Chair Exercises (RR-A) 3:00 "Pi" Day Social (SS-B) 7:15 Movie Night (SS-T): Hillbilly Elegy</p>	<p style="text-align: right;">15</p> <p>8:00 Chef's Showcase (RR-D) 10:00 Light Cardio Fitness (SS-A) 10:00 Group Crossword (RR-B) 10:45 Yoga with Georgia (SS-B) 1:30 Chair Tai Chi with Hiromi (RR-A) 2:00 Painting Lessons with Jack (SS-A) 3:00 Social Hour (RR-B & SS-B)</p>	<p style="text-align: right;">16</p> <p>10:00 Bean Bag Toss (RR-L) 10:30 Fitness with Nabil (SS-A) 10:30 Chair Drums (RR-A) 1:30 Afternoon Movie (RR-A): Matilda 2:00 Computer Tutorials: Gmail (SS-T) 2:00 Colouring and Coffee (RR-B) 3:00 Fit Minds (SS-B & RR-B) 7:15 Movie Night (SS-T): Don't Look Up</p>	<p style="text-align: right;">17</p> <p>Happy St. Patrick's Day! 10:00 Strength and Balance Exercise (SS-A) 10:15 Tuck Shop (RR-LL) 2:00 St. Patrick's Day Concert with Noel (SS-DR) 3:00 Social Hour (RR-B & SS-B)</p>	<p style="text-align: right;">18</p> <p>10:30 Group Crossword (RR-B) 10:30 Coffee and Donuts (SS-B) 2:15 Bingo (SS-B) 3:15 Afternoon TV Series (SS-T) The Vicar of Dibley 3:30 Drop in Trivia (RR-B) 7:15 Movie Night (SS-T): Dancing with Birds</p>
<p style="text-align: right;">19</p> <p>10:00 Virtual Catholic Mass (RR-A) 10:00 Virtual United Church Service (SS-T) 10:30 Scrabble Group (RR-B) 2:00 Sing-a-long with Kelly (SS-L) 2:30 Knitting Club (SS-L) 3:00 Chair Drums (RR-A) 7:15 Movie Night (SS-T): Our Planet Episode 3: Jungles</p>	<p style="text-align: right;">20</p> <p>10:00 Light Cardio Fitness (SS-A) 10:00 Balloon Ball (RR-A) 10:30 Coffee and Trivia (RR-B & SS-B) 1:30 Resident Council Meeting (SS-T) 2:00 Bingo (RR-AR) 3:00 Social Hour (RR-B & SS-B)</p>	<p style="text-align: right;">21</p> <p>10:00 Outing: Shopping at Carlingwood 10:00 Bowling (RR-A) 10:15 Tuck Shop (RR-LL) 10:30 Fitness with Nabil (SS-A) 1:30 Outing: Swimming at Ravines Pool and Hot Tub 2:00 Chair Exercises (RR-A) 3:00 Bean Bag Toss (SS-L) 7:15 Movie Night (SS-T): The Judge</p>	<p style="text-align: right;">22</p> <p>8:00 Chef's Showcase (SS-DR) 10:00 Light Cardio Fitness (SS-A) 10:00 Group Crossword (RR-B) 10:45 Yoga with Georgia (SS-B) 2:00 Painting Lessons with Jack (SS-A) 3:00 Social Hour (RR-B & SS-B)</p>	<p style="text-align: right;">23</p> <p>10:00 Bean Bag Toss (RR-L) 10:30 Fitness with Nabil (SS-A) 10:30 Chair Drums (RR-A) 2:00 RR Food Forum (RR-A) 2:00 Movie Committee Meeting (SS-T) 3:00 Fit Minds (SS-B & RR-B) 7:15 Movie Night (SS-T): Mr. Queen</p>	<p style="text-align: right;">24</p> <p>10:00 Strength and Balance Exercise (SS-A) 10:15 Tuck Shop (RR-LL) 1:30 Baking Group (RR-AR) 2:00 Pool and Darts Group (SS-GR) 3:00 Social Hour (RR-B & SS-B)</p>	<p style="text-align: right;">25</p> <p>10:30 Group Crossword (RR-B) 10:30 Coffee and Donuts (SS-B) 2:15 Bingo (SS-B) 3:15 Afternoon TV Series (SS-T) The Vicar of Dibley 3:30 Drop in Trivia (RR-B) 7:15 Movie Night (SS-T): Selena</p>
