


Parkland at the Lakes – Kinross Hall



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 2:00 – SR - \$5 Rummoli 3:00 – KPL – Adult Coloring Club 7:30 – SR – Chess Mates With Don	2 10:00 – SR – Chair Exercise 1:00 – 2:00 – LP – Gentle Water Exercise Class 1:00 – AR - Crafting with Cindy: Easter Door Hanging RSVP 2:00 - Mic Mac Mall RSVP 2:00 – 3:30 – LP – Open Swim 1:00 – SR – Floor Curling 2:00 – PT – Call the Midwife – TV Series 3:00 – SR - \$6 Bingo Hall 6:30 – SR – Mahjong	3 10:00 – SR – Chair Exercise 1:00 – 2:00 – LP – Gentle Water Exercise Class 1:30 – SR – Bridge 2:00 – 3:30 – LP – Open Swim 6:30 – SR – Scrabble 7:00 – PT – Movie Night –21 Bridges w Chadwick Boseman 2019	4 9:00 – SWR – Morning Meditation 10:00 – SR – Chair Exercise 10:30 - Sobey's & Lawtons RSVP 1:00 – 2:00 – LP – Gentle Water Exercise Class 1:30 – AR – Paint Class RSVP 1:30 - FS – Chair Yoga w Pat 2:00 – SR - \$5 Rummoli 2:00 – SWR –Bible Study w Cyril 2:00 – 3:30 – LP – Open Swim 3:00 – KPL – Tea Time	5 9:30 – 10:30 – LP – Gentle Water Exercise 10:00 – SR – Chair Exercise 10:30 - 12:00 – LP – Open Swim 2:00 – KPL – Music w Leander Mendoza 3:15 – KPL – Stitch n' Yarn	6 10:00 – SR – Chair Exercise 10:00 – PT – SCANS 1:00 – AR – Water Colour Paint Class w Alice 1:00 – 2:00 – LP – Gentle Water Exercise Class 1:30 - Sobey's RSVP 1:30 – SR – Cribbage Club 2:00 Superstore RSVP 3:00 – Jeopardy	7 10:00 – KPL – Pet Visits w Ben 1:30 – SR – Bridge 2:00 – PT – Movie Matinee – Sully w Tom Hanks 2016 7:00 – SR – Board Games
8 International Women's Day 1:45 – KPL – Pet Visit w Oscar 2:00 – SR - \$5 Rummoli 3:00 – KPL – Adult Coloring Club 7:30 – SR – Chess Mates With Don	9 10:00 – SR – Chair Exercise 1:00 – 2:00 – LP – Gentle Water Exercise Class 2:00 - Mic Mac Mall RSVP 2:00 – 3:30 – LP – Open Swim 1:00 – SR – Floor Curling 2:00 – PT – Call the Midwife – TV Series 3:00 – SR - \$6 Bingo Hall 6:30 – SR – Mahjong	10 10:00 – SR – Chair Exercise 11:00 – KPL – Pet Visits w Bryn 1:00 – 2:00 – LP – Gentle Water Exercise Class 1:30 – SR – Bridge 2:00 – 3:30 – LP – Open Swim 3:30 – Book Club Discussion *Returning Books* 6:30 – SR – Scrabble 7:00 – PT – Movie Night – And So It Goes w Diane Keaton 2014	11 9:00 – SWR – Morning Meditation 10:00 – SR – Chair Exercise 10:30 - Sobey's & Lawtons RSVP 1:00 – 2:00 – LP – Gentle Water Exercise Class 1:30 – AR – Paint Class RSVP 2:00 – SR - \$5 Rummoli 2:00 – SWR –Bible Study w Cyril 2:00 – 3:30 – LP – Open Swim 3:00 – KPL – Tea Time	12 9:30 – 10:30 – LP – Gentle Water Exercise 10:00 – SR – Chair Exercise 10:30 - 12:00 – LP – Open Swim 11:00 – FS – Tai Chi & Qi Gong 2:00 – KPL – Music w Alex Vaughan 3:00 – KPL – Book Club *New Book* 3:15 – KPL – Stitch n' Yarn 5:00 – DR – Ladies Dinner: Luck of the Irish! Wear your green and gold!	13 10:00 – SR – Chair Exercise 10:00 – PT – SCANS 1:00 – 2:00 – LP – Gentle Water Exercise Class 1:30 - Sobey's RSVP 1:30 – SR – Cribbage Club 2:00 – 3:30 – LP – Open Swim 2:00 Superstore RSVP 3:00 – Jeopardy	14 1:30 – SR – Bridge 2:00 – PT – Movie Matinee – The Lighthouse w Willem Dafoe 2019 7:00 – SR – Board Games
