

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:15 Morning Horoscopes-B 12:00 Hang – Man-MPR 2:30 Name That Singer-MPR 	2 9:30 Tai Chi - FA 10:15 Pump it Up- FA 10:45 Hot Hand Wax Therapy 11:00 Scrabble-B 2:30 Colouring Club-B 4:00 Billiards-MPR	3 9:15 Falls Prevention-FA 10:00 Falls Prevention-FA 11:00 Shuffleboard-SA 2:00 Simply Stretch-FA 2:30 Skip-Bo-B 3:00 Pump it up-FA 4:00 Happy Hour 	4 9:30 Chair Yoga-FA 10:15 Pump it up-FA 10:45 Peddler Class-FA 11:00 Arts & Crafts w/ Judy-B 2:30 Resident Townhall-MPR 3:30 Word Games 5:00 Skip- Bo 7:00 BINGO	5 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-B 5:00 General Knowledge Trivia-MPR 7:00 Funny Stories-MPR	6 9:30 Movement Matters 10:15 Tai Chi-FA 10:45 Bone Building Class 11:00 SJF Catholic Rosary Prayer & Communion-MPR 2:00 Foot Doctor 2:30 National Oreo Day Social 7:00 Resident Led Cards-B	7 9:00 Breakfast Club (Sign up) 11:00 BINGO-MPR 2:00 Manicure Social-B 3:00 Ice Cream Social-B 
8 10:15 Scrabble-B 12:00 Bean Bag Toss-B 2:30 International Women's Day High Tea Social-B <small>Daylight Saving Time Begins</small>	9 9:30 Tai Chi - FA 10:15 Pump it Up- FA 10:45 Hot Hand Wax Therapy 11:00 Scrabble-B 2:30 Colouring Club-B 4:00 Billiards-MPR <small>Purim Begins</small>	10 9:15 Falls Prevention-FA 10:00 Falls Prevention-FA 11:30 Swiss Chalet Lunch Outing (sign up) 2:00 Simply Stretch-FA 2:30 Word Games 3:00 Pump it up-FA 4:00 Happy Hour-Bar 5:00 Trivia Hour 7:00 Sing – A - Long	11 9:30 Chair Yoga-FA 10:15 Pump it up-FA 10:45 Peddler Class-FA 11:00 MedPlus Free Walker Tune up-B 11:00 SJF Catholic Service 3:30 Colouring Club 5:00 Steak Club (sign up) 5:00 Lets Solve Riddles 7:00 BINGO	12 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 Fact or Fiction 7:00 Wine & Cheese	13 9:30 Movement Matters 10:15 Tai Chi-FA 10:45 Bone Building Class 11:00 Scrabble-B 2:30 Word Games: 5 Second Rule-MPR 3:30 Sing-a-Long-MPR 7:00 Resident Led Cards-B	14 9:00 Breakfast Club (Sign up) 11:00 BINGO-MPR 2:00 Music Video Social-MPR 3:00 Cookie Social-B
15 10:15 Morning Horoscopes-B 12:00 Colouring Club-B 3:30 Indigo Chimes Entertainment	16 9:30 Tai Chi - FA 10:15 Pump it Up- FA 10:45 Hot Hand Wax Therapy 11:00 Scrabble-B 2:30 Colouring Club-B 2:30 Dollar Tree Outing (sign up) 4:00 Billiards-MPR	17 9:15 Falls Prevention-FA 10:00 Falls Prevention-FA 11:00 Tea & Talk-B 2:00 Simply Stretch-FA 2:30 St. Patrick's Day Party 3:00 Pump it up-FA 4:00 Happy Hour-Bar <small>St. Patrick's Day</small> 	18 9:30 Chair Yoga-FA 9:30 Tim Horton's Breakfast Outing (sign up) 10:15 Pump it up-FA 10:45 Peddler Class-FA 2:30 Java Music Club-MPR 3:30 Word Games 5:00 Table Pong 7:00 BINGO	19 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 Spring Time Trivia 7:00 Cinnabon Social <small>Spring Begins</small>	20 9:30 Movement Matters 10:15 Tai Chi-FA 10:45 Bone Building Class 11:00 SJF Catholic Rosary Prayer & Communion-MPR 2:30 Word Games-MPR 3:30 Sing-a-Long-MPR 7:00 Resident Led Cards-B	21 9:00 Breakfast Club (Sign up) 11:00 BINGO-B 2:00 Spring-Time Colouring Club-B 3:00 Think Fast In a Jar-MPR
22 10:15 Morning Horoscopes-B 12:00 Word Games: Hang-Man-MPR 2:30 Paint-By-Numbers-B 	23 9:30 Tai Chi - FA 10:15 Pump it Up- FA 10:45 Hot Hand Wax Therapy 11:00 Scrabble-B 2:00 Musicfest Seniors Singing 4:00 Billiards-MPR	24 9:15 Falls Prevention-FA 10:00 Falls Prevention-FA 11:00 St. Judes Anglican Service-MPR 2:00 Simply Stretch-FA 2:30 Skip-Bo-B 3:00 Pump it up-FA 4:00 Happy Hour-Bar 5:00 Paper Hopscotch 7:00 Jeopardy Night	25 9:30 Chair Yoga-FA 10:15 Pump it up-FA 10:45 Peddler Class-FA 2:30 Java Music Club-MPR 3:30 Cookie Social 5:00 Steak Club (sign up) 5:00 Trivia 7:00 BINGO	26 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 Paper Hopscotch 7:00 Movie & Snacks	27 9:30 Movement Matters 10:15 Tai Chi-FA 10:45 Bone Building Class 11:00 Scrabble-B 2:30 Coffee & Cookies-B 3:30 Sing-a-Long-MPR 7:00 Resident Led Cards-B	28 9:00 Breakfast Club (Sign up) 11:00 BINGO-MPR 2:00 Shuffleboard-SA 
29 10:15 Scrabble-B 12:00 Skip-Bo-B 2:00 Computer Help-MPR	30 9:30 Tai Chi - FA 10:15 Pump it Up- FA 10:45 Hot Hand Wax Therapy 11:00 Scrabble-B 2:30 Colouring Club-B 4:00 Billiards-MPR	31 9:15 Falls Prevention-FA 10:00 Falls Prevention-FA 11:00 Bean Bag Toss-B 2:00 Simply Stretch-FA 2:30 Wal-Mart Outing (sign up) 2:30 Word Games-MPR 3:00 Pump it up-FA 4:00 Happy Hour-Bar	<h1>March 2020</h1>  <p><i>"I am eternally grateful to the women before me who fought for my rights."</i></p>			

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