

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

March 2023

			10:00 Fit N Fun Fitness 1 11:00 Movement Matters 2:30 RINGO Card Game 4:00 Trivia Hour	10:00 Rise, Shine N Stretch 2 11:00 Pump It Up 2:30 Lotto 6/49 Game 4:00 Happy Hour	10:00-11:45AM 3 TUCK SHOP 10:00 Endurance Exercise 11:00 Cardiac Circuit 2:30 LEV SENIOR LIVING LAUNCH PARTY – come for a toast! We have NEWS to share!	9:00 Breakfast Club 4 Morning Piano Time W/ Ken
5 2:30 Sing Along W/ Bob Hamilton	10:00-11:45AM 6 TUCK SHOP 10:00 Fit N Fun Fitness 11:00 Cardiac Circuit 2:15 Walmart Outing (Sign-Up) 3:30 BINGO! <small>Purim Begins</small>	10:00 Rise, Shine N Stretch 7 11:00 Pump It Up 11:00 Anglican Church Service 2:00 High Tea Social 3:00 Afternoon Movie: Notting Hill 4:00 Happy Hour	10:00 Fit N Fun Fitness 8 11:00 Movement Matters 10:30 SJF Catholic Rosary prayer & Communion 2:30 Resident Council Meeting 4:00 Riddle Me This 5:00 Steak Night (Sign – Up)	10:00 Rise, Shine N Stretch 9 11:00 Pump It Up 11:00 Trivia Hour 2:30 Armchair Travel to: Ireland 4:00 Happy Hour	10:00-11:45AM 10 TUCK SHOP 10:00 Endurance Exercise 11:00 Cardiac Circuit 2:30 Krispy Kreme Donut & Pet Therapy Social 4:00: Gold Coin Toss Game	9:00 Breakfast Club 11 Morning Piano Time W/ Ken 2:30 End of Winter Party
12  <small>Daylight Saving Time Begins</small>	10:00-11:45AM 13 TUCK SHOP 10:00 Fit N Fun Fitness 11:00 Cardiac Circuit 11:00 BOWLING 2:00 Connect 4 Game 3:30 BINGO!	10:00 Rise, Shine N Stretch 14 11:00 Pump It Up 2:00 Bean Bag Toss 3:00 Afternoon Movie: The Notebook 4:00 Happy Hour	10:00 Fit N Fun Fitness 15 11:00 Movement Matters 2:30 RINGO Card Game 4:00 Guess Who? March Edition 	10:00 Rise, Shine N Stretch 16 11:00 Pump It Up 2:30 HEALTHY LEG DAY presentation 4:00 Happy Hour	10:00-11:45AM 17 TUCK SHOP 8:00 St Patty's Day Green Pancakes!! 10:00 Endurance Exercise 11:00 Cardiac Circuit 2:30 St Patrick's Day Party <small>St. Patrick's Day</small>	9:00 Breakfast Club 18 Morning Piano Time W/ Ken
19	10:00-11:45AM 20 TUCK SHOP 10:00 Fit N Fun Fitness 11:00 Cardiac Circuit 3:30 BINGO! <small>Spring Begins</small>	10:00 Rise, Shine N Stretch 21 11:00 Pump It Up 2:00 Cocktails & Tattoo Parlour Social 3:00 Afternoon Movie: The Breakfast Club 4:00 Happy Hour	10:00 Fit N Fun Fitness 22 11:00 Movement Matters 10:30 SJF Catholic Rosary prayer & Communion 2:30 RINGO Card Game 4:00 Trivia Hour 5:00 Steak Night (Sign – Up) <small>Ramadan Begins</small>	10:00 Rise, Shine N Stretch 23 11:00 Pump It Up 11:30 Denny's Lunch Outing (Sign-Up) 2:30 Blank Slate: Word Game 4:00 Happy Hour	10:00-11:45AM 24 TUCK SHOP 10:00 Endurance Exercise 11:00 Cardiac Circuit 2:30 Shamrock Shakes & Pet Therapy Social 4:00 Connect 4 Game	9:00 Breakfast Club 25 Morning Piano Time W/ Ken
26	10:00-11:45AM 27 TUCK SHOP 10:00 Fit N Fun Fitness 11:00 Cardiac Circuit 11:00 Balloon Toss 3:30 BINGO!	10:00 Rise, Shine N Stretch 28 11:00 Pump It Up 2:00 High Tea Social 3:00 Afternoon Movie: Spider-Man 4:00 Happy Hour	10:00 Fit N Fun Fitness 29 11:00 Movement Matters 2:30 RINGO Card Game 4:00 Sing Along W/ Suzie Q	10:00 Rise, Shine N Stretch 30 11:00 Pump It Up 11:00 Trivia Hour 2:30 Birthday Party! 4:00 Happy Hour	10:00-11:45AM 31 TUCK SHOP 10:00 Endurance Exercise 11:00 Cardiac Circuit 2:30 Cookie & Pet Therapy Social 4:00 Lotto 6/49 Game	

COMEDY CORNER

- When does a leprechaun cross the road? When it turns green!
- What do you call a leprechaun who broke the law? A lepre-con!
- How do musicians show off on St. Patrick's Day? They play their brag-pipes.
- Why shouldn't you iron a four-leaf clover? You might press your luck!
- Knock, knock! Who's there? Irish. Irish who? Irish you a happy St. Patrick's Day!

March Birthdays

In astrology, those born from March 1–20 are Pisces' Fish. Pisces are incredibly sensitive and empathetic. They often tap into their boundless imaginations and dreamy attitudes to become accomplished artists. Those born from March 21–31 are Aries' Rams. Rams are headstrong, charging forward into adventures with confidence and ambition. Aries' charisma and confidence make them effective leaders.

Romualdo P – March 4
Philip C – March 17
Jan H – March 20
Marica R - March 20
Antoinette L – March 31

The Great Escape



On March 24, 1944, the British bomber pilot Leslie "Johnny" Bull poked his head out of the ground and took his first breath of freedom after suffering as a prisoner of war in the Nazi-controlled Stalag Luft III camp.

The so-called "Great Escape" had begun, one of the most daring mass breakouts ever attempted during wartime. The camp housed over 10,000 Allied service members. The location of the camp was chosen in part due to its sandy soil, which made any attempts to tunnel out extremely difficult. This did not deter Royal Air Force Squadron Leader Roger Bushell from devising a grand tunneling scheme. He also procured civilian clothes for escapees and forged travel documents and equipment for the 600 digging inmates. On the moonless night of March 24, 76 men tunneled to freedom. Seventy-three were captured, but the dramatic "Great Escape" became the stuff of legend and a Hollywood blockbuster.

March 2023

Bramalea Bulletin

Bramalea Retirement Residence | 30 Peel Centre Drive, Brampton ON | 905-790-7900 |



Celebrating March

LEV LIVING LAUNCH PARTY
March 3

Sing Along w/ Bob Hamilton
March 5

Walmart Outing (Sign – Up)
March 6

Anglican Church Service
March 7

Resident Council Meeting
March 8

SJF Catholic Rosary & Communion
March 8 & 22

Steak Night (Sign – Up)
March 8 & 22

Fun Into Spring Party
March 11

HEALTHY LEG DAY PRESENTATION
March 16

St. Patrick's Day
March 17

Birthday Party
March 30

LEV SENIOR LIVING LAUNCH

LEV
SENIOR
LIVING

MARCH 3rd

@ 2:30

LIVE announcement will be hosted to celebrate our new name change!

Residents & Family, please join us in our special events room for a toast and cake!

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