

March 2024

Emma's Neighbourhood



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Recreation Contact Information:</u> Arbourtrails.recreation@schlegelvillages.com (226)-251- 3065 Extension 811</p>		<p>This Month We Celebrate Music Therapy & Nutrition Month</p>			1 8:30 Breakfast 11:00 For the Fun of Fit 12:00 Lunch 2:30 Happy Hour on Emma's 5:00 Dinner 6:15 Soothing Sensations	2 8:30 Breakfast 11:00 Musical Moments 12:00 Lunch 1:30 Movie Matinee: "Julie and Julia" 3:30 Express Yourself 5:00 Dinner
3 8:30 Breakfast 11:00 Vinyl Music Café 12:00 Lunch 2:30 For the Soul 3:00 Chapel Service in Chapel 4:00 Stepping Out 5:00 Dinner	4 8:30 Breakfast 11:15 Brains and Banter 12:00 Lunch 2:30 Songbird Music Therapy 4:15 You and Me 5:00 Dinner	5 8:30 Breakfast 11:00 For the Fun of Fit 12:00 Lunch 2:30 Java Time 3:30 Tea and Travels 5:00 Dinner 6:30 Neighbourhood Time	6 8:30 Breakfast 10:15 In the Kitchen 11:15 You and Me 12:00 Lunch 2:30 Java Time 3:30 For the Fun of Fit 4:00 Wisdom Wednesday 5:00 Dinner	7 8:30 Breakfast 10:15 Express Yourself 11:15 Stepping Out 12:00 Lunch 1:30 Neighbourhood Time 2:30 For the Soul 2:30 Food Committee Meeting 3:30 Brains and Banter 5:00 Dinner	8 8:30 Breakfast 11:00 For the Fun of Fit 12:00 Lunch 2:30 Live Music with "Grace Cowley" in Town Hall 5:00 Dinner 6:30 Soothing Sensations International Women's Day	9 8:30 Breakfast 11:00 Musical Moments 12:00 Lunch 1:30 TV Show: "Master Chef Canada" 3:30 Express Yourself 5:00 Dinner
10 8:30 Breakfast 11:00 Vinyl Music Café 12:00 Lunch 2:30 For the Soul 3:00 Chapel Service in Chapel 4:00 Stepping Out 5:00 Dinner Daylight Savings- Clocks Go Ahead 1 hour	11 8:30 Breakfast 10:15 Circle of Friends 11:15 Brains and Banter 12:00 Lunch 1:30 Drumfit Exercise Group 2:30 Musical Moments 3:45 You and Me 5:00 Dinner Ramadan	12 8:30 Breakfast 11:00 For the Fun of Fit 12:00 Lunch 2:30 Java Time 3:30 Tea and Travels 5:00 Dinner 6:30 Neighbourhood Time	13 8:30 Breakfast 10:15 In the Kitchen 11:15 You and Me 12:00 Lunch 2:30 Java Time 3:30 For the Fun of Fit 4:00 Wisdom Wednesday 5:00 Dinner	14 8:30 Breakfast 10:15 Express Yourself 11:15 Stepping Out 12:00 Lunch 1:30 Neighbourhood Time 2:30 For the Soul 3:30 Emma's Birthday Party 5:00 Dinner	15 8:30 Breakfast 11:00 For the Fun of Fit 12:00 Lunch 2:30 Happy Hour on Emma's 5:00 Dinner 6:15 Soothing Sensations	16 8:30 Breakfast 12:00 Lunch 1:30 Movie Matinee: " Shall We Dance" 3:30 Express Yourself 5:00 Dinner St Patrick's Pub Crawl 6:30 to 8:30 in Town Square
17 8:30 Breakfast 11:00 Virtual Concert: "Celtic Thunder" 12:00 Lunch 2:30 For the Soul 3:00 Chapel Service in Chapel 4:00 Stepping Out 5:00 Dinner St. Patrick's Day	18 8:30 Breakfast 11:15 Brains and Banter 12:00 Lunch 2:30 Songbird Music Therapy 4:15 You and Me 5:00 Dinner	19 8:30 Breakfast 11:00 For the Fun of Fit 12:00 Lunch 2:30 Spring Flower Arranging 3:30 Tea and Travels 5:00 Dinner 6:30 Musical Movie and Popcorn First Day of Spring	20 8:30 Breakfast 10:15 In the Kitchen 11:15 You and Me 12:00 Lunch 2:30 Residents' Council Meeting in Town Hall 2:30 Java Time 3:30 For the Fun of Fit 7:30 Live Music with "James Skarnikat" in Town Hall	21 8:30 Breakfast 10:15 Express Yourself 11:15 Stepping Out 12:00 Lunch 1:30 Neighbourhood Time 2:30 For the Soul 3:30 Brains and Banter 5:00 Dinner	22 8:30 Breakfast 10:30 Outing: Country Drive 11:00 For the Fun of Fit 12:00 Lunch 2:30 Happy Hour on Egerton 5:00 Dinner 6:15 Soothing Sensations	23 8:30 Breakfast 10:30 Guelph Brownies Visit Main Floor Café 11:00 Musical Moments 12:00 Lunch 1:30 Movie Matinee: "Sound of Music" 3:30 Express Yourself 5:00 Dinner
24 8:30 Breakfast 11:00 Vinyl Music Café 12:00 Lunch 2:30 Chapel Service with "Salvation Sounds" in Town Hall 4:00 Stepping Out 5:00 Dinner Palm Sunday	25 8:30 Breakfast 10:15 Circle of Friends 11:15 Brains and Banter 12:00 Lunch 1:30 DrumFit Exercise Group 2:30 Musical Moments 3:45 You and Me 5:00 Dinner Holi	26 8:30 Breakfast 11:00 For the Fun of Fit 12:00 Lunch 2:30 Java Music 3:30 Tea and Travels 5:00 Dinner 7:30 Live Music with "Royal City Ukelele Ensemble" in Town Square	27 8:30 Breakfast 10:15 In the Kitchen 11:15 You and Me 12:00 Lunch 2:15 Therapeutic Paws 3:30 For the Fun of Fit 4:00 Wisdom Wednesday 5:00 Dinner	28 8:30 Breakfast 10:15 Express Yourself 11:15 Stepping Out 12:00 Lunch 1:30 Neighbourhood Time 2:30 For the Soul 3:30 Brains and Banter 5:00 Dinner	29 8:30 Breakfast 11:00 For the Fun of Fit 12:00 Lunch 2:30 Happy Hour on Emma's 5:00 Dinner 6:15 Soothing Sensations Good Friday	30 8:30 Breakfast 11:00 Musical Moments 12:00 Lunch 1:30 Movie Matinee: " Easter Parade" 3:30 Express Yourself 5:00 Dinner Easter Egg Hunt
31 8:30 Breakfast 11:00 Vinyl Music Café 12:00 Lunch 2:30 For the Soul 3:00 Chapel Service in Chapel 4:00 Stepping Out 5:00 Dinner Easter Sunday						