

Aberdeen

March 2020


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 Televised Mass (GP) 2:00 Interdenominational Service of Prayer and Praise (B2) 6:15 Piano Music with Megan (A1) 6:45 Movie (A2) – The Wizard of Oz	2 10:15 Fun & Fitness (A2) 2:00 Presentation by Physio Care-at-Home: Managing Pain (GP) 2:00 Cribbage (A2) 6:30 Dog visit with Chloe and owner Gina (B1) 7:00 Brain Game (B2) 7:30 Bridge (GP) Limited seating Cost: 25 cents	3 10:30 Music with Derrick (A2) 10:30 Zumba Gold (GP) 10:30 Protestant Service (B2) 2:00 Residents' & Family Meeting with Managers (A2) 2:30 Hymn Sing with Ian & Friends (B2) 2:45 Campus Tour for New Residents (Meet in A2) 7:30 Bingo (GP)	4 10:15 Fun & Fitness (A2) 10:30 Catholic Communion (B2) 11:00 Lexicon (A2) 2:00 Listen & Laugh: Stuart McLean Stories (A2) 7:00 Piano Music with Dan (B1) 7:30 Movie (C,T) – Going My Way	5 9:00 Cribbage (C3) 9:30 Painting/Colouring Group (PAH) 10:15 Morning Meditation (A2) 10:15 Fun & Fitness (B2) 10:45 Tai Chi – gentle movement exercise (A2) 2:00 Sally's Sweets Gingerbread Social (A2) 3:00 Chair Yoga (FC) 6:30 Visit with cats Tabitha and Potter (B1) 7:30 Movie (C,T) – The Way We Were	6 10:15 Fun & Fitness (A2) 10:30 Tai Chi (FC) 11:00 Password (A2) 2:00 Name That Tune (A2) 7:30 – Pub Night with The Bellimen (C1)	7 10:00 Fun & Fitness (B2) 10:30 Art & Hobby Hour (PAH) 2:00 Sing-A-Long (B2) 6:45 Movie (A2) – Home Again 7:30 Movie (C,T) – Young Bess Turn your clocks ahead one hour before you go to bed!
8 10:00 Televised Mass (GP) 2:00 Bingo with Ernest (A2) 3:00 Sing-A-Long (GP) 6:45 Movie (A2)- Pride and Prejudice Daylight Saving time begins.	9 10:15 Fun & Fitness (A2) 2:00 Concert with Leander Mendoza (GP) 2:00 Cribbage (A2) 6:30 Dog visit with Chloe and owner Gina (B1) 7:00 Brain Game (B2) 7:30 Bridge (GP) Limited seating Cost: 25 cents	10 10:30 Zumba Gold (GP) 2:00 Wine & Cheese Welcome Party (A2) 7:30 Bingo (GP)	11 10:15 Fun & Fitness (A2) 10:30 Catholic Communion (B2) 11:00 Lexicon (A2) 2:00 St. Patrick's Day Colouring (A2) 7:00 North Music Therapy Visit (B2) 7:30 Movie (C,T) – Sunday in New York <u>Drop off books for library home delivery</u>	12 9:00 Cribbage (C3) 9:30 Painting/Colouring Group (PAH) 10:15 Morning Meditation (A2) 10:15 Fun & Fitness (B2) 10:45 Tai Chi – gentle movement exercise (A2) 11:00 Visit with dog Bailey & owner Rosanne (A1) 2:00 Concert with the Welsh Revival Celtic Singers (GP) 3:00 Chair Yoga (FC) 7:30 Movie (C,T) – Laura <u>Library home delivery</u>	13 10:15 Fun & Fitness (A2) 10:30 Tai Chi (FC) 11:00 Link Winks(A2) 2:00 I Hear Memories (A2) 7:30 – Pub Night with Tony Quinn (C1)	14 10:00 Fun & Fitness (B2) 10:30 Art & Hobby Hour (PAH) 2:00 Brain Game (B2) 6:45 Movie (A2) – The Running Man 7:30 Movie (C,T) – The Sandpiper
