

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 10:00 Catholic Eucharist 10:15 Church Service with Recreation Staff <i>AR</i> 2:15 Sunday Social with Bob Finlay <i>AR</i>	<b>2</b> 10:00 Fill in the Blanks 10:30 Name that Tune 11:00 Movement Matters 11:00 Visits 7:00 Poet Tree <i>AR</i>	<b>3</b> 10:00 Words Beginning With M 10:00 Drum Circle <i>AR</i> 10:30 Town Hall Meeting 11:00 Pump It Up 11:15 Visits Recreation Team Meeting	<b>4</b> 10:00 BINGO 11:00 Body Balance 2:00 Health Club Swim 2:15 Bowling <i>AR</i>	<b>5</b> 10:00 Music Makers <i>AR</i> 11:00 Body Balance 2:00 Movie Afternoon 3:30 Visits 7:00 BINGO <i>AR</i>	<b>6</b> 10:00 Hope & Reflection 10:00 Dollarama Shopping Trip <i>O</i> 2:15 World Day of Prayer Service <i>AR</i>	<b>7</b> 11:00 Get Energized 11:15 Manicures 2:00 Funny Movie and Treats 2:30 Drum Circle <i>AR</i>
<b>Daylight Saving Time Begins 8</b> 10:00 Catholic Eucharist 10:15 Church Service with Chris 2:15 Sunday Social with Double Take <i>AR</i> <small>Daylight Saving Time Begins</small>	<b>9</b> 10:30 Watercolour Painting 11:00 Movement Matters 2:15 Heartbeats <small>Purim Begins</small>	<b>10</b> 10:00 Funky Trivia 10:30 Laughter: Jogging On The inside 11:00 Pump It Up 12:00 Movie Outing <i>O</i> 2:15 Sing with June <i>AR</i>	<b>11</b> 10:00 Word Games 10:30 Laugh Out Loud 11:00 Body Balance 2:00 Health Club Swim 2:15 Curling <i>AR</i>	<b>12</b> 10:00 Music Makers <i>AR</i> 10:30 Giggles Galore 11:00 Body Balance 11:00 Psst Wanna Chat 2:00 Manicures 2:15 Nutrition Month Food Demo <i>AR</i> 7:00 BINGO <i>AR</i>	<b>13</b> 10:00 History of Friday The 13th 10:30 Funky Superstitions 11:00 1:1 Programming 11:15 Guitar Concert at Western University <i>O</i>	<b>14</b> 11:00 Get Energized 2:00 Dance Party 3:00 Individual Visits
<b>15</b> 10:00 Catholic Eucharist 10:15 Church Service with Steve Males <i>AR</i> 2:15 Sunday Social with Susie Q <i>AR</i>	<b>16</b> 11:00 Movement Matters 12:00 Pub Lunch <i>O</i> 7:00 Inspire Video and Discussion <i>AR</i>	<b>St. Patrick's Day 17</b> 10:00 Drum Circle <i>AR</i> 11:00 Pump It Up 2:15 St. Patrick's Day Social with Blue Skies Band <small>St. Patrick's Day</small>	<b>18</b> 10:15 Walmart Shopping Trip <i>O</i> 11:00 Body Balance 2:00 Health Club Swim	<b>First Day of Spring 19</b> 10:00 Music Makers <i>AR</i> 11:00 Body Balance 2:00 Bocce Ball 7:00 BINGO <i>AR</i> <small>Spring Begins</small>	<b>20</b> 10:00 Perspectives 10:15 What's Cooking 2:15 Trivia & Travelogue	<b>21</b> 10:00 Manicures 11:00 Get Energized 2:15 Heartbeats
<b>22</b> 10:00 Catholic Eucharist 10:15 Church Service with Chris 2:15 Sunday Social with Jim Ashby <i>AR</i>	<b>23</b> 10:00 BINGO 10:30 Visits 11:00 Movement Matters 2:15 Trivia 3:00 Room Visits	<b>24</b> 10:00 History of Coca Cola 10:15 Coke Ads Thru The Years 11:00 Pump It Up 11:00 Visits 2:00 Cola Floats	<b>25</b> 10:00 Women Invention 10:30 Smiles Galore 11:00 Body Balance 2:00 Health Club Swim 2:15 Museum London Presentation: Local Women Artists <i>AR</i>	<b>26</b> 10:00 Music Makers <i>AR</i> 11:00 Body Balance 2:15 Afternoon Drive 7:00 BINGO <i>AR</i>	<b>27</b> 10:30 Sugar Bush Maple Syrup Farm Outing <i>O</i> 11:15 Chat About 2:00 Manicures	<b>28</b> 10:00 Interesting Facts 11:00 Get Energized 2:15 Birthday Party With Gary Munn <i>AR</i>
<b>29</b> 10:00 Catholic Eucharist 10:15 Church Service with Recreation Staff <i>AR</i> 2:15 Sunday Social with Jeremy Smith <i>AR</i>	<b>Geri Fashions 30</b> <b>10:00 am – 3:00 pm AR</b> 10:00 Name That Tune 10:30 Fill In The Blank 11:00 Movement Matters 2:15 Bocce Ball 7:00 Celebration of Life <i>AR</i>	<b>31</b> 10:00 Far Out Facts 10:30 Giggles Galore 11:00 Pump It Up 2:00 Afternoon Movie 2:15 Resident Council & Food Advisory Meeting <i>AR</i>				

AR=Activity Room O=Outing