15 10:30 – SR – Interfaith Worship Service w Rev. Gerry Zinck & Friends Collection goes to Feed NS 2:00 – SR - \$5 Rummoli 3:00 – KPL – Adult Coloring Club 7:30 – SR – Chess Mates With Don 	16 10:00 – SR – Chair Exercise 1:00 – 2:00 – LP – Gentle Water Exercise Class 2:00 - Mic Mac Mall RSVP 2:00 – 3:30 – LP – Open Swim 1:00 – SR – Floor Curling 2:00 – PT – Physiocare at Home; Managing Pain 3:00 – SR - \$6 Bingo Hall 6:30 – SR – Mahjong 7:00 – KPL – St. Patrick's Day Party w Music by Leander Mendoza	17 St. Patrick's Day 10:00 – SR – Chair Exercise 1:00 – 2:00 – LP – Gentle Water Exercise Class 1:30 – SR – Bridge 2:00 – 3:30 – LP – Open Swim 2:30 Pet Visits w/ Judy & Sophie 6:30 – SR – Scrabble 7:00 – PT – Movie Night – Blue Valentine w Ryan Gosling 2010	18 9:00 – SWR – Morning Meditation 10:00 – SR – Chair Exercise 10:30 - Sobey's & Lawtons RSVP 1:00 – 2:00 – LP – Gentle Water Exercise Class 1:30 – AR – Paint Class RSVP 1:30 – SWR – Connect Hearing 2:00 – KPL - \$5 Rummoli 2:00 – SWR –Bible Study w Cyril 2:00 – 3:30 – LP – Open Swim 2:00 – SR – Culinary Resident Meeting 3:00 – KPL – Tea Time	19 9:30 – 10:30 – LP – Gentle Water Exercise 10:00 – SR – Chair Exercise 10:30 - 12:00 – LP – Open Swim 2:00 – KPL – Resident Birthday Party with Music by Vladimir Sitnikov 3:15 – KPL – Stitch n' Yarn	20 10:00 – SR – Chair Exercise 10:00 – PT – SCANS 1:00 – 2:00 – LP – Gentle Water Exercise Class 1:30 - Sobey's RSVP 1:30 – SR – Cribbage Club 2:00 – 3:30 – LP – Open Swim 2:00 Superstore RSVP 3:00 – Jeopardy	21 10:00 – SR – Chair Exercise 11:00 – SR – Brain Fitness 1:30 – SR – Bridge 2:00 – PT – Movie Matinee – My Pal Trigger w Roy Rogers 1946 7:00 – SR – Board Games

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22 10:00 – SR – Chair Exercise 2:00 – SR - \$5 Rummoli 3:00 – KPL – Adult Coloring Club 7:30 – SR – Chess Mates With Don	23 1:00 – 2:00 – LP – Gentle Water Exercise Class 2:00 - Mic Mac Mall RSVP 2:00 – 3:00 – LP – Open Swim 1:00 – SR – Self Directed Floor Curling 2:00 – PT – Call the Midwife – TV Series 6:30 – SR – Mahjong	24 11:00 – KPL – Pet Visits <u>W</u> Bryn 1:00 – 2:00 – LP – Gentle Water Exercise Class 1:00 – SWR – POP UP SHOP Nygard 1:30 – SR – Bridge 2:00 – 3:30 – LP – Open Swim 6:30 – SR – Scrabble 7:00 – PT – Movie Night – Charade <u>W</u> Cary Grant 1963	25 10:30 - Sobeys & Lawtons RSVP 11:00 – PT – Catholic Mass 1:00 – 2:00 – LP – Gentle Water Exercise Class 2:00 – SR - \$5 Rummoli 2:00 – 3:30 – LP – Open Swim 2:00 – SR – Resident Council Meeting 3:00 – KPL – Tea Time 3:30 – SR – Benefits of Pool Fitness Presentation <u>W</u> Maureen	26 9:30 – 10:30 – LP – Gentle Water Exercise 10:30 - 12:00 – LP – Open Swim 11:00 – FS – Tai Chi & Qi Gong 2:00 – KPL – Music <u>w</u> The Older Favorites 3:15 – KPL – Stitch n’ Yarn	27 1:00 – 2:00 – LP – Gentle Water Exercise Class 1:00 – KPL – Cakes Bakes Bakery Pop up Shop 1:30 - Sobeys RSVP 1:30 – SR – Cribbage Club 2:00 – 3:30 – LP – Open Swim 2:00 Superstore RSVP	28 1:30 – SR – Bridge 2:00 – PT – Movie Matinee – Passport To The World: Thailand Documentary 2019 7:00 – SR – Board Games
