

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

MARCH 21 IS INTERNATIONAL DAY FOR THE ELEMINATION OF RACIAL DISCRIMINATION

# March 2023

WE CELEBRATE IRISH HERITAGE MONTH  
March 8 - HAPPY INTERNATIONAL WOMEN'S DAY

<p>2PM Sunday Matinee AR <b>5</b> <b>TOP GUN</b> 3pm Tea/4pm TRIVIA <b>7PM TED TALK YOU TUBE</b> Let's change the way we think about old age</p>	<p><b>HAPPY BIRTHDAY EVA P</b> <b>6</b> 9:30 Fa* LOVE* LEVlls prevention exe. 9:30am- Crafts &amp; Games 10:30 - Falls prevention exe <b>DOCTORS DAY</b> 2pm Silver Fox Presents Know Your Meds 3pm Euchre/3pm Social Tea <small>Purim Begins</small></p>	<p>9:30 High Level Exercise <b>7</b> 10:30 Seat Yoga 11:30 Exercise 9:30am Scrabble &amp; crafts 11am Service in the chapel with Pastor Faye of C.E 3pm Tea 3pm Sing Along with Karen 3pm Euchre /4pm Trivia</p>	<p><b>HAPPY BIRTHDAY CHRISTINE S</b> <b>8</b> 9:30 High Level Exercise 10:30 &amp; 11:30 Seated Yoga 10:00am- Crafts &amp; games 2pm Bingo 3pm Euchre/3pm Social Tea 4pm Res. Directed Trivia <b>INTERNATIONAL WOMEN'S DAY</b></p>	<p>9:30 Falls Prevention Exe. <b>9</b> 10:30 Falls Prevention Exe. 2pm Movie THE FIRM <b>1:45 WALMART</b> 2pm Mahjong with Margaret 3pm Euchre 4pm Res. Directed Trivia</p>	<p>10:30 - Stay Sharp Fit Minds <b>10</b> 2pm GEORDIE TELFER SINGER &amp; STORYTELLER PERFORMS IN THE LOBBY 3pm Euchre /3pm Social Tea 4pm Resident Directed Trivia 6:40pm Bridge Club <b>Harriet Tubman Day</b></p>	<p>9:30 High Level Exercise <b>11</b> 10:30Yoga 10:30 yoga/11:30 Meditation 12:30 Yoga/1:30 GAME 11am PM SUNSHINE THERAPY DOG VISIT 2PM BINGO/3PM SOCIAL TEA 4PM TRIVIA</p>
<p>2PM Sunday Matinee AR <b>12</b> <b>PURPLE HEART</b> 3pm Social Tea 4pm Res. Directed Trivia 7Pm YouTube Ted Talk Helping Seniors Cross the Digital Divide <small>Daylight Saving Time Begins</small></p>	<p>9:30 Falls prevention exe. <b>13</b> 9:30am- Crafts &amp; Games 10:30 - Falls prevention Exer 2pm MOVIE: GOOD FELLOWS 3pm Euchre/3pm Social Tea 4pm Resident Dire. Trivia <b>1.45 CLIFFCREST</b></p>	<p><b>HAPPY BIRTHDAY BRYAN</b> <b>14</b> 9:30 High Level Exercise 10:30 Seated Yoga 11:30 Individual Exe 9:30am Scrabble &amp; crafts 11am Service in the chapel with Rev. MacDonald 3pm Tea/ Sing Along 3pm Euchre/ 4pm Trivia</p>	<p>9:30 High Level Exercise <b>15</b> 10:30 &amp; 11:30 Seated Yoga 10:00am- Crafts &amp; games 2pm Bingo/3pm Euchre 3pm Social Tea 4pm Res. Directed Trivia</p>	<p>9:30 Falls Prevention Exe. <b>16</b> 10:30 Falls Prevention Exe. 2pm: Service in the chapel with Rev. David 2PM Movie BAD BOYS 2pm Mahjong with Margaret 3pm Social Tea /3pm Euchre 4pm Res. Directed Trivia</p>	<p>10:30 - Stay Sharp Fit Minds <b>17</b> 2pm Dave Falcon performs in the lobby. <b>ST PATRICKS DAY PARTY</b> 3pm Euchre /3pm Social Tea 4pm Resident Directed Trivia 6:40pm Bridge Club <small>St. Patrick's Day</small></p>	<p>9:30 Pump It Up/High Level Exe. <b>18</b> 10:30 - Seated Yoga 11:30 MEDITATION 12:30 Seated Yoga/ 1:30 GAME 2pm BINGO 3PM SOCIAL TEA 4PM TRIVIA</p>
