

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



March 2025

Suites, Garden Homes & DLMA

1
 10:00 Exercise Circle with Brandon (CR)
 10:00 Fitness Support with Caleb (Gym)

Multicultural Week → 2
 10:30 Sunday Service with Chaplain Ellen (FH)

3
 9:30 Lower Body Strength (CR)
 10:30 Relax & Colour (MPR)
 1:30 Ring Toss (CR)
 2:30 Spirit Circle with Chaplain Ellen (FH)

4
 9:15 Qi Gong (FH)
10:30 Staff Cultural Presentations (FH)
 1:30 Bean Bag Toss (CR)
 2:00 Resident Drop-In (DR)

Mardi Gras

5
 9:30 Beach Ball Fun (CR)
 10:30 Hymn Sing (MPR)
11:00 Multicultural Activities (FH)
 1:30 Dominoes (MPR)
 2:30 Bocce Ball (CR Hallway)

6
 9:30 Lower Body Strength (CR)
 10:30 Brain Teasers (CR)
 1:15 Hot Wax Treatment (Gym)

7
 9:30 Flexibility Fitness (CR)
 10:30 Cereal Tasting (MPR) (National Cereal Day)
 1:30 Scrabble (MPR)
 2:30 BINGO (MPR)

8
 10:00 Exercise Circle with Brandon (CR)
 10:00 Fitness Support with Caleb (Gym)
2:30 Music with Martin Wall (FH)

10:30 Sunday Service with Chaplain Lisa (FH)

Daylight Saving Time Begins

10
 9:30 Lower Body Strength (CR)
 10:30 Creative Painting (MPR)
 1:30 Ladder Ball Toss (CR)
 2:30 Spirit Circle with Chaplain Ellen (FH)

11
 9:30 Qi Gong (FH)
 10:30 Current Events (CR)
 1:30 Word Games (CR)
 2:30 March Birthday Celebration (MPR)

12
 9:30 Balloon Badminton (CR)
 10:20 RC Communion Visits
 10:30 Hymn Sing (MPR)
2:00 Music with a Record Day Combo (FH)

13
 9:30 Fitness Support with Ryan (Gym)
10:00 Education Inservice: Influenza (CR)
 1:15 Hot Wax Treatment (Gym)

Purim Begins

14
8:30 Outing: Stacked Pancake House *Sign-up required
10:30 Book Reading with Author Heather Smith (FH)
 1:30 Potato Chip Tasting (National Potato Chip Day)
 2:30 BINGO (MPR)
 3:30 Piano Music with Angela (CR)

15
 10:00 Fitness Support with Caleb (Gym)

10:30 Sunday Service with Chaplain Lisa (FH)
2:00 King Street Brass Band (FH)

17
 9:30 Lower Body Strength (CR)
10:30 St. Patrick's Day Social (MPR)
 1:30 Bocce Ball (CR Hallway)
 2:30 Spirit Circle with Chaplain Ellen (FH)

St. Patrick's Day

18
 9:30 Qi Gong (FH)
 10:30 Poetry Reading (CR)
1:30 Outing: Giant Tiger *Sign-up required

19
 9:30 Beach Ball Fun (CR)
 10:30 Hymn Sing (MPR)
 1:30 Bean Bag Toss (CR)
 2:30 UNO (MPR)

20
 9:30 Upper Body Strength (CR)
 10:30 Spring Flower Pot Painting (MPR)
 10:30 Devotions with Knox Presbyterian Church (FH)
 1:15 Hot Wax Treatment (Gym)

Spring Begins

21
 9:30 Flexibility Fitness (CR)
 10:30 Baking: Banana Bread (EDR)
 1:30 Ring Toss (CR)
 2:30 BINGO (MPR)
 3:30 Piano Music with Angela (CR)

22
 10:00 Exercise Circle with Brandon (CR)
 10:00 Fitness Support with Caleb (Gym)
 2:00 Crochet Club (FH)

10:30 Sunday Service with Laura Carr-Pries (FH)

24
10:00 Music with Henry Winter (FH)
 1:30 Word Games (CR)
 2:30 Spirit Circle with Chaplain Ellen (FH)

25
 9:30 Qi Gong (FH)
 10:30 Documentary & Popcorn (CR)
 1:30 Ladder Ball Toss (CR)
 2:30 Manicures (CR)
 5:00 6th Floor Dinner (MPR)

26
 9:30 Balloon Badminton (CR)
 10:30 Catholic Mass (FH)
 10:30 Hymn Sing (MPR)
 1:30 Giant Yahtzee (CR)
 2:30 Travelogue: Thailand

27
 9:30 Upper Body Strength (CR)
 10:30 Creative Painting (MPR)
 1:15 Hot Wax Treatment (Gym)
 2:30 Men's Club (CR)

28
 9:30 Flexibility Fitness (CR)
 10:30 Jeopardy (CR)
11:45 Outing: Crowsfoot Smokehaus *Sign-up required
 2:30 BINGO (MPR)

29
 10:00 Exercise Circle with Brandon (CR)
 10:00 Fitness Support with Caleb (Gym)