29 2:00 – SR - \$5 Rummoli 3:00 – KPL – Adult Coloring Club 7:30 – SR – Chess Mates With Don	30 1:00 – 2:00 – LP – Gentle Water Exercise Class 1:00 – AR – Crafting with Cindy: Easter and Every Cards RSVP 1:00 – SR – Self Directed Floor Curling 2:00 - Mic Mac Mall RSVP 2:00 – 3:30 – LP – Open Swim 2:00 – PT – Call the Midwife – TV Series 6:30 – SR – Mahjong	31 1:00 – 2:00 – LP – Gentle Water Exercise Class 1:30 – SR – Bridge 2:00 – 3:30 – LP – Open Swim 6:30 – SR – Scrabble 7:00 – PT – Movie Night – Adopt a Highway <u>W</u> Ethan Hawke 2019				





Parkland at the Lakes - Lewis Hall



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Neighborhood Legend: B: Banook Lane , Main Floor R: Russell Lane , Main Floor N: Nantucket Lane , Second Floor A: Alderney Lane , Second Floor AL: All Lanes	2 10:00- Group Puzzle(N) 10:00- Exercise (R) 11:00- Exercise (A) 11:15- Exercise w/ Megan(B) 1:00 – Pet Visits w/ Donna & Charlie (AL) 2:00 – You Tube Sing Along (A) 2:00 – Watercolor Painting (N) 2:00- Pictionary (R) 3:00- Afternoon Movie (B) 3:00 – You Tube Sing Along (N) 3:15 – Watercolor Painting (A) 3:15- Brain Fitness and Fun (R)	3 10:00- Group Puzzle(N) 10:00- Exercise (R) 10:30- Sing Along (R) 11:00- Exercise (A) 11:15- Tai Chi (B) 2:00 – Music w/Riversong (A) 3:15 –Manicures (A) 3:15- Short Stories (R) 6:00 – Pet Visits w/ Cathy & Linus (AL)	4 10:00- Group Puzzle(N) 10:00- Exercise (R) 10:30- Ladder Golf (R) 11:00- Exercise (A) 11:15- Exercise w/ Megan(B) 2:00 – Prize Bingo (A) 3:15 – Bean Bag Toss (N) 3:15- Trivia (R) 6:30 – Pet Visits w/ Judi & Jake (AL)	5 10:00- Group Puzzle(N) 10:00- Exercise (R) 10:30- Todays News (R) 11:00- Exercise (A) 11:15- Exercise w/ Megan(B) 2:00 – Music w/ Heather & Jerry Pyke (A) 3:15 – One on One visits (A) 3:30- One to One Visits (R)	6 10:00- Group Puzzle(N) 10:00- Exercise (R) 10:30- Manicures (R) 11:00- Exercise (A) 11:15- Exercise w/ Megan(B) 1:30 – Crafting w/ Cindy (N) 1:30- Manicures (B) 3:00-Board Games (R) 3:00 – Jeopardy (A)	7 Health Service Lead Recreation 10:00- Pet Visits w/ Cat & Big Ben (AL)
8  Daylight Saving Time Begins	9 10:00- Group Puzzle(N) 10:00- Exercise (R) 11:00- Exercise (A) 11:15- Exercise w/ Megan(B) 1:30- Craft Time w/Megan (B) 2:00- Craft w/ Gracie (R) “Door Decoration w/ Water Paint” 2:00 – Crafting (N) 3:15 – Crafting (A) 3:15- Afternoon Movie w/ Popcorn	10 10:00- Group Puzzle(N) 10:00- Exercise (R) 10:30- Sing Along (R) 11:00- Exercise (A) 11:15- Tai Chi (B) 2:00 – Lewis Hall Choir w/ Leander Mendoza (A) 3:15 – Manicures (N) 3:15- Meditation (SR) 6:00 – Pet Visits w/ Cathy & Linus (AL)	11 10:00- Group Puzzle(N) 10:00- Chair Yoga (B) 10:00- Exercise (R) 10:30- Hymn Sing along (R) 11:00- Exercise (A) 2:00 – Prize Bingo (A) 3:15 – Ladder Golf (N) 3:15- Trivia (B)	12 10:00- Group Puzzle(N) 10:00- Exercise (R) 10:30- Water Painting (R) 11:00- Exercise (A) 11:15- Exercise w/ Megan(B) 2:00 – Music w/ Bryan Cable (A) 3:15 – One on One Visits (N) 3:30- One to One Visits (B)	13 10:00- Group Puzzle(N) 10:00- Zumba w. Jeannie (R) 10:30- Manicures (R) 11:00-Zumba w/ Jeannie (A) 11:15- Exercise w/ Megan(B) 1:30 – Crafting w/ Cindy (N) 1:30- Manicures (B) 3:00 – Jeopardy (A) 3:00- Jokes w/ Gracie	14 Health Service Lead Recreation  Daffodil- Month Flower
15 Health Service Lead Recreation 10:00- Bible Hymns 11:15- Exercise Video 2:00- Netflix Movie Matinee 3:30- Adult Coloring/ Brain Fitness	16 10:00- Group Puzzle(N) 11:00- Exercise (A) 11:15- Exercise w/ Megan(B) 2:00 – Bean Bag Toss (N) 3:15 – Bean Bag Toss (A)	17 St Patrick’s Day 10:00- Group Puzzle(N) 10:00- Exercise (R) 10:30- Sing Along (R) 11:00- Exercise (A) 11:15- Tai Chi (B) 2:00 – Music w/ Maplebrook (A) 2:30 Pet Visits w/ Judy & Sophie (AL) 3:30 – Manicures(A) 6:00 – Pet Visits w/ Cathy & Linus (AL) 	18 10:00- Group Puzzle(N) 10:00- Exercise (R) 10:30- Bean Bag Toss (R) 11:00- Exercise (A) 11:15- Exercise w/ Megan(B) 2:00 – Prize Bingo (A) 6:30 – Pet Visits w/ Judi & Jake (AL)	19 Spring Begins 10:00- Group Puzzle(N) 10:00- Exercise (R) 10:30- Short Stories (R) 11:00- Exercise (A) 11:15- Exercise w/ Megan(B) 2:00 – Hot Chocolate Party (A) 3:00 – Hot Chocolate Party (N) 3:30- One to One Visits (R) 	20 10:00- Group Puzzle(N) 11:00- Exercise (A) 10:00- Exercise (R) 10:30- Manicures (R) 11:15- Exercise w/ Megan(B) 1:30 – Crafting w/ Cindy (N) 1:30- Manicures (B) 3:00-Board Games (R)	21 10:00- Group Puzzle(N) 11:00- Exercise (A) 10:00- Exercise (R) 10:30- Sing Along (R) 11:15- Exercise w/ Gracie(B) 2:00 - Music w/ Gerry Vrbensky (A) 3:15 – Afternoon Movie (A&N) 3:15- Afternoon Movie w/ Snacks (R)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>22</p> <p>Health Service Lead Recreation 10:00- Bible Hymns 11:15- Exercise Video 2:00- Netflix Movie Matinee 3:30- Adult Coloring/ Brain Fitness</p>	<p>23</p> <p>10:00- Group Puzzle(N) 10:00- Exercise (R) 11:15- Exercise w/ Megan(B) 11:00- Exercise (A) 1:30- Craft Time w/Megan (B) 1:30- Baking Chocolate Chip Cookies (R) 2:00 – Manicures (A) 3:00 – Manicures(N) 3:15- Afternoon Tea (R)</p> 	<p>24</p> <p>10:00- Group Puzzle(N) 10:00- Exercise (R) 10:30- Sing Along (R) 11:00- Exercise (A) 11:15- Tai Chi (B) 2:00 – Music w/ Alex Vaughan (A) 3:15 –One on One Visits (N) 3:15- Trivia (B) 6:00 – Pet Visits w/ Cathy & Linus (AL)</p>	<p>25</p> <p>10:00- Group Puzzle(N) 10:00- Chair Yoga (B) 10:00- Exercise (R) 11:00- Exercise (A) 2:00 – Holy Eucharist (A) 3:15 – Ice Cream Treat (A&N) 6:30 – Performance by the Ukulele