15 10:00 Televised Mass (GP) 2:00 Interdenominational Service of Prayer and Praise (B2) 6:15 Piano Music with Megan (A1) 6:45 Movie (A2) – Big	16 10:15 Fun & Fitness (A2) 2:00 Birthday Party with John DeWolfe (GP) 2:00 Cribbage (A2) 6:30 Dog visit with Chloe and owner Gina (B1) 7:00 Brain Game (B2) 7:30 Bridge (GP) Limited seating Cost: 25 cents	17 Saint Patrick's Day 10:30 Music with Derrick (A2) 10:30 Zumba Gold (GP) 12:00 St. Patrick's Day Kitchen Party with Live Music and Pub Lunch (C1) 2:00 Alzheimer's Caregiver Support Group (PAH) 2:30 Armchair Travel to Ireland (A2) 2:30 Hymn Sing with Ian & Friends (B2) 7:30 Square Dance Presentation (GP)	18 10:15 Fun & Fitness (A2) 10:30 Catholic Communion (B2) 11:00 Lexicon (A2) 2:00 Paint Nite in the Afternoon with Empty Nest designs COST: \$20.00 Call 8640 to sign up 2:00 Buzz Word(A2) 7:00 Bingo with Joel (A2) 7:30 Movie (C,T) – Imitation of Life Last day to sign up for the Quiznos Lunch In	19 9:00 Cribbage (C3) 9:30 Painting/Colouring Group (PAH) 10:15 Morning Meditation (A2) 10:15 Fun & Fitness (B2) 10:45 Tai Chi – gentle movement exercise (A2) 1:30 March Break Movie Matinee: Mary Poppins Returns (C,T) Bring your grandchildren Snacks provided 2:00 Televised Concert: Daniel O'Donnell Home in Ireland (A2) 3:00 Chair Yoga (FC) 7:30 Movie (C,T) – My Fair Lady (Part 1)	20 Spring Begins! 10:15 Fun & Fitness (A2) 10:30 Anglican Communion Service (B2) 10:30 Tai Chi (FC) 11:00 Game of Things (A2) 2:00 Life Times Reminiscing (A2) 2:00 Cribbage Tournament (GP) Call 8657 to sign up with your partners' name (please leave a message) 7:30 – Pub Night with The Comeback Band (C1)	21 10:00 Fun & Fitness (B2) 10:30 Art & Hobby Hour (PAH) 2:00 Sing-A-Long (B2) 6:45 Movie (A2)- The Way We Were 7:30 Movie (C,T) – My Fair Lady (Part 2)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22 10:00 Televised Mass (GP) 2:00 Bingo with Ernest (A2) 3:00 Sing-A-Long (GP) 6:45 Movie (A2)- Tootsie	23 10:15 Fun & Fitness (A2) 2:00 Presentation by True North Clinical Research (GP) 2:00 Cribbage (A2) 6:30 Dog visit with Chloe and owner Gina (B1) 7:00 Brain Game (B2) 7:30 Bridge (GP) Limited seating Cost: 25 cents	24 10:30 Zumba Gold (GP) 2:00 Aberdeen Men's Afternoon (A2) 2:00 Wine & Cheese Party (C1) 7:30 Bingo (GP)	25 10:15 Fun & Fitness (A2) 10:30 Catholic Communion (B2) 12:00 Quiznos Lunch In (GP) Sign up at the Front Desk by March 18 Cost: \$12.00 charged to suite 2:00 Finish the Lyric (A2) 7:00 North Music Therapy Visit (B2) 7:30 Movie (C,T) – A Place in the Sun	26 9:00 Cribbage (C3) 9:30 Painting/Colouring Group (PAH) 10:15 Fun & Fitness (B2) 11:00 Visit with dog Bailey & owner Roseanne (A1) 2:00 Concert with Chalmers Doane (GP) 7:30 Australia Fire Relief Fundraiser for the Red Cross (GP)	27 10:15 Fun & Fitness (A2) 10:30 Tai Chi (FC) 11:00 Buzz Word Bits (A2) 2:00 Tabletop Curling (A2) 7:30 Pub Night with John DeWolfe (C1)	28 10:00 Fun & Fitness (B2) 10:30 Art & Hobby Hour (PAH) 2:00 Brain Game (B2) 6:45 Movie (A2) - Rudy 7:30 Movie (C,T) – Funny Girl
29 10:00 Televised Mass (GP) 3:00 Sing-A-Long (GP) 6:45 Movie (A2) – The Big Year	30 10:15 Fun & Fitness (A2) 2:00 Bingorama (GP) Doors open at 1:30 Cost: \$1.00/card 2:00 Cribbage (A2) 7:00 Brain Game (B2) 7:30 Bridge (GP) Limited seating Cost: 25 cents	31 10:30 Zumba Gold (GP) 10:30 Rockingham United Church Service (B2) 2:00 Documentary: Remember Africville (A2) 7:30 Bingo (GP)	While we strive to adhere to the programs and times listed, occasionally there may be unforeseen circumstances that require making last minute changes. Call 6557 to hear the up-to-date activity schedule Call 8800 to hear the Daily