<p style="text-align: right;">26</p> <p>10:00 Virtual Catholic Mass (RR-A) 10:00 Virtual United Church Service (SS-T) 10:30 Scrabble Group (RR-B) 2:00 Sing-a-long with Kelly (RR-L) 2:30 Knitting Club (SS-L) 3:00 Chair Drums (RR-A) 7:15 Movie Night (SS-T): Our Planet Episode 4: Coastal Seas</p>	<p style="text-align: right;">27</p> <p>10:00 Light Cardio Fitness (SS-A) 10:00 Balloon Ball (RR-A) 10:30 Coffee and Trivia (RR-B & SS-B) 2:00 Bingo (RR-AR) 2:00 Group Crossword (SS-B) 3:00 Social Hour (RR-B & SS-B)</p>	<p style="text-align: right;">28</p> <p>10:00 Bowling (RR-A) 10:15 Tuck Shop (RR-LL) 10:30 Fitness with Nabil (SS-A) 11:00 GM Chat (SS-A) 11:00 Outing: Brunch at Denny's 2:00 Outing: Shopping at Walmart 2:00 Chair Exercises (RR-A) 2:30 GM Chat (RR-A) 3:00 Bowling (SS-L) 7:15 Movie Night (SS-T): When My Love Blooms</p>	<p style="text-align: right;">29</p> <p>10:00 Light Cardio Fitness (SS-A) 10:00 Group Crossword (RR-B) 10:45 Yoga with Georgia (SS-B) 1:30 Chair Tai Chi with Hiromi (RR-A) 2:00 Painting Lessons with Jack (SS-A) 3:00 New Resident Meet and Greet (RR-B & SS-B) 5:00 Monthly Birthday Dinner (RR-D & SS-D)</p>	<p style="text-align: right;">30</p> <p>10:00 Bean Bag Toss (RR-L) 10:30 Fitness with Nabil (SS-A) 10:30 Chair Drums (RR-A) 1:30 Afternoon Movie (RR-A): Pride and Prejudice 2:00 Colouring and Coffee (RR-B) 2:00 SS Food Forum (SS-A) 3:00 Fit Minds (SS-B & RR-B) 7:15 Movie Night (SS-T): Pride and Prejudice</p>	<p style="text-align: right;">31</p> <p>10:00 Strength and Balance Exercise (SS-A) 10:15 Tuck Shop (RR-LL) 1:30 Baking Group (RR-AR) 2:00 News and Views (SS-B) 3:00 Social Hour (RR-B & SS-B)</p>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Neighborhood & Community Activity Calendar

March 2023

Type of Activity
Blue—Fitness Green-New
Red— Movie/TV Series/Virtual
Pink— Special Orange—Game
Purple—Concert

PARK PLACE



1	2	3	4			
<p>10:00 Morning Spa (4th floor—AR) 1:00 One on One Walks and Visits 2:00 Bingo (4th floor—AR) 3:30 Balloon Ball (4th floor—AR)</p>	<p>10:00 Bean Bag Toss (RR-L) 11:00 Chair Drums (4th floor—AR) 1:00 One on One Walks and Visits 2:00 Painting Group (4th floor—DR)</p>	<p>10:30 Morning Praise with Dai (RR-L) 1:00 One on One Walks and Visits 2:00 St' Patrick's Day Craft 3:00 One on One Visits</p>	<p>1:00 One on One Walks and Visits 2:00 Movie Afternoon (4th floor—AR)</p>			
5	6	7	8	9	10	11
<p>10:30 Sing-A-Long with Kelly (4th floor AR) 1:00 One on One Walks and Visits</p>	<p>10:00 Outing: Scenic Drive 1:00 One on One Walks and Visits 2:00 Music Time with Homa (4th floor—AR) 3:00 Colouring and Coffee (4th floor—DR)</p>	<p>10:00 Bowling (RR-A) 11:00 Chair Exercises (4th floor—activity room) 1:00 One on One Walks and Visits 2:00 Afternoon Baking (4th floor—DR) 3:00 Social Tea (4th floor—DR)</p>	<p>10:00 Coffee and Trivia (4th floor—DR) 1:00 One on One Walks and Visits 2:00 Bingo (4th floor—AR) 