Ladies (N) 3:15- Ice Cream Treat (R&B)</p>	<p>26</p> <p>10:00- Portland Street Daycare Visit (B) 10:00- Exercise (R) 11:00- Exercise (A) 11:15- Exercise w/ Megan(B) 2:00 – Birthday Party! Music w/ Leander Mendoza (A) 3:30 – One on One Visits (A) 3:30- One to One Visits (B) 6:00- PJ Party! (R)</p>  <p>Dominoes Month</p>	<p>27</p> <p>10:00- Group Puzzle(N) 10:00- Zumba w. Jeannie (R) 10:30- Manicures (R) 11:00- Zumba w/ Jeannie (A) 11:15- Exercise w/ Megan(B) 1:30 – Crafting w/ Cindy (N) 1:30- Manicures (B) 3:00- Ladder Golf (R) 3:00 –Jeopardy (A)</p>	<p>28</p> <p>Health Service Lead Recreation</p> 
<p>29</p> <p>Health Service Lead Recreation 10:00- Bible Hymns 11:15- Exercise Video 2:00- Netflix Movie Matinee 3:30- Adult Coloring/ Brain Fitness</p>	<p>30</p> <p>10:00- Group Puzzle(N) 10:00- Exercise (R) 11:00- Exercise (A) 11:15- Exercise w/ Megan(B) 1:30- Craft Time w/Megan (B) 2:00 – Afternoon Tea (A) 1:30- Craft Time w/Megan (B) 2:00- Pictionary (R) 3:00- Afternoon Movie (B) 3:00 – Afternoon Tea (N) 3:15- Brain Fitness and Fun (R)</p>	<p>31</p> <p>10:00- Group Puzzle(N) 10:00- Exercise (R) 10:30- Sing Along (R) 11:00- Exercise (A) 11:15- Tai Chi (B) 2:00 – Resident Council Meeting (B) 3:00- Afternoon movie ® 3:15- Trivia (B) 3:15 – Ladder Golf (N) 6:00 – Pet Visits w/ Cathy & Linus (AL)</p>	<p>March Birthday! Charlene Schneiderman -4th Gordon MacLeod – 5th Vince McDonnell – 11th Anne Purdy – 18th Roy MacBurnie – 19th Dorothy Power – 24th Mike Pandura – 28th</p>	<p>Cancellation of Programs: All programs & events at Lewis Hall are subject to change with advanced or very little notice. Please check your <i>Daily Activity White Boards</i> for any updated time changes or cancellations.</p>	<p>Questions or ideas about Wellness? Call Gina , Gracie or Megan 902-407-0796 gamuenda@shannex.com gmacneil@shannex.com mmccarron@shannex.com The Wellness Office is located in the main lobby. Brenda Bishop Business Manager 902-444-8365 bbishop@shannex.com</p>	 <p>Birthstone -Aquamarine</p>

Parkland at the Lakes - Harris Hall and Inverness Hall



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
10:00 Catholic Communion- everyone welcome! (CTP) 2:00 Pet Visit: Muggles the Sheltie & Lisa (PAR) 2:30 Classical Music (CTP) 6:30 Cozy Corner (PAR)	10:00 Exercise (CTP) 1:00 Gentle Water Exercise (LP) 2:00 Parkland Pen Pals (PR) 2:00 Bingo (BB) 2:00 Open Swim (LP) 3:00 Brush Up on Bridge (TW) 3:15 Bowling (SL) 6:30 Pet Visit: Lady (PAR) 7:00 Music with Paul & Bill (CTP)	10:15 GG's Ukulele Players (BB) 1:00 Gentle Water Exercise (LP) 1:30 Pokeno (PR) 1:30 Cribbage (TW) 2:00 YouTube Music w/ Amy (PAR) 2:00 Open Swim (LP) 3:00 Inverness Hall Resident Meeting (TW) 6:30 Pizza & Bowling (SL) 7:00 Rummoli (CR) 7:00 Bridge (PR) 7:00 Bunco (TW)	10:00 Exercise (CTP) 10:30 Hearts & Hands (SL) 1:00 Gentle Water Exercise (LP) 1:30 Art Studio w/ Joy (TW) 1:45 Mini Manicures with Amy- book at 8373 (SL) 2:00 Square Dancing (CTP) 2:00 Open Swim (LP) 3:00 Book Club (SL) 3:15 Ladies Pool (BB) 6-9 Portland Room Booked (PR)	9:30 Gentle Water Exercise (LP) 10:00 Curling (TW) 10:15 Men's Pool (BB) 10:30 Current Events (SL) 10:30 Open Swim (LP) 2:00 Netflix Hour: The Crown, S3 E8 (CTP) 2:30 Lexicon (SL) 3:00 Harris Hall Resident Meeting (TWP) 6:30 Wheel of Fortune with Amy (CTP) 7:00 Bridge (PR)	10:00 Exercise (CTP) 10:00 Men's Coffee Hour (TW) 10:30 Charity Dolls (SL) 1:00 Gentle Water Exercise (LP) 2:00 Wine & Cheese Party w/ Music by Fiddles & Co. (CTP) 2:00 Open Swim (LP) 7:00 Party Bridge (PR)	Wear your favorite team's hockey jersey today! 9:30 \$5 Breakfast- RSVP @ 8373, pay by the 5th! (TW) 2:00 Hockey Day at PAL- Pittsburgh Penguins vs. Washington Capitals- bring your drink tickets! (BB) 2:00 Adult Colouring (PR) 6:30 Chicago Bridge (PR) 6:30 Brush Up on Bridge (TW)
8	9	10	11	12	12	14
2:00 Baptist Service w/ Grace Baptist (CTP) 6:30 Cozy Corner (PAR)	10:00 Exercise (CTP) 1:00 Gentle Water Exercise (LP) 2:00 Bingo (BB) 2:00 Open Swim (LP) 3:00 Brush Up on Bridge (TW) 3:15 Bowling (SL) 6:30 Pet Visit: Lady (PAR)	10:15 GG's Ukulele Players (BB) 1:00 Gentle Water Exercise (LP) 1:30 Pokeno (PR) 1:30 Cribbage (TW) 2:00 YouTube Music with Amy (PAR) 2:00 Open Swim (LP) 3:15 Brain Fitness (BB) 3:15 Dining Room Discussion with Chef Matt (TW) 7:00 Rummoli (CR) 7:00 Bridge (PR) 7:00 Bunco (TW)	10:00 Exercise (CTP) 10:30 Hearts & Hands (SL) 1:00 Gentle Water Exercise (LP) 1:30 Art Studio w/ Joy (TW) 2:00 Catholic Mass (GH) 2:00 Quiet Worship with Cole Harbour United (CTP) 2:00 Open Swim (LP) 3:00 Book Club (SL) 3:15 Ladies Pool (BB)	9:30 Gentle Water Exercise (LP) 10:00 Curling (TW) 10:15 Men's Pool (BB) 10:30 Current Events (SL) 10:30 Open Swim (LP) 2:00 Netflix Hour: The Crown, S3 E9 (CTP) 2:30 Lexicon (SL) 3:15 Left Center Right (TW) 7:00 Bridge (PR) 7:00 Pub Night with Music by The Fog (CTP)	10:00 Exercise (CTP) 10:00 Men's Coffee Hour (TW) 10:30 Charity Dolls (SL) 1:00 Gentle Water Exercise (LP) 2:00 Music with Alex Vaughan (CTP) 2:00 Open Swim (LP) 7:00 Party Bridge (PR)	2:00 Parkland University: Understanding the Brain (CTP) 2:00 Adult Colouring (PR) 6:30 Chicago Bridge (PR) 6:30 Brush Up on Bridge (TW)
15	16	17	18	19	20	21
2:00 Pet Visit: Muggles the Sheltie & Lisa (PAR) 2:30 Classical Music (CTP) 6:30 Cozy Corner (PAR)	10:00 Exercise (CTP) 1:00 Gentle Water Exercise (LP) 2:00 Bingo (BB) 2:00 Open Swim (LP) 3:00 Brush Up on Bridge (TW) 3:15 Bowling (SL) 6:30 Pet Visit: Lady (PAR) 6:30 Family Feud with Ann (BB)	10:15 GG's Ukulele Players (BB) 1:00 Gentle Water Exercise (LP) 2:00 St. Patrick's Day Pub Party with Music by Riversong- wear your green & don't forget your drink tickets! (CTP) 2:00 Open Swim (LP) 7:00 Rummoli (CR) 7:00 Bridge (PR) 7:00 Bunco (TW)	10:00 Exercise (CTP) 10:30 Hearts & Hands (SL) 1:00 Gentle Water Exercise (LP) 1:30 Art Studio w/ Joy (TW) 1:45 Mini Manicures with Amy- book at 8373 (SL) 2:00 Square Dancing (CTP) 2:00 Open Swim (LP) 3:00 Book Club (SL) 3:15 Ladies Pool (BB) 7:00 Music with Leander Mendoza (CTP)	9:30 Gentle Water Exercise (LP) 10:00 Curling (TW) 10:15 Men's Pool (BB) 10:30 Current Events (SL) 10:30 Open Swim (LP) 2:00 Netflix Hour: The Crown, S3 E10 *final episode!* (CTP) 2:30 Lexicon (SL) 3:15 Left Center Right (TW) 7:00 Bridge (PR)	10:00 Men's Coffee Hour (TW) 10:30 Charity Dolls (SL) 1:00 Gentle Water Exercise (LP) 2:00 Domino Topple with Bill Oakey & Ice Cream Social- March Break event, invite your grandchildren! (CTP/BB) 2:00 Open Swim (LP) 7:00 Party Bridge (PR)	2:00 Parkland University: Understanding the Brain (CTP) 2:00 Adult Colouring (PR) 6:30 Chicago Bridge (PR) 6:30 Brush Up on Bridge (TW)

Parkland at the Lakes - Harris Hall and Inverness Hall



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22	23	24	25	26	27	28
2:30 Classical Music (CTP) 6:30 Cozy Corner (PAR)	10:00 Exercise (CTP) 1:00 Gentle Water Exercise (LP) 2:00 Bingo (BB) 2:00 Open Swim (LP) 3:00 Brush Up on Bridge (TW) 3:15 Bowling (SL) 6:30 Pet Visit: Lady (PAR) 7:00 Music with Paul & Bill (CTP)	10:15 GG's Ukulele Players (BB) 1:00 Gentle Water Exercise (LP) 1:30 Pokeno (PR) 1:30 Cribbage (TW) 1:30 TED Talks with Ann (BB) 2:00 YouTube Music w/ Amy (PAR) 2:00 Open Swim (LP) 3:15 Brain Fitness (BB) 7:00 Rummoli (CR) 7:00 Bridge (PR) 7:00 Bunco (TW)	10:00 Exercise (CTP) 10:30 Hearts & Hands (SL) 1:00 Gentle Water Exercise (LP) 1:30 Art Studio w/ Joy (TW) 2:00 Catholic Mass (GH) 2:00 Time for Grace with Grace United (CTP) 2:00 Open Swim (LP) 3:00 Book Club (SL) 3:15 Ladies Pool (BB)	9:30 Gentle Water Exercise (LP) 10:00 Curling (TW) 10:15 Men's Pool (BB) 10:30 Current Events (SL) 10:30 Open Swim (LP) 2:00 Music with Blink of An Eye (CTP) 2:30 Lexicon (SL) 3:15 Left Center Right (TW) 6:30 Jeopardy with Amy (BB) 6:30 Get to Know Parkland with Ann- good info session for new residents! (SL) 7:00 Bridge (PR)	10:00 Exercise (CTP) 10:00 Men's Coffee Hour (TW) 10:30 Charity Dolls (SL) 1:00 Gentle Water Exercise (LP) 2:00 March Birthday Party with Music by Sounds of Dan (CTP) 2:00 Open Swim (LP) 7:00 Party Bridge (PR)	2:00 Children's Music Recital with Andrea's Music Studio (CTP) 2:00 Adult Colouring (PR) 6:30 Chicago Bridge (PR) 6:30 Brush Up on Bridge (TW) 7:00 Music with Foxwood (CTP)
29	30	31				
2:30 Classical Music (CTP) 6:30 Cozy Corner (PAR)	10:00 Exercise (CTP) 1:00 Gentle Water Exercise (LP) 2:00 Open Swim (LP) 2:30 Parkland at the Lakes' Employee Years of Service Tea- residents welcome to attend! (CTP) 3:00 Brush Up on Bridge (TW) 3:15 Bowling (SL) 6:30 Pet Visit: Lady (PAR)	11:00 Catholic Communion (PR) 1:00 Gentle Water Exercise (LP) 1:30 Pokeno (PR) 1:30 Cribbage (TW) 2:00 Parkland University: Understanding the Brain (CTP) 2:00 Open Swim (LP) 7:00 Rummoli (CR) 7:00 Bridge (PR) 7:00 Bunco (TW)				