Menu Specials	If you have questions about Wellness Programs, please call your Wellness Coaches: Sally (902)446-8638 Amanda (902)446-8640 Sydney (902)404-4140 Jenna (902)446-8657	ROOM LEGEND A2 - Aberdeen 2nd Floor Rec Room A,PDR – Aberdeen Private Dining Room B1 – Bradford Library/Parlour B2– Bradford 2nd Floor Rec Room B, DR – Bradford Dining Room	ROOM LEGEND C1 – Cameron Dundee Lounge C3 – Cameron Card Room C4 – Cameron Country Kitchen C, T – Cameron Theatre C, PDR – Cameron Private Dining Room FC – Fitness Centre PAH - Art & Hobby Room GP- Garden Pavilion

Bradford

March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
10:00 Televised Mass (GP) 2:00 Interdenominational Service of Prayer and Praise (B2) 6:15 Piano Music with Megan (A1) 7:00 Movie (B2) – First Man	10:00 Music with Derrick 2:00 Presentation by Physio Care-at-Home: Managing Pain (GP) 6:30 Dog Visit with Gina and Chloe (B1) 7:00 Brain Game – Dealers Choice (B2) 7:30 Bridge (GP) Limited seating Cost: 25 cents	10:30 Protestant Service (B2) 10:30 Zumba (FC) 2:30 Hymn Sing with Ian and Friends (B2) 6:30 Brain Game – A-Z Trivia (B2) 7:30 BINGO (GP)	10:15 Fun & Fitness (FC) 10:30 Catholic Communion (B2) 11:00 Morning Meditation (PAH) 2:00 Happy Hour (B2) 7:00 Piano Music with Dan (B1) 7:00 Cribbage with Chris (B1)	10:00 Painting and Coloring Group (PAH) 10:15 Fun and Fitness (B2) 2:00 St. Patrick's Day Craft - Shamrock Wreath (PAH) 3:00 Chair Yoga (FC) 6:30 Cat Therapy Visit (B1)	10:30 Tai Chi (FC) 11:00 Morning Meditation (PAH) 2:00 Sing-A-Long (B1) 7:30 Pub Night with the Bellimen (C1)	10:00 Fun & Fitness (B2) 10:30 Art & Hobby Hour (PAH) 2:00 Sing-A-Long (B2) 6:45 Movie (B2) – I Am Bolt *Turn your clocks ahead one hour before you go to bed*
8	9	10	11	12	13	14
Daylight Saving Time Begins 10:00 Televised Mass (GP) 2:00 Bingo with Ernest (A2) 3:00 Sing-A-Long (GP) 7:00 T.V Classics (B2)	10:00 Music with Derrick 2:00 Concert with Leander Mendoza (GP) 6:30 Dog Visit with Gina and Chloe (B1) 7:00 Brain Game – Dealers Choice (B2) 7:30 Bridge (GP) Limited seating Cost: 25 cents	10:30 Zumba (GP) 2:00 Floor Curling (GP) 6:30 Brain Game – Linkee (B2) 7:30 BINGO (GP)	10:15 Fun & Fitness (FC) 10:30 Catholic Communion (B2) 11:00 Morning Meditation (PAH) 2:00 Resident and Family Meeting (B2) 2:30 Let's Talk Food with Rob! 7:00 North Music Therapy Visit (B2) <u>Drop off books for library home delivery</u>	10:00 Painting and Coloring Group (PAH) 10:15 Fun and Fitness (B2) 2:00 Concert with the Welsh Revival Celtic Singing Group (GP) 3:00 Chair Yoga (FC) 7:00 Brain Game (B2) <u>Library home delivery</u>	10:30 Tai Chi (FC) 11:00 Morning Meditation (PAH) 2:00 Sing-A-Long (B1) 7:30 Pub Night with Tony Quinn (C1)	10:00 Fun & Fitness (B2) 10:30 Art & Hobby Hour (PAH) 2:00 Brain Game (B2) 6:45 Movie (B2) – I am Ali
15	16	17 Saint Patrick's Day	18	19	20	21
