

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

March 2019



"Blossom by blossom the spring begins"

<p>10:15 Computer Help 12:00 Shuffleboard</p> 	<p>3 Medical App. Van(sign up) 4 9:30 Tai Chi - FA 10:15 Pump it Up- FA 10:45 Hot Hand Wax Therapy 11:00 Bean Bag Toss 2:30 Colouring Club 4:00 Billiards-MPR</p>	<p>5 Pancake Tuesday-B 9:00 Pancake Tuesday-B 9:15 Falls Prevention-FA 10:00 Falls Prevention-FA 2:00 Simply Stretch-FA 3:00 Pump it up-FA 4:00 Mardi Gras Happy Hour-Bar 7:15 Euchre Night</p>	<p>6 9:30 Chair Yoga-FA 10:15 Pump it up-FA 10:45 Peddler Class-FA 2:30 Resident Food Talk w/ Chef Kevin 3:30 National Oreo Day Social 5:00 Shuffle Board 7:00 Skip-Bo <small>Ash Wednesday</small></p>	<p>7 9:15 Falls Prevention-FA 10:00 Falls Prevention-FA 11:00 Bible Study-MPR 2:00 Hot Wax Therapy-FA 2:30 Fit Minds Trivia Hour 3:00 Seated Groovin-FA 4:00 Happy Hour-Bar</p>	<p>1 9:30 Movement Matters 10:15 Tai Chi-FA 10:45 Bone Building Class 11:00 Scrabble 2:00 Foot Doctor-MPR 3:30 Skip-Bo 7:00 Movie Night - FL</p>	<p>2 9:00 Breakfast Club 11:00 Skip-Bo 2:00 Scrabble</p>
<p>10:15 Daily Horoscopes 12:00 Scrabble 2:30 Name That Tune!</p> <p><small>Daylight Saving Time Begins</small></p>	<p>11 Medical App. Van(sign up) 11 9:30 Tai Chi - FA 10:15 Pump it Up- FA 10:45 Hot Hand Wax Therapy 11:00 Bean Bag Toss 2:30 Colouring Club 4:00 Billiards-MPR</p>	<p>12 9:15 Falls Prevention-FA 10:00 Falls Prevention-FA 11:30 Resident Pick Lunch Outing (sign up) 2:00 Simply Stretch-FA 3:00 Pump it up-FA 4:00 Happy Hour-Bar 7:15 Euchre Night</p>	<p>13 9:30 Chair Yoga-FA 10:15 Pump it up-FA 10:45 Peddler Class-FA 11:00 SJF Catholic Service 2:30 Java Music Club 3:30 Word Games 5:00 Steak Club (sign up) 5:00 Billiards 7:00 Bingo</p> 	<p>14 9:15 Falls Prevention-FA 10:00 Falls Prevention-FA 2:00 Hot Wax Therapy-FA 2:30 Wal-Mart Outing (sign up) 3:00 Seated Groovin-FA 4:00 Happy Hour-Bar 5:00 Billiards 7:00 Cupcake Social</p>	<p>8 9:30 Movement Matters 10:15 Tai Chi-FA 10:45 Bone Building Class 11:00 SJF Catholic Rosary Prayer & Communion-MPR 2:30 International Women's Day Social-B 3:30 Singing Club 7:00 Movie Night - FL</p>	<p>9 9:00 Breakfast Club 11:00 Bingo 2:00 Table Pong 3:00 Trivia</p> 
<p>10:15 Colouring Club 12:00 Bean Bag Toss 2:30 St. Patrick's Day Party</p>  <p><small>St. Patrick's Day</small></p>	<p>18 Medical App. Van(sign up) 18 9:30 Tai Chi - FA 10:15 Pump it Up- FA 10:45 Hot Hand Wax Therapy 11:00 Bean Bag Toss 2:30 Colouring Club 4:00 Billiards-MPR</p>	<p>19 9:15 Falls Prevention-FA 10:00 Falls Prevention-FA 11:00 St. Judes Anglican Service - MPR 2:00 Simply Stretch-FA 3:00 Pump it up-FA 4:00 Happy Hour-Bar 7:15 Euchre Night</p>	<p>20 9:30 Chair Yoga-FA 10:15 Pump it up-FA 10:45 Peddler Class-FA 2:30 Dollar Tree Outing (sign up) 3:30 Colouring Club 5:00 Skip-Bo 7:00 Trivia Hour <small>Spring Begins</small></p>	<p>21 9:15 Falls Prevention-FA 10:00 Falls Prevention-FA 11:00 Bible Study-MPR 2:00 Hot Wax Therapy-FA 3:00 Seated Groovin-FA 4:00 Happy Hour-Bar 5:00 Colouring Club 7:00 Music Video Social <small>Purim</small></p>	<p>15 9:30 Movement Matters 10:15 Tai Chi-FA 10:45 Bone Building Class 2:30 Bean Bag Toss 3:00 Music Movement w/ Sheryl 7:00 Movie Night - FL</p>	<p>16 9:00 Breakfast Club 11:00 Bingo 2:00 Word Games 3:00 Balloon Toss</p> 
<p>10:15 Hot Chocolate Social 12:00 Word Games 2:30 Colouring Club</p>	<p>25 Medical App. Van(sign up) 25 9:30 Tai Chi - FA 10:15 Pump it Up- FA 10:45 Hot Hand Wax Therapy 11:00 Bean Bag Toss 2:30 Colouring Club 4:00 Billiards-MPR</p>	<p>26 9:15 Falls Prevention-FA 10:00 Falls Prevention-FA 11:00 Balloon Volleyball 2:00 Simply Stretch-FA 3:00 Pump it up-FA 4:00 Happy Hour-Bar 7:15 Euchre Night</p>	<p>27 9:30 Chair Yoga-FA 10:15 Pump it up-FA 10:45 Peddler Class-FA 2:30 Java Music Club 3:30 Bean Bag Toss 5:00 Steak Club (sign up) 7:00 Bingo</p>	<p>28 9:15 Falls Prevention-FA 10:00 Falls Prevention-FA 2:00 Hot Wax Therapy-FA 2:30 Birthday Party 3:00 Seated Groovin-FA 4:00 Happy Hour-Bar 5:00 Scrabble 7:00 Word Games</p>	<p>22 9:30 Movement Matters 10:15 Tai Chi-FA 10:45 Bone Building Class 11:00 SJF Catholic Rosary Prayer & Communion-MPR 2:30 Ladder Toss 3:30 Singing Club 7:00 Movie Night - FL</p>	<p>23 9:00 Breakfast Club 11:00 Bingo 2:00 Think Fast in a Jar 3:00 National Chip & Dip Day</p> 
<p>10:15 Computer Help 12:00 Shuffleboard</p>	<div style="text-align: center;">  <p>Bramalea Retirement Residence 30 Peel Centre Drive Brampton ON L6T 4G3 For activity information please contact Ashley 905-790-7900 ext.105, ashley@BramaleaRR.com</p> </div>					

MPR- Multi Purpose Room AL- Atrium Lounge GA- Garden Atrium SA- Shuffle Board Room B- Bistro FA- Fitness Area R-Reception FL- Fireplace Lounge