

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00 Sunday Mass (C) 1:00 Scrabble (GR) 2:00 Afternoon Movie Matinée (T)	10:30 Find Your Balance (M) 11:00 1 to 1 Visits (AL) 11:15 Daily Mass (C) 1:30 Hand Massage (AL) 2:00 Ice Cream Bar (B) 3:00 Afternoon Tea (AL-F3) 4:00 Sing Along with Seville (AL-F2) 4:00 Circuit Training (F)	10:15 Chair Yoga (M) 11:15 Daily Mass (C) 1:00 Shuttle Service (O) 2:00 Bingo (AL-F3) 2:30 Gentle Balance (AL-F1) 7:00 Centering Prayer (C)	10:00 Medical Tai Chi (M) 11:15 Daily Mass (C) 2:00 Knitting Group (L) 2:00 Sing Along with James Levac (AL-F3) 3:00 Happy Hour with Trivia (B) 7:00 Night at the Opera: Turandot (T)	10:30 Stretch and Tone (M) 11:00 1 to 1 Visits (AL) 11:15 Daily Mass (C) 2:30 Gentle Balance (AL-F1) 3:30 Mindful Gardening with Elaine (AL-F2) 7:00 Big Tribute Band (M)	10:30 Build Your Strength (M) 11:00 1 to 1 Visits (AL) 11:15 Daily Mass (C) 1:00 Classical Piano with Jun (AL-F2) 2:00 Afternoon Bridge (GR) 2:00 Bingo (AL-F1) 3:00 Afternoon Tea (B) 7:00 Aquafit (P)	10:00 Wu-Dang Tai Chi (M) 11:15 Daily Mass (C) 3:00 Crafts with Kristin (AL-F3) 4:00 Sing Along with Allen (AL-F4) 7:00 Movie Night (T)
11:00 Sunday Mass (C) 1:00 Scrabble (GR) 2:00 Afternoon Modern Movie Matinée Fires That Burn by Sr. Elaine Macinnes (T)	10:30 Find Your Balance (M) 11:00 1 to 1 Visits (AL) 11:15 Daily Mass (C) 1:30 Hand Massage (AL) 2:00 Ice Cream Bar (B) 3:00 Afternoon Tea (AL-F3) 4:00 Sing Along with Seville (AL-F2) 4:00 Lenten Lecture by Fr. Rosica (M)	10:15 Chair Yoga (M) 11:15 Daily Mass (C) 1:00 Shuttle Service (O) 2:00 Bingo (AL-F3) 2:30 Gentle Balance (AL-F1) 7:00 Centering Prayer (C)	10:00 Medical Tai Chi (M) 11:15 Daily Mass (C) 2:00 Knitting Group (L) 2:00 Sing Along with James Levac (AL-F3) 3:00 Happy Hour with Trivia (B) 7:00 CBC Docs: A Hidden Natural World (T)	10:30 Stretch and Tone (M) 11:00 1 to 1 Visits (AL) 11:15 Daily Mass (C) 2:30 Gentle Balance (AL-F1) 3:30 Mindful Gardening with Elaine (AL-F2) 7:00 Big Tribute Band (M)	10:30 Build Your Strength (M) 11:00 1 to 1 Visits (AL) 11:15 Daily Mass (C) 1:00 Classical Piano with Jun (AL-F2) 2:00 Afternoon Bridge (GR) 2:00 Bingo (AL-F1) 3:00 Afternoon Tea (B) 7:00 Aquafit (P)	10:00 Wu-Dang Tai Chi (M) 11:15 Daily Mass (C) 3:00 Crafts with Kristin (AL-F3) 4:00 Sing Along with Allen (AL-F4) 7:00 Movie Night (T)
Daylight Saving Time Begins						
11:00 Sunday Mass (C) 1:00 Scrabble (GR) 2:00 Afternoon Movie Matinée (T)	10:30 Find Your Balance (M) 11:00 1 