10:00 Televised Mass (GP) 2:00 Interdenominational Service of Prayer and Praise (B2) 6:15 Piano Music with Megan (A1) 7:00 Movie (B2) – Astronaut	10:00 Music with Derrick (B2) 2:00 Birthday Party with John DeWolfe (GP) 6:30 Dog Visit with Gina and Chloe (B1) 7:00 Brain Game – Dealers Choice (B2) 7:30 Bridge (GP) Limited seating Cost: 25 cents	10:30 Zumba (GP) 12:00 St. Patrick's Day Kitchen Party with Live Music and Pub Lunch – Sign up at front desk(C1) 2:30 Hymn Sing with Ian and Friends (B2) 2:00 Alzheimer's Caregiver Support Group (PAH) 7:30 Square Dance Presentation (GP)	10:15 Fun & Fitness (FC) 10:30 Catholic Communion (B2) 11:00 Morning Meditation (PAH) 2:00 Paint Night (In the Afternoon) with Empty Nest Designs- \$20 per person (GP) Call Amanda at 8640 2:00 Brain Game – Lexicon 7:00 Piano Music with Dan (B1) 7:00 Cribbage with Chris (B1)	10:00 Painting and Coloring Group (PAH) 10:15 Fun and Fitness (B2) 1:15 Suzie Q Sing-A-Long (B2) 1:30 March Break Movie Matinee- Invite your grand and great-grandchildren to watch Mary Poppins Returns – Snacks Provided 3:00 Chair Yoga (FC) 7:00 Brain Game (B2)	10:30 Anglican Communion Service (B2) 10:30 Tai Chi (FC) 11:00 Morning Meditation (PAH) 2:00 Sing-A-Long (B1) 2:00 Crib Tournament (GP)- Call Sarah at 8657 with your partners name to join 7:30 Pub Night with The Comeback Band (C1)	10:00 Fun & Fitness (B2) 10:30 Art & Hobby Hour (PAH) 2:00 Sing-A-Long (B2) 6:45 Movie (B2) – Grace


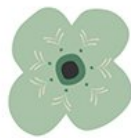


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22	23	24	25	26	27	28
10:00 Televised Mass (GP) 2:00 Bingo with Ernest (A2) 3:00 Sing-A-Long (GP) 7:00 T.V Classics (B2)	10:00 Music with Derrick (B2) 2:00 Presentation from True North Clinical Research on Memory Loss (GP) 6:30 Dog Visit with Gina and Chloe (B1) 7:00 Brain Game – Dealers Choice (B2) 7:30 Bridge (GP) Limited seating Cost: 25 cents	10:30 Zumba (FC) 2:00 Wine and Cheese (Dundee Lounge) 6:30 Brain Game – Scattergories (B2) 7:30 BINGO (GP)	10:15 Fun & Fitness (FC) 10:30 Catholic Communion (B2) 11:00 Morning Meditation (PAH) 12:00 Quiznos Luncheon (GP) – Cost \$12 – Sign up at front desk 2:00 Floor Curling (B2) 7:00 North Music Therapy Visit (B2)	10:00 Painting and Coloring Group (PAH) 10:15 Fun and Fitness (B2) 2:00 Concert with Chalmers Doane (GP) 3:00 Chair Yoga (FC) 7:30 Australia Fire Relief Fundraiser for the Red Cross (GP)	10:30 Tai Chi (FC) 11:00 Morning Meditation (PAH) 2:00 Sing-A-Long (B1) 7:30 Pub Night with John DeWolfe (C1)	10:00 Fun & Fitness (B2) 10:30 Art & Hobby Hour (PAH) 2:00 Brain Game (B2) 6:45 Movie (B2) – Lemonade
29	30	31				
10:00 Televised Mass (GP) 3:00 Sing-A-Long (GP) 7:00 Movie (B2) – Paul, Apostle of Christ	10:00 Music with Derrick (B2) 2:00 Bingorama (GP) Doors open at 1:30 Cost: \$1.00/card 6:30 Dog Visit with Gina and Chloe (B1) 7:00 Brain Game – Dealers Choice (B2) 7:30 Bridge (GP) Limited seating Cost: 25 cents	10:30 Rockingham United Church Service (B2) 10:30 Zumba (FC) 2:00 Coloring for the Soul (PAH) 6:30 Brain Game – Finishing Lines (B2) 7:30 BINGO (GP)		<p>While we strive to adhere to the programs and times listed, occasionally there may be unforeseen circumstances that require making last minute changes.</p>	<p>Call 6555 to hear the up-to-date activity schedule</p> <p>Call 8800 to hear the Daily Menu Specials</p>	<p>If you have questions about Wellness Programs or suggestions, please call your Wellness Coaches:</p> <p>Amanda 8640 Sally 8638 Sydney 4140 Sarah 8657</p>

Cameron				March 2020		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
