

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Catholic Eucharist 10:15 Church Service with Recreation Staff AR 11:00 Movement Matters 2:15 Sunday Social with Bob Finley AR	<b>2</b> 10:30 Heartbeats 2:15 Trivia 3:00 Individual Visits 7:00 Poet Tree AR	<b>3</b> 10:00 Drum Circle AR 10:30 News & Views 11:00 Pump it Up Recreation Team Meeting	<b>4</b> 11:00 Town Hall Meeting 2:00 Health Club Swim 2:15 Bowling AR 6:00 Animal Visits	<b>5</b> 10:00 Music Makers AR 1:30 Body Balance 2:15 Heartbeats 3:15 Visits 7:00 BINGO AR	<b>6</b> 10:15 Dollarama Shopping Trip O 11:00 TV Classics 2:15 World Day of Prayer Service AR	<b>7</b> 10:00 Bingo 1:30 Get Energized 2:30 Drum Circle AR 3:30 Visits 7:00 Sing along
<b>Daylight Saving Time 8</b> 10:00 Catholic Eucharist 10:15 Church Service with Chris AR 11:00 Movement Matters 2:15 Sunday Social with Double Take AR <small>Daylight Saving Time Begins</small>	<b>9</b> 10:00 Manicures 11:00 Funny Jokes 2:15 Movie <small>Purim Begins</small>	<b>10</b> 10:00 Hymn Sing 10:15 Sensory Visits 11:00 Pump it Up 12:00 Movie Outing O 2:15 Sing with June AR	<b>11</b> 2:00 Health Club Swim 2:15 Curling AR 6:15 Individual Visits 7:00 Sing with Jane	<b>12</b> 10:00 Music Makers AR 10:00 Sing along 1:30 Body Balance 2:15 Music Trivia 2:15 Nutrition Month Food Demo AR 7:00 BINGO AR	<b>13</b> 10:00 News & Views 11:15 Guitar Concert At Western University O 3:00 Visits	<b>14</b> 10:30 Manicures 11:30 Sparkling Specs 1:30 Get Energized
<b>15</b> 10:00 Catholic Eucharist 10:15 Church Service with Steve Males AR 11:00 Movement Matters 2:15 Sunday Social with Susie Q AR	<b>16</b> 10:15 News & Views 12:00 Pub Lunch O 7:00 Inspire Video and Discuss AR	<b>St. Patrick's Day 17</b> 10:00 Drum Circle AR 10:15 Travelogue 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 O 2:00 Health Club Swim	<b>First Day of Spring 19</b> 10:00 Music Makers AR 1:30 Body Balance 7:00 BINGO AR <small>Spring Begins</small>	<b>20</b> 10:15 What's Cooking AR 2:15 Walk & Talk	<b>21</b> 10:30 Heartbeats 1:30 Get Energized 7:00 Sing along
<b>22</b> 10:00 Catholic Eucharist 10:15 Church Service with Chris AR 11:00 Movement Matters 2:15 Sunday Social with Jim Ashby AR	<b>23</b> 10:15 Heartbeats 11:00 Animal Visits 2:15 Crafters Corner	<b>24</b> 10:00 Hymn Sing 10:15 Sensory Visits 11:00 Pump it Up 2:00 Name that Tune 3:00 Room Visits	<b>25</b> 2:00 Health Club Swim 2:15 Museum London Presentation: Local Women Artists 7:00 Relaxation Group	<b>26</b> 10:00 Music Makers AR 10:00 Sing along 1:30 Body Balance 2:15 Afternoon Drive 7:00 BINGO AR	<b>27</b> 10:30 Sing along 2:15 Outing to Sugar Bush Maple Syrup Farm O	<b>28</b> 10:15 TV Classics 1:30 Get Energized 2:15 Birthday Party with Gary Munn AR
<b>29</b> 10:00 Catholic Eucharist 10:15 Church Service with Recreation Staff AR 11:00 Movement Matters 2:15 Sunday Social with Jeremy Smith AR	<b>Geri Fashions Shopping Day 30</b> <b>10:00 am – 3:00 pm AR</b> 10:30 Fun Facts 2:15 Individual Programming 7:00 Celebration of Life AR	<b>31</b> 10:15 Water Colouring Painting 11:00 Pump it Up 2:15 Resident Council & Food Advisory Meeting AR				

AR=Activity Room O=Outing