

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

March 2024

1 8:00 Breakfast 12:00 Lunch 1:30 Greeting the Day 3:00 Friendly Visits 5:00 Dinner 6:30 Movie and Munch							2 8:00 Breakfast 12:00 Lunch 5:00 Dinner					
3 8:00 Breakfast 12:00 Lunch 5:00 Dinner		4 8:00 Breakfast 12:00 Lunch 3:30 Stepping Out 4:30 You & I 5:00 Dinner 6:30 Friendly Visits		5 8:00 Breakfast 12:00 Lunch 1:30 Exercise with Jonathan 2:00 Legion of Mary Visits 2:00 Travelling Tuck Shop 3:00 Pet Therapy Visits 5:00 Dinner 6:30 Walking BINGO		6 Music with Jennifer 8:00 Breakfast 12:00 Lunch 4:00 For the Fun of Fit 5:00 Dinner 6:30 Movie and Munch	7 8:00 Breakfast 10:30 Exercise with Jonathan 12:00 Lunch 2:00 Outing: Jackson Square 5:00 Dinner 6:30 You & I	8 <i>International Women's Day</i> 8:00 Breakfast 12:00 Lunch 5:00 Dinner	9 8:00 Breakfast 12:00 Lunch 3:00 In the Kitchen 5:00 Dinner 6:30 You & I			
10 8:00 Breakfast 12:00 Lunch 1:30 Church Service 4:00 For the Fun of Fit 5:00 Dinner 6:30 Express Yourself <small>Ramadan Begins Daylight Saving Time Begins</small>		11 8:00 Breakfast 12:00 Lunch 5:00 Dinner		12 8:00 Breakfast 10:30 Bible Study with Connie 12:00 Lunch 1:30 Exercise with Jonathan 2:00 Travelling Tuck Shop 3:00 <i>Resident Council</i> 5:00 Dinner 6:30 Spa Night!		13 8:00 Breakfast 12:00 Lunch 2:00 Paula French Performs 3:30 Circle of Friends 5:00 Dinner 6:30 Neighborhood Time		14 8:00 Breakfast 10:30 Exercise with Jonathan 12:00 Lunch 1:00 Neighbourhood Time 3:00 Stepping Out 5:00 Dinner 6:30 Brains and Banter		15 8:00 Breakfast 12:00 Lunch 3:00 HCC Hair Salon 5:00 Dinner 6:30 BINGO		16 8:00 Breakfast 12:00 Lunch 5:00 Dinner
17 8:00 Breakfast 12:00 Lunch 2:00 St. Patrick's Day Party with Jennifer! 5:00 Dinner  <small>St. Patrick's Day</small>		18 8:00 Breakfast 12:00 Lunch 3:00 Walk to Tim Hortons 4:30 Brains and Banter 5:00 Dinner 6:30 Soothing Sensations		19 8:00 Breakfast 12:00 Lunch 1:30 Exercise with Jonathan 2:00 Legion of Mary Visits 2:00 Travelling Tuck Shop 5:00 Dinner 6:30 Express Yourself <small>Spring Begins</small>		20 Music with Jennifer 8:00 Breakfast 12:00 Lunch 3:00 You & I 5:00 Dinner 6:30 Diner's Club		21 8:00 Breakfast 10:30 Exercise with Jonathan 12:00 Lunch 3:00 Outing: The Art Gallery 5:00 Dinner 6:30 You & I		22 8:00 Breakfast 12:00 Lunch 5:00 Dinner		23 8:00 Breakfast 12:00 Lunch 3:00 Java Music Club 5:00 Dinner 6:30 Horticulture Time <small>Purim Begins</small>
24 8:00 Breakfast 12:00 Lunch 4:00 Musical Moments 5:00 Dinner 6:30 BINGO <small>Palm Sunday</small>		25 8:00 Breakfast 12:00 Lunch 5:00 Dinner		26 8:00 Breakfast 10:30 Bible Study with Connie 12:00 Lunch 1:30 Exercise with Jonathan 2:00 Travelling Tuck Shop 3:00 Walk to Delaware Park 5:00 Dinner 6:30 Paint and Sip Night		27 8:00 Breakfast 12:00 Lunch 2:30 News and Views 5:00 Dinner 6:30 Circle of Friends		28 8:00 Breakfast 10:30 Exercise with Jonathan 12:00 Lunch 3:00 In the Kitchen 5:00 Dinner 6:30 Easter Scavenger Hunt		29 8:00 Breakfast 12:00 Lunch 2:00 Birthday Celebrations with Aidan Purnell 4:30 Circle of Friends 5:00 Dinner 6:30 Trivia Night		30 8:00 Breakfast 12:00 Lunch 5:00 Dinner
31 8:00 Breakfast 12:00 Lunch 5:00 Dinner <small>Easter Sunday</small>		<h2>Third Floor Neighbourhood</h2>										

Please note that outings are subject to change due to various reasons; e.g., inclement weather. If any changes are made neighbourhoods will be notified!