10:00 Televised Mass (GP) 2:00 Interdenominational Service (B2) Dining Room- Plated Breakfast	10:00 Music with Derrick (B2) 10:15 Fun & Fitness (A2) 2:00 Presentation by PhysioCare at Home (GP) 7:00 Brain Game (B2) 7:30 Bridge (GP)	9:00 Cribbage (C3) 10:30 Zumba Gold (FC) 10:30 Ladies Craft Group (C4) 10:30 Protestant Service (B2) 2:00 Reading for the Soul (Select readings from Chicken Soup books) (PAH) 7:30 BINGO (GP)	10:00 Cameron Hall Residents' Meeting (Followed by the CGRA General Meeting) (C1) 10:15 Fun & Fitness (FC) 10:30 Catholic Communion (B2) 11:00 Morning Meditation (PAH) 2:00 Happy Hour (C1) 7:30 Movie (CT)- Going My Way; 2h10m	9:00 Cribbage (C3) 10:15 Fun & Fitness (B2) 2:00 St. Patrick's Theme Craft (PAH) 3:00 Chair Yoga (FC) 6:30 Cat Therapy Visit (B1) 7:30 Movie (CT)- The Way We Were; 2h	10:15 Fun & Fitness (A2) 10:30 Tai Chi (FC) 11:00 Morning Meditation (PAH) 2:00 BINGO (C1) 7:30 Pub Night with the Bellimen (C1)	10:00 Fun & Fitness (B2) 2:00 Sing Along (B2) 7:30 Movie (CT)- Young Bess; 1h52m Turn clocks back 1 hour before bed
8	9	10	11	12	13	14
10:00 Televised Mass (GP) 3:00 Sing-a-Long (GP) Daylight Saving Begins Dining Room- Brunch	10:00 Music with Derrick (B2) 10:15 Fun & Fitness (A2) 2:00 Concert with Leander Mendoza (GP) 7:00 Brain Game (B2) 7:30 Bridge (GP)	9:00 Cribbage (C3) 10:30 Zumba Gold (FC) 10:30 Ladies Craft Group (C4) 2:00 Short Story Group- Stories will be delivered at least a week before- call Amanda at 8640 if you would like a copy (PAH) 7:30 BINGO (GP)	10:15 Fun & Fitness (FC) 10:30 Catholic Communion (B2) 11:00 Morning Meditation (PAH) 2:00 Coffee & the Vinyl Café 7:30 Movie (CT)- Sunday in New York; 1h45m Drop off your Halifax Library Books to Cameron Library	9:00 Cribbage (C3) 10:15 Fun & Fitness (B2) 2:00 Concert The Welsh Revival Celtic Singers 3:00 Chair Yoga (FC) 7:30 Movie (CT)- Laura; 1.5h Pick up your new Halifax Library Books in the Cameron Library	10:15 Fun & Fitness (A2) 10:30 Tai Chi (FC) 11:00 Morning Meditation (PAH) 2:00 Quiz Master (PAH) 7:30 Pub Night with Tony Quinn (C1)	10:00 Fun & Fitness (B2) 2:00 Sing-a-Long (B2) 7:30 Movie (CT)- The Sandpiper; 2h
15	16	17 Saint Patrick's Day	18	19	20	21
10:00 Televised Mass (GP) 2:00 Interdenominational Service (B2) Dining Room- Plated Breakfast	10:00 Music with Derrick (B2) 10:15 Fun & Fitness (A2) 2:00 Birthday Party with John DeWolfe (GP) 7:00 Brain Game (B2) 7:30 Bridge (GP)	9:00 Cribbage (C3) 10:30 Zumba Gold (FC) 10:30 Ladies Craft Group (C4) 12:00 St. Patrick's Day Party (C1)- Sign up at front desk 2:00 Alzheimer's Caregiver Support Group (PAH) 7:30 Square Dance Demonstration (GP)	10:15 Fun & Fitness (FC) 10:30 Catholic Communion (B2) 11:00 Morning Meditation (PAH) 2:00 Paint Night (In the Afternoon) with Empty Nest Designs- \$20 per person Call 8640 to sign up (GP) 7:30 Movie (CT)- Imitation of Life; 2h Last day to sign up for Quiznos Lunch	9:00 Cribbage (C3) 10:15 Fun & Fitness (B2) 1:30 March Break Movie Matinee- Invite your grand and great-grandchildren to watch Mary Poppins Returns (CT) Snacks provided 3:00 Chair Yoga (FC) 7:30 Movie (CT)- My Fair Lady (Pt. 1); 1.5h	10:15 Fun & Fitness (A2) 10:30 Anglican Church Service (B2) 10:30 Tai Chi (FC) 11:00 Morning Meditation (PAH) 2:00 Crib Tournament (GP)- Call Sarah at 8657 with your partners name to join 7:30 Pub Night with The Comeback Band (C1)	10:00 Fun & Fitness (B2) 2:00 Sing Along (B2) 7:30 Movie (CT)- My Fair Lady (Pt. 2); 1.5h