3:30 Balloon Ball (4th floor—AR)</p>	<p>10:00 Bean Bag Toss (RR-L) 11:00 Chair Drums (4th floor—AR) 1:00 One on One Walks and Visits 2:00 Painting Group (4th floor—DR)</p>	<p>10:00 Music with Paddy Stewart 4th floor—AR 1:00 One on One Walks and Visits 2:00 Armchair Travelling (4th floor—AR) 3:00 One on One Visits</p>	<p>1:00 One on One Walks and Visits 2:00 Movie Afternoon (4th floor—AR)</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12 1:00 One on One Walks and Visits	13 10:00 Outing: Scenic Drive 1:00 One on One Walks and Visits 2:00 Music Time with Homa (4th floor—AR) 3:00 Colouring and Coffee (4th floor—DR)	14 10:00 Bowling (RR-A) 11:00 Chair Exercises (4th floor—activity room) 1:00 One on One Walks and Visits 2:00 Afternoon Baking (4th floor—DR) 3:00 Social Tea (4th floor—DR)	15 10:00 Coffee and Trivia (4th floor—DR) 1:00 One on One Walks and Visits 2:00 Bingo (4th floor—AR) 3:30 Balloon Ball (4th floor—AR)	16 10:00 Bean Bag Toss (RR-L) 11:00 Chair Drums (4th floor—AR) 1:00 One on One Walks and Visits 2:00 Painting Group (4th floor—DR)	17 10:30 St. Patrick's Day Celebration (4th floor—AR) 1:00 One on One Walks and Visits	18 1:00 One on One Walks and Visits 2:00 Movie Afternoon (4th floor—AR)
19 10:30 Sing-A-Long with Kelly (4th floor AR) 1:00 One on One Walks and Visits	20 10:00 Outing: Scenic Drive 1:00 One on One Walks and Visits 2:00 Music Time with Homa (4th floor—AR) 3:00 Colouring and Coffee (4th floor—DR)	21 10:00 Bowling (RR-A) 11:00 Chair Exercises (4th floor—activity room) 1:00 One on One Walks and Visits 2:00 Afternoon Baking (4th floor—DR) 3:00 Social Tea (4th floor—DR)	22 10:00 Coffee and Trivia (4th floor—DR) 1:00 One on One Walks and Visits 2:00 Bingo (4th floor—AR) 3:30 Balloon Ball (4th floor—AR)	23 10:00 Bean Bag Toss (RR-L) 11:00 Chair Drums (4th floor—AR) 1:00 One on One Walks and Visits 2:00 Painting Group (4th floor—DR)	24 10:00 Music with Paddy Stewart 4th floor—AR 1:00 One on One Walks and Visits 2:00 Armchair Travelling (4th floor—AR) 3:00 One on One Visits	25 1:00 One on One Walks and Visits 2:00 Movie Afternoon (4th floor—AR)
26 10:30 Sing-A-Long with Kelly (4th floor AR) 1:00 One on One Walks and Visits	27 10:00 Outing: Scenic Drive 1:00 One on One Walks and Visits 2:00 Music Time with Homa (4th floor—AR) 3:00 Colouring and Coffee (4th floor—DR)	28 10:00 Bowling (RR-A) 11:00 Chair Exercises (4th floor—activity room) 1:00 One on One Walks and Visits 2:00 Afternoon Baking (4th floor—DR) 3:00 Social Tea (4th floor—DR)	29 10:00 Coffee and Trivia (4th floor—DR) 1:00 One on One Walks and Visits 2:00 Bingo (4th floor—AR) 3:30 Balloon Ball (4th floor—AR)	30 10:00 Bean Bag Toss (RR-L) 11:00 Chair Drums (4th floor—AR) 1:00 One on One Walks and Visits 2:00 Painting Group (4th floor—DR)	31 10:30 Music Time with Homa (4th floor—AR) 1:00 One on One Walks and Visits 2:00 Easter Craft 3:00 One on One Visits	