

Sunday

Monday

Tuesday

Wednesday














Thursday

Friday

Saturday



March 2019

<p>11:00am to 11:30am 3 Sunday Worship with Joan Gardner (Lounge) 2pm Bingo 3pm Social Tea 4pm Resident Directed Trivia</p>	<p>10:00 Fitness Class 4 11:00 Falls Prevention 12:15 pm Art/Painting 1:45pm Java Music 2:00 pm Mah-Jong 3pm Social Tea 4:00 pm Trivia</p>	<p>9:30 Smart Fit 5 10:00 Upper Body Strength 10:30 Gentle Stretching 12:30pm Hot Wax-PH 12:15pm Crafts 2:00pm Yohanna Entertains 3pm Social Tea/4pm Trivia</p>	<p>10:00 Fitness Class 6 11:00 Falls Prevention 12:15pm Scrabble 1:00pm Wheel of Fortune 2:00pm Bingo 3:00pm Bible Study 3pm Social Tea/4pm Trivia 6:00pm Euchre Club</p>	<p>9:30 Smart Fit 7 10:30 Catholic Service-CH 10:00 Lower Body Strength 10:30 Gentle Stretching 12:30pm Hot Wax PH 12:15pm Adult Coloring 1:45pm EGLINTON SQ. 2:00pm Gospel Fellowship CH 3pm Social Tea/4pm Trivia</p>	<p>9:30 Body Balance 1 10:00 Shuttle Bus 10:00 Gentle Stretching 12:30pm Hand Therapy 2:00pm to 4:00pm Reception for Sylvia 3:00pm Social Tea</p>	<p>2 2:00pm Bingo 3:00pm Social Tea 4:00pm Trivia </p> <p>2:00pm IRISH DANCERS perform in the lounge  3pm Social Tea/4:00pm Trivia</p>
<p>11:00am to 11:30am 10 Sunday Worship with Joan Gardner (Lounge) 2pm Bingo 3pm Social Tea 4pm Resident Directed Trivia  Daylight Saving Time Begins</p>	<p>10:00 Fitness Class 11 11:00 Falls Prevention 12:15 pm Art/Painting 1:30pm FIT MINDS Intro. 2:00 pm Mah-Jong 2:00pm FRAN - TASTIC Sings in the lounge 3pm Social Tea/4:00 pm Trivia</p>	<p>9:30 Smart Fit 12 10:00 Upper Body Strength 10:30 Gentle Stretching 12:30pm Hot Wax-PH 12:15pm Crafts 1:45pm Java Music 3pm Social Tea/4pm Trivia</p>	<p>10:00 Fitness Class 13 11:00 Falls Prevention 12:15pm Scrabble 1:00pm Wheel of Fortune 2:00pm Bingo 3:00pm Bible Study 3pm Social Tea/4pm Trivia 6:00pm Euchre Club</p>	<p>9:30 Smart Fit 14 10:00 Anglican Service-CH 10:00 Lower Body Strength 10:30 Gentle Stretching 12:30pm Hot Wax PH 12:15pm Adult Coloring 1 - 4pm OUT TO LEGION 2:00pm Gospel Fellowship CH 3pm Social Tea/4pm Trivia</p>	<p>9:30 Body Balance 15 10:00 Gentle Stretching 12:30pm Hand Therapy 1:45PM SHUTTLE BUS 1:45pm MOVIE MATINEE 3:00pm Social Tea 4:00pm Trivia</p>	<p> 16 2:00pm Bingo 3:00pm Social Tea 4:00pm Trivia</p>
<p>11:00am to 11:30am 17 Sunday Worship with Joan Gardner (Lounge)  St. Patrick's Day Party at 2:00pm** Robert Macerollo entertains</p>	<p>10:00 Fitness Class 18 11:00 Falls Prevention 12:15 pm Art/Painting 1:45pm FIT MINDS (new) 2:00 pm Mah-Jong 2:00pm TIM CLARKE Performs in the lounge 3pm Social Tea/ 4:00 pm Trivia</p>	<p>9:30 Smart Fit 19 10:00 Upper Body Strength 10:30 Gentle Stretching 12:30pm Hot Wax-PH 12:15pm Crafts 1:45pm Java Music 3pm Social Tea/4pm Trivia</p>	<p>10-3pm Clothing Sales 20 10:00 Fitness Class 11:00 Falls Prevention 12:15pm Scrabble 2:00pm Bingo 3:00pm Bible Study 3pm Social Tea/ 4pm Trivia 6:00pm Euchre Club</p>	<p>9:30 Smart Fit 21 10:00 Lower Body Strength 10:30 Gentle Stretching 12:30pm Hot Wax PH 12:15pm Adult Coloring 1:45pm WALMART 2:00pm Gospel Fellowship CH 3pm Social Tea / 4pm Trivia</p>	<p>9:30 Body Balance 22 10:00 Gentle Stretching 10:00 AJAX CASINO 12:30pm Hand Therapy 1:30pm MOVIE MATINEE 3:00pm Social Tea 4:00pm Trivia </p>	<p> 23 2:00pm Bingo 3:00pm Social Tea 4:00pm Trivia </p>
<p>11:00am to 11:30am 24 Sunday Worship with Joan Gardner (Lounge) 2pm Bingo 3pm Social Tea 4pm Resident Directed Trivia </p>	<p>10:00 Fitness Class 25 11:00 Falls Prevention 12:15 pm Art/Painting 1:45pm FIT MINDS (new) 2:00 pm Mah-Jong 3:00pm Social Tea 4:00 pm Trivia</p>	<p>9:30 Smart Fit 26 10:00 Upper Body Strength 10:30 Gentle Stretching 12:30pm Hot Wax-PH 12:15pm Crafts 1:45pm Java Music 2:30pm Social Tea/4pm Trivia 3:00pm Town Hall Meeting</p>	<p>10:00 Fitness Class 27 11:00 Falls Prevention 12:15pm Scrabble 1:00 Wheel of Fortune 2:00pm Bingo 3pm Social Tea/4pm Trivia 3:00pm Bible Study 6:00pm Euchre Club </p>	<p>9:30 Smart Fit 28 10:00 Lower Body Strength 10:00 SHUTTLE BUS 10:30 Gentle Stretching 12:15pm Adult Coloring 12:30pm Hot Wax PH 2:00pm Gospel Fellowship CH 2:00pm Birthday Party/Paula 3pm Social Tea / 4pm Trivia</p>	<p>9:30 Body Balance 2 10:00 Gentle Stretching 10:00 TIM HORTONS 12:30pm Hand Therapy 2:00pm SPRING FLING!  3pm Social Tea / 4pm Trivia</p>	<p>11:00am Intergenerational Volunteers & Resident Game day 30 2:00pm Bingo (in lounge today) 3:00pm Social Tea 4:00pm Trivia </p>
<p>11:00am to 11:30am 31 Sunday Worship with Joan Gardner (Lounge) 2pm Bingo 3pm Social Tea 4pm Resident Directed Trivia </p> <p>March 3rd and every Sunday thereafter, 11:00am to 11:30am Sunday Worship with Joan Garner (In the lounge) All welcome!! March 11th at 1:45pm Introduction to our new program Stay Sharp / Fit Minds. March 17th from 9-10:30am Dawood will have complimentary hot Wax Hand Therapy in the Activity room. Mah-jong schedule: Monday at 2:00pm & Thursday at 2:00pm</p>						