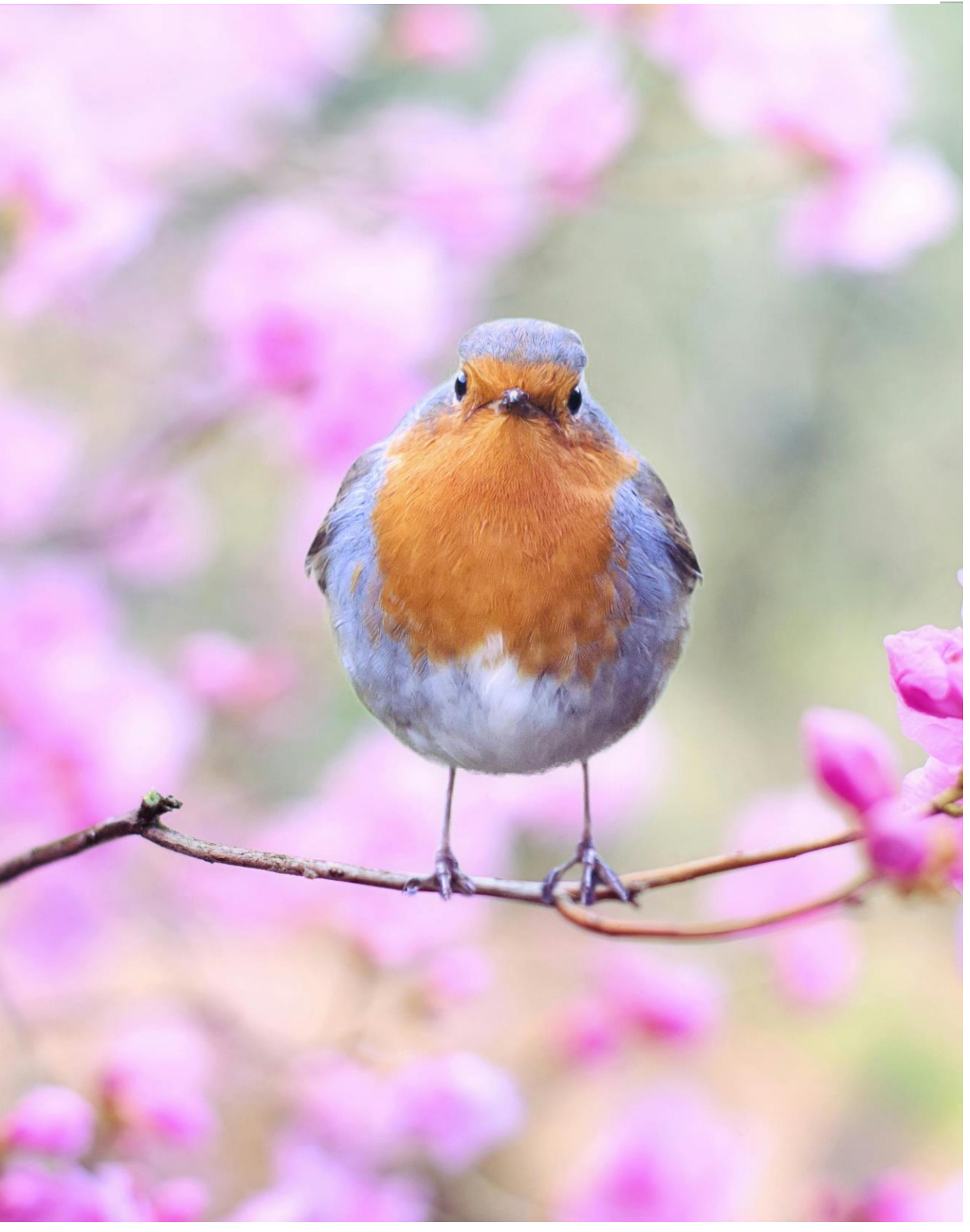
10:30 Sunday Service with Chaplain Lisa (FH)

31
 9:30 Upper Body Strength (CR)
 10:30 UNO (MPR)
 1:30 Ring Toss (CR)
 2:30 Spirit Circle with Chaplain Ellen (FH)

LEGEND
 CR – Craft Room FP – Front Patio
 MPR – Multipurpose Room SR – Sunroom
 FH – Fellowship Hall
 EDR – Education Room
 L – Lobby
 GR – Games Room
 DR – Dining Room



ACTIVITY CALENDAR MARCH 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						8
	2 2:30 Aquafit 3:00 Open Swim	3 4:00 Aquafit 6:30 Open Swim	4	5 2:30 Aquafit 3:00 Open Swim	6 2:30 Aquafit 3:00 Open Swim	7 2:30 Aquafit 3:00 Open Swim
	9 2:30 Aquafit 3:00 Open Swim	10 4:00 Aquafit 6:30 Open Swim	11	12 2:30 Aquafit 3:00 Open Swim	13 2:30 Aquafit 3:00 Open Swim	14 2:30 Aquafit 3:00 Open Swim
	16 2:30 Aquafit 3:00 Open Swim	17 4:00 Aquafit 6:30 Open Swim	18	19 2:30 Aquafit 3:00 Open Swim	20 2:30 Aquafit 3:00 Open Swim	21 2:30 Aquafit 3:00 Open Swim
	23 2:30 Aquafit 3:00 Open Swim	24 3:30 Aquafit	25	26 2:30 Aquafit 3:00 Open Swim	27 3:00 Open Swim	28 3:00 Open Swim
	30 2:30 Aquafit 3:00 Open Swim	31 <i>*Aquatic programs will be 30 minutes each*</i>				29

March 2025 Pool Schedule