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22	23	24	25	26	27	28
10:00 Televised Mass (GP) 3:00 Sing-a-Long (GP) Dining Room- Brunch	10:00 Music with Derrick (B2) 10:15 Fun & Fitness (A2) 2:00 Presentation from True North Clinical Research on Memory Loss (GP) 7:00 Brain Game (B2) 7:30 Bridge (GP)	9:00 Cribbage (C3) 10:30 Zumba Gold (FC) 10:30 Ladies Craft Group (C4) 2:00 Wine and Cheese (C1) 7:30 BINGO (GP)	10:15 Fun & Fitness (FC) 10:30 Catholic Communion (B2) 11:00 Morning Meditation (PAH) 12:00 Quiznos Lunch sign up by the 18 th \$12 charge to suite 2:00 Parkland U- All About Crows (Rescheduled from February) 7:30 Movie (CT)- A Place in the Sun; 2h	9:00 Cribbage (C3) 10:15 Fun & Fitness (B2) 2:00 Concert with Chalmers Doane (GP) 3:00 Chair Yoga (FC) 7:30 Australia Fire Relief Fundraiser for the Red Cross (GP)	10:15 Fun & Fitness (A2) 10:30 Tai Chi (FC) 11:00 Morning Meditation (PAH) 1:30 Documentary- The Mind Explained (Five 20 minute segments on: Memory, Dreams, Anxiety, Mindfulness & Psychedelics) 7:30 Pub Night with John Dewolfe	10:00 Fun & Fitness (B2) 2:00 Brain Game (B2) 7:30 Movie (CT)- Funny Girl; 2.5h
29	30	31				
10:00 Televised Mass (GP) 3:00 Sing-a-Long (GP) Dining Room- Plated Breakfast	10:00 Music with Derrick (B2) 10:15 Fun & Fitness (A2) 2:00 BINGORama (GP)- \$1 per card to play, doors open at 1:30 7:00 Brain Game (B2) 7:30 Bridge (GP)	9:00 Cribbage (C3) 10:30 Zumba Gold (FC) 10:30 Rockingham United Church Service (B2) 10:30 Ladies Craft Group (C4) 1:30 Televised Concert- Andre Rieu: Live in Dublin (CT) 7:30 Bingo (GP)		While we strive to adhere to the programs and times listed, occasionally there may be unforeseen circumstances that require making last minute changes.	Call 6556 to hear the up-to-date activity schedule Call 8800 to hear the Daily Menu Specials	If you have questions about Wellness Programs or suggestions, please call your Wellness Coaches: Amanda 8640 Sally 8638 Sydney 4140 Sarah 8657

Drummond

March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 Televised Mass (GP) 10:00 1:1 Visits 3:00 Sing-A-Long (2 nd floor) 	2 11:00 Music with Sheila (3 rd floor) 2:00 Presentation by Physio Care-at-Home: Managing Pain (GP) 2:00 Brain Game (2 nd floor) 7:30 Bridge (GP) Limited seating Cost: 25 cents	3 10:30 Chair Yoga (SR) 2:00 Wine & Cheese Social (2 nd floor) 7:30 Bingo (GP)	4 10:30 Fiddle Music with Laura (2 nd floor) 1:30 Pet Visit: Harley the Shih Tzu 2:00 Wheel of Fortune (2 nd floor)	5 9:30 Painting / Coloring Group (PAH) 10:30 Bocce Ball (2 nd fl) 2:00 Resident Meeting (2 nd floor) 3:00 Tim Hortons Donuts with Tea & Coffee (2 nd floor) 6:30 Cat Therapy Visit (Bradford Library)	6 10:30 Exercise & Lexicon (2 nd floor) 2:00 Bingo with David (2 nd floor) 6:30 Visits with Meenakshi 7:30 Pub Night with The Bellimen (C1)	7 10:30 Exercise & Ring Toss (2 nd floor) 3:00 Brain Game-Dealers choice (4 th floor) Turn your clocks ahead one hour before you go to bed!
