

# March



# 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b> 9:30 Sit & Stretch - Basement 10:30 Irish Poetry Reading - Basement 2:00 Euchre & UNO fun - Basement	<b>2</b> 9:30 Yoga for Seniors - Basement 10:30 Arm chair Traveller - "IRELAND" 2:00 "Irish Carpet Bowling" - Basement	<b>3</b> 9:30 Sit & Stretch - Basement 10:30 Let's Get Crafty - Making Rainbows 2:00 Happy Hour with "R & S Country"	<b>4</b> 10:00 MOVIE: "Forever In My Heart" - 2nd Floor Lounge 2:00 Tea & Discussion - Dining Room
			<b>5</b> 10:00 TV CHURCH SERVICE - 2nd Floor Lounge	<b>6</b> 10:15 Bingo - Basement 1:30 Fun with Irish Limericks - Basement 3:00 Yoga for Seniors - Basement	<b>7</b> 9:30 Magnificent Manicures 1:30 "Pot of Gold Game" - Basement 3:00 Sit & Stretch - Basement	<b>8 Women's Day</b> 9:30 Yoga for Seniors - Basement 10:30 Bubbly Foot Baths - 2nd Floor Lounge 2:00 Drum Fit - Basement
<b>12 Daylight Savings Begins</b> 10:00 TV CHURCH SERVICE IN THE 2ND FLOOR LOUNGE 2:30 Crystal View Mennonite Church Hymn Sing - Front Lobby	<b>13</b> 10:15 Bingo - Basement 1:30 Ping Pong Bowling - Basement 3:00 Sit & Stretch - Basement	<b>14</b> 9:30 Yoga for Seniors - Basement 10:30 Music Therapy - Basement 2:00 Shuffleboard - Basement	<b>15</b> 9:30 Sit & Stretch - Basement 10:30 Group Crossword - Basement 2:00 Swing & Sway - Chair Dancing - Basement	<b>16</b> 9:30 Yoga for Seniors - Basement 10:30 Chair Dancing to the 1950's Rock n Roll music 2:00 Happy Hour with "Martin Wall"	<b>17 St Patrick's Day</b> 9:30 Sit & Stretch - Basement 10:30 Let's Bake - Chocolate "Leprechaun Hats" 2:00 "IRISH DANCERS" - Dining Room	<b>18</b> 10:00 MOVIE: "Shall We Dance" - 2nd Floor Lounge 2:00 Tea & Discussion - Dining Room
<b>19</b> 10:00 TV CHURCH SERVICE IN THE 2ND FLOOR LOUNGE	<b>20 Spring Equinox</b> 10:15 Bingo - Basement 1:30 Spring Crafts - Basement 3:00 Yoga for Seniors - Basement	<b>21</b> 9:30 Magnificent Manicures - Basement 1:30 Fun with Words Quiz - Group Game - Basement 3:00 Sit & Stretch - Basement	<b>22</b> 9:30 Yoga for Seniors - Basement 10:30 Bubbly Foot Baths - 2nd Floor Lounge 2:00 Euchre & UNO fun - Basement	<b>23</b> 9:30 Sit & Stretch - Basement 10:30 Let's Bake - Irish Shortbread 2:00 Happy Hour with "Derek Byrne" Irish Entertainer	<b>24</b> 9:30 Yoga for Seniors - Basement 10:30 Curling Tournament - Basement 2:00 Chair Dancing - 1950's Rock n Roll Music	<b>25</b> 10:00 MOVIE: "The Dick Van Dyke Show" - 2nd Floor Lounge 
<b>26</b> 10:00 TV CHURCH SERVICE IN THE 2ND FLOOR LOUNGE 1:30 Hymn Sing with Lois - Front Lobby	<b>27</b> 10:15 Bingo - Basement 1:30 Drum Fit - Basement 3:00 Sit & Stretch - Basement	<b>28</b> 9:30 Yoga for Seniors - Basement 10:30 Chair Dancing to 1950's Rock n Roll 1:30 TOWN HALL - Dining Room	<b>29</b> 9:30 Sit & Stretch - Basement 10:30 Felt Board Picture Fun - Basement 2:00 Name Game - Beach Ball Toss - Basement	<b>30</b> 9:30 Yoga for Seniors - Basement 10:30 Chicken Soup for the Soul - Reading/Basement 2:00 Bean Bag Number Toss - Basement	<b>31</b> 9:30 Yoga for Seniors - Basement 10:30 Let's Get Planting Seeds! - Basement 2:00 Shuffleboard - Basement	