PROGRAMS SUBJECT TO CHANGE. CHANGES WILL BE POSTED ON THE BOARD OUTSIDE THE DINING ROOM



We are still in Flu Season:

1) Good coughing etiquette: Cover your cough and sneeze. Influenza is spread by droplets that carry the influenza virus. They can travel in the air and land on people or object surfaces. If the virus comes in contact with mucous membranes (lining of nose, mouth, eyes) or is inhaled, it can cause infection.

2) Wash your hands: Wash hands with alcohol sanitizers or soap and water often, as this can get rid of the virus if it gets on your hands.

3) Stay in your suite if you are not feeling well: (to decrease the risk of spread to others) If you have symptoms of influenza like illness (fever, cough, runny nose, headache, poor appetite), inform our Health & Wellness team immediately!



- Eileen D. – March 4th**
- Gordon B. – March 7th**
- Christine S. – March 8th**
- Harm H. – March 13th**
- Mary C. – March 16th**
- Johanna D. – March 20th**
- Minnie R. – March 23rd**
- Louise E. – March 31st**



SPRING FLING!



**Friday, March 29th
2:00pm**



**Chef Paul shares his passion
for great food!!!**

**Please R.S.V.P.
In person at reception
or
416 267-2121**



SAVE THE DATE



March 1st 2-4pm Reception For Sylvia's retirement

March 8th 11:30am Swiss Chalet

March 9th 2pm Irish dancers

March 11th 2pm Frantastic Sings

March 14th 1 to 4pm Outing To the Royal Canadian Legion Games day.

March 17th 2:00pm St. Paddy's Day Party- Rob Macerollo Plays Irish tunes on Accordion

March 18th 2:00pm Tim Clarke Plays keyboard and sings some Irish ballads.

March 20th 10-3pm Clothing sales in the main lounge

March 22nd 10am Ajax Casino

March 28th 2pm Resident Birthday Party with Paula

March 29th 10am Timmy's
2:00pm

SPRING FLING!



March 2019 Calendar
Retirement Suites By The Lake
2121 Kingston Rd., Toronto, On., M1N 1T5
416 267-2121

March 9th at 2:00pm in the lounge



**Family & friends welcome
Refreshments will be served.**



SAVE THE DATE!!!

**Happy St. Patrick's Day Party
March 17th at 2:00pm
Rob Macerollo entertains
Refreshments will be served**