8 10:00 Televised Mass (GP) 10:00 1:1 Visits 3:00 Sing-A-Long (GP) Daylight Saving Time Begins	9 11:00 Music with Derrick (3 rd floor) 2:00 Concert with Leander Mendoza (GP) 7:30 Bridge (GP) Limited seating Cost: 25 cents	10 10:30 Exercise (2 nd floor) 11:00 Pet Visit: Louie the English Bulldog 2:00 Floor Curling (GP) 7:30 Bingo (GP)	11 10:30 Bocce Ball (2 nd floor) 1:30 Pet Visit: Harley the Shih Tzu 2:00 New! Midday Meditation (SR) 6:00 Pet Visit: Luna the Beagle <u>Drop off books for library home delivery</u>	12 9:30 Painting / Coloring Group (PAH) 10:30 Fiddle Music with Laura (2 nd floor) 2:00 Welsh Revival Celtic Singing Group (GP) 6:30 Pet Visit: Molson the Maltese <u>Library home delivery</u>	13 10:30 Exercise & Lexicon (2 nd floor) 2:00 Bingo with David (2 nd floor) 7:30 Pub Night with Tony Quinn (C1) 	14 10:30 Exercise & Ring Toss (2 nd floor) 1:30 Knitting & Crochet with Sylvia (2 nd floor) 3:00 Brain Game-Dealers choice (4 th floor)
15 10:00 Televised Mass (GP) 10:00 1:1 Visits 3:00 Sing-A-Long (2 nd floor)	16 11:00 Music with Derrick (3 rd Floor) 2:00 March Birthday Party with John DeWolfe (GP) 7:30 Bridge (GP) Limited seating Cost: 25 cents 	17 Saint Patrick's Day 10:30 Chair Yoga (SR) 12:00 St. Patrick's Day Kitchen Party with Live Music and Pub Lunch (C1)- Sign up at front desk 2:00 St. Patrick's Day Crafty Corner (2 nd floor) 2:00 Alzheimer's Society Caregiver Support Group (PAH) 7:30 Square Dance Presentation (GP)	18 10:30 Fiddle Music with Laura (2 nd floor) 1:30 Pet Visit: Harley the Shih Tzu 2:00 Paint Night (In the Afternoon) with Empty Nest Designs-\$20 per person (GP) Sign up with Danielle 2:00 Vinyl Café with Tea & Coffee (2 nd floor) Last day to sign up for Quiznos Lunch In	19 9:30 Painting / Coloring Group (PAH) 10:30 Bocce Ball (2 nd floor) 2:00 New! Armchair Travel: Gros Morne National Park (SR) 6:30 Pet Visit: Molson the Maltese	20 10:30 Exercise & Lexicon (2 nd floor) 2:00 Bingo with David (2 nd floor) 6:30 Visits with Meenakshi 7:30 Pub Night with The Comeback Band (C1)	21 10:30 Exercise & Ring Toss (2 nd floor) 3:00 Brain Game-Dealers choice (4 th floor) 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>22</p> <p>10:00 Televised Mass (GP) 10:00 1:1 Visits 3:00 Sing-A-Long (GP)</p> 	<p>23</p> <p>11:00 Music with Derrick (3rd Floor) 2:00 Presentation by True North Clinical Research (GP) 2:00 Life Times Reminiscing (4th floor) 7:30 Bridge (GP) Limited seating Cost: 25 cents</p>	<p>24</p> <p>10:30 Exercise (2nd floor) 11:00 Pet Visit: Louie the English Bulldog 2:00 Baking & Tasting: Chocolate Chip Cookies (2nd floor) 7:30 Bingo (GP)</p>	<p>25</p> <p>10:30 Fiddle Music with Laura (2nd floor) 12:00 Quiznos Lunch In- \$12 charge to suite (sign up with Danielle by March 18th) (GP) 1:30 Pet Visit: Harley the Shih Tzu 2:30 Reading for the Soul (4th floor) 6:00 Pet Visit: Luna the Beagle</p>	<p>26</p> <p>9:30 Painting / Coloring Group (PAH) 10:30 Bocce Ball (2nd floor) 2:00 Concert with Chalmers Doane (GP) 6:30 Pet Visit: Molson the Maltese 7:30 Australia Fire Relief Fundraiser for the Red Cross (GP)</p>	<p>27</p> <p>10:30 Exercise & Lexicon (2nd floor) 2:00 Bingo with David (2nd floor) 7:30 Pub Night with John DeWolfe (C1)</p> 	<p>28</p> <p>10:30 Exercise & Ring Toss (2nd floor) 1:30 Knitting & Crochet with Sylvia (2nd floor) 2:30 Prayers and Hymns with Balan (4th floor)</p>
