

March 2024

Alderwood Neighborhood



The Village of
HUMBER HEIGHTS

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|---|--|--|
|  | | | | | 1 09:30 Stepping Out 10:30 Bingo 12:00 Meal Assistance 2:30 Dancing with Robin 03:30 Circle of Friends 04:00 Family Feud | 2 09:30 Musical moments 10:30 Fun For The Fit 12:00 Lunch 02:30 Brains & Banter 03:30 Circle of Friends 04:00 Ring Toss |
| 3 09:15 Stepping out 10:15 Bingo 11:00 Musical Moments 12:00 Lunch 02:30 Express Yourself 03:30 Brains and Banter | 4 12:00 Lunch 02:30 Java Music 03:30 Bowling 05:00 Dinner 06:30 Karaoke | 5 09:30 For the Fun of Fit 10:00 You & Me 12:00 Lunch 02:30 For the Fun of Fit 03:30 Brains and Banter 04:00 Express Yourself | 6 09:30 Horticulture Therapy 10:45 Music Therapy 12:00 Lunch 02:00 Outing: Superstore 03:30 For the Fun Of Fit 04:00 Family Feud | 7 10:00 Brains & Banter 11:00 Musical Moments 12:00 Lunch 02:30 For the Fun of Fit 03:30 Circle of Friends 04:00 Dominos | 8 International Women's Day 09:30 Fun for The Fit 12:00 Lunch 02:30 International Women's Day : Sip & Paint 03:30 In the Kitchen 04:00 Brains and Banter 06:30 Happy Hour | 9 09:15 Stepping Out 10:15 For the Fun of Fit 12:00 Lunch 02:30 Express Yourself 03:30 You & Me |
| 10 Daylight Saving Time Begins 10:00 Fellowship Service 10:30 Express Yourself 12:00 Lunch 02:30 Soothing Sensations 03:30 Brains and Banter | 11 First Day of Ramadan 12:00 Lunch 02:30 Express Yourself 03:30 Circle of Friends 04:00 For the Fun of Fit 05:00 Dinner 06:00 Soothing Sensations | 12 10:15 Book Club 11:00 For the Fun of Fit 12:00 Lunch 02:30 Entertainment Love Sound 03:30 You & Me | 13 09:15 Horticulture Therapy 10:30 Music Therapy 12:00 Lunch 02:30 You & Me 03:30 Express Yourself 04:00 Brains and Banter | 14 09:15 Musical Moments 10:00 Bowling 11:00 Concerts in Care 12:00 Lunch 02:30 For the Fun of Fit 04:00 Family Feud | 15 Simply Felt 10-3pm 09:30 Musical Moments 10:30 St. Patrick Day History 11:00 Outing: Famous People's Players 11:00 In the Kitchen 12:00 Lunch 2:00 For the Fun Of Fit | 16 09:30 Musical Moments 10:30 Brains & Banter 12:00 Lunch 02:30 Express Yourself 03:30 Soothing Sensations 04:00 Fun For The Fit |
| 17 St. Patrick's Day 09:15 Hymn Singing 10:15 In The Kitchen 11:00 Ring Toss 12:00 Lunch 02:30 Bingo 03:30 St. Patrick Day Festivities | 18 09:15 Musical Moments 10:00 Express Yourself: Wreath Making 12:00 Lunch 02:30 Circle of Friends 03:30 In The Kitchen 04:00 For the Soul | 19 Springs Begins 09:15 Stepping Out 10:00 In the Kitchen 12:00 Lunch 02:30 Floral Arranging 03:30 Express Yourself 04:00 Brains and Banter | 20 09:15 Horticulture Therapy 10:30 Music Therapy 12:00 Lunch 02:30 Italian Club 03:30 Brains and Banter 04:00 For the Fun of Fit | 21 10:00 Book Club 11:00 Concerts in Care 12:00 Lunch 02:30 Musical Moments 03:00 Resident Council | 22 09:30 Stepping out 12:00 Lunch 02:30 Dominoes 03:15 Java music 04:00 It's Never too Late 06:30 Circle of Friends | 23 09:30 For Th Fun of Fit 10:30 Ring Toss 12:00 Lunch 02:30 Circle of Friends 03:30 Its Never too Late |
| 24 Palm Sunday 09:15 Musical Moment 10:00 Church Service 11:00 Soothing Sensation 12:00 Lunch 02:30 Treat Trolley 04:00 You & Me | 25 Eastern Orthodox Lent Begins 09:15 Its Never Too Late 10:00 Meditation 12:00 Lunch 02:30 Birthday Concert ENT. Jerry Larkin 06:30 Karaoke | 26 09:15 Fun for The Fit 10:15 In The Kitchen 11:00 Brains & Banter 12:00 Lunch 02:30 Express Yourself 03:30 Ball toss | 27 09:15 Horticulture Therapy 10:30 Music Therapy 12:00 Lunch 02:30 In the Kitchen 03:30 You & Me 04:00 Stepping Out | 28 Vendor: Senior Mobile Clothing 09:15 For the fun of Fit 11:00 Concerts in Care 12:00 Lunch 02:30 Easter Egg Dyeing 04:00 Family Feud | 29 09:30 Express Yourself 10:00 Bingo 12:00 Lunch 02:30 For the Fun of Fit 03:30 For the Soul 04:00 Soothing Sensations | 30 09:30 Musical Moments 10:30 Bowling 12:00 Lunch 02:30 You & Me 03:30 In the Kitchen 04:00 Book Club |
| 31 Easter 09:15 Stepping out 10:15 Circle of Friends 12:00 Lunch 02:30 Easter Concert: Emilio 03:30 It's Never too Late | | | | | | |