<p>2PM Sunday Matinee AR <b>19</b> <b>LADY CHATTERLEY'S LOVER</b> 3pm Social Tea 4pm Res. Directed Trivia 7PM, You Tube Ted Talk Digital Doctors: The Future of Medicine</p>	<p>9:30 Falls prevention exe. <b>20</b> 9:30am- Crafts &amp; Games 10:30 - Falls prevention exe <b>DOCTORS DAY</b> 1:45 EGLINTON SQUARE 2PM Movie BUGSY 3pm Euchre /3pm Social Tea 4pm Resident Dire. Trivia <small>Spring Begins</small></p>	<p>9:30 High Level Exercise <b>21</b> 10:30 Seated Yoga 11:30 Individual Exe 9:30am Scrabble &amp; crafts 3pm Tea Sing Along with Karen 3pm Euchre/ 4pm Trivia</p>	<p>9:30 High Level Exercise <b>22</b> 10:30 &amp; 11:30 Seated Yoga 10:00am- Crafts &amp; games 2pm Bingo 3pm Euchre 3pm Social Tea 4pm Trivia <small>Ramadan Begins</small></p>	<p><b>HAPPY BIRTHDAY MINNIE R</b> <b>23</b> 9:30 Falls Prevention Exe. 10:30 Falls Prevention Exe. 2pm Mahjong with Margaret 2PM Movie Apocalypse Now 3pm Social Tea 3pm Euchre 4pm Res. Directed Trivia</p>	<p>10:30 - Stay Sharp Fit Minds <b>24</b> 11am -4pm NELLIES COMFORT SHOES sale 3pm Euchre 3pm Social Tea 4pm Trivia 6:40pm Bridge</p>	<p>9:30 Pump it Up/High Level Exe <b>25</b> 10:30 yoga/ 11:30 Meditation 12:30 Seated Yoga/1:30 GAME 11am PM SUNSHINE THERAPY DOG VISIT 2PM BINGO 3PM SOCIAL TEA 4PM TRIVIA</p>
<p>2PM Sunday Matinee <b>26</b> <b>ESCAPE FROM ALCATRAZ</b> 3pm Social Tea 4pm Res. Directed Trivia 7pm YouTube Ted talk: Why Lifestyle is the BEST Medicine</p>	<p>9:30 Falls prevention exe. <b>27</b> 9:30am- Crafts &amp; Games 10:30 - Falls prevention exe 1:45 GERRARD SQ 2pm Movie DIRTY DANCING 3pm Euchre/3pm Social Tea 4pm Res. Directed Trivia</p>	<p>9:30 High Level Exercise <b>28</b> 10:30 Seated Yoga 11:30 Individual Exe 9:30am Scrabble &amp; crafts 3pm Tea Sing Along with Karen 3pm Euchre/ 4pm Trivia</p>	<p>9:30 High Level Exercise <b>29</b> 10:30 &amp; 11:30 Seated Yoga 10:00am- Crafts &amp; games 2pm Bingo 3pm Euchre 3pm Social Tea 4pm Trivia</p>	<p><b>HAPPY BIRTHDAY GORD U</b> <b>30</b> <b>HAPPY BIRTHDAY JOANNA T</b> 9:30 &amp; 10:30 Falls Prev. Exe 2pm Movie FUNNY GIRL <b>RESIDENT TOWN HALL MEETING</b> 2pm Mahjong with Margaret 3pm Social Tea /3pm Euchre 4pm Res. Directed Trivia</p>	<p><b>HAPPY BIRTHDAY LOUISE E</b> <b>31</b> <b>HAPPY BIRTHDAY EDITH H</b> 10:30 - Stay Sharp Fit Minds 2pm MARCH BABIES BIRTHDAY PARTY WITH TONY THE ENTERTAINER 3pm Euchre /3pm Social Tea 4pm Trivia 6:40pm Bridge</p>	<p>9:30 Pump it Up/High Level Exe. <b>31</b> 10:30 - Seated Yoga 11:30 MEDITATION 12:30 Seated Yoga/ 1:30 GAME 2pm BINGO 3PM SOCIAL TEA 4PM TRIVIA</p>