<p>29</p> <p>10:00 Televised Mass (GP) 10:00 1:1 Visits 3:00 Sing-A-Long (GP)</p>	<p>30</p> <p>11:00 Music with Derrick (3rd Floor) 2:00 Bingorama (GP) Doors open at 1:30 Cost: \$1.00/card 7:30 Bridge (GP) Limited seating Cost: 25 cents</p>	<p>31</p> <p>10:30 Chair Yoga (SR) 2:00 Root Beer Floats Trolley (All floors) 7:30 Bingo (GP)</p>		<p>While we strive to adhere to the programs and times listed, there may be circumstances that require making last minute changes.</p>	<p>Drummond Hall Recreation If you have questions or concerns please contact: Wellness Coach, Danielle 902-406-8225 dcull@shannex.com</p>	<p><u>What's Where</u></p> <p>2nd floor- 2nd floor Drummond Hall 3rd floor- 3rd floor Drummond Hall Living Room 4th floor- 4th floor Drummond Hall SR- Serenity Room 2nd floor Drummond Hall C1- Dundee Lounge (1st floor Cameron Hall) GP- Garden Pavilion FC – Fitness Centre PAH - Art & Hobby Room</p>

Evan

March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Happy Birthday Joan!	11:00 Fun & Fitness 2:15 Sing-A-Long Afternoon Refreshments 6:00 Word Game: Dealer's Choice	10:00 Baking 11:00 Word Game: Finishing Lines 2:00 Ring Toss Afternoon Refreshments 6:00 Games with Sarah	11:00 Word Game: 2:00 Music with Derrick! Afternoon Refreshments 6:00 Sing-A-Long	9:00 1:1 visits with Sarah 11:00 Catholic Mass 2:00 Afternoon Refreshments 6:00 Word Game: Finishing Words Happy Birthday Karen!	2:00 Sing-A-Long Afternoon Refreshments 6:00 Pet Therapy Visit with Jessica and Cabot!	11:00 Good Morning Stretches 1:30 Brain Game: Dealer's Choice Afternoon Refreshments
8	9	10	11	12	13	14
	11:00 Fun & Fitness 2:15 Sing-A-Long Afternoon Refreshments 6:00 Word Game: Dealer's Choice	10:00 Sequencing Activities 11:00 Word Game: 2:00	11:00 Word Game: 2:00 Afternoon Refreshments 6:00 Sing-A-Long	9:00 1:1 visits with Sarah 11:00 Catholic Mass 2:00 Afternoon Refreshments 6:00 Word Game	2:00 BINGO 6:00 Pet Therapy Visit with Jessica and Cabot!	11:00 Good Morning Stretches 1:30 Brain Game: Dealer's Choice Afternoon Refreshments
15	16	17 Saint Patrick's Day	18	19	20	21
	11:00 Fun & Fitness 2:15 Sing-A-Long Afternoon Refreshments 6:00 Word Game: Dealer's Choice	10:30 Daycare visit with Sumaira & Friends! (Weather permitting) 2:00 Colouring for the Soul Afternoon Refreshments 6:00 Games with Sarah!	2:00 Paint Afternoon (\$20 cash or cheque) GP 6:30 to 7:30 St. Patrick's Day Party! Happy Birthday Frankie!	9:00 1:1 visits with Sarah 11:00 Catholic Mass 2:00 Afternoon Refreshments	6:00 Pet Therapy Visit with Jessica and Cabot!	11:00 Good Morning Stretches 1:30 Brain Game: Dealer's Choice Afternoon Refreshments

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22	23	24	25	26	27	28
	11:00 Fun & Fitness 2:15 Sing-A-Long Afternoon Refreshments 6:00 Word Game: Dealer's Choice	10:00 Baking 11:00 Word Game: Lexicon 2:00 Name that Tune! 6:00 Games with Sarah		9:00 1:1 visits with Sarah 11:00 Catholic Mass 2:00 Birthday Celebration & Dance with the Elderly Brothers! Afternoon Refreshments 6:00 Word Game: Finishing Words	2:00 BINGO Afternoon Refreshments 6:00 Pet Therapy Visit with Jessica and Cabot!	11:00 Good Morning Stretches 1:00 Hymns & Prayers with Balan Afternoon Refreshments
29	30	31				
	11:00 Fun & Fitness 2:15 Sing-A-Long Afternoon Refreshments 6:00 Word Game: Dealer's Choice Happy Birthday Rodger!	10:00 Sequencing Activities 11:00 Tai Chi Exercises 2:00 Word Game: Finishing Words Afternoon Refreshments 6:00 Games with Sarah	While we strive to adhere to the programs and times listed, occasionally there may be unforeseen circumstances that require making last minute changes.	Daily Meal Times: 12:00pm Lunch, 3:00pm Afternoon Refreshments, 5:00pm Supper, 7:30pm Night Lunch	If you have any questions about wellness programs, please contact Jenna at jnelson@shannex.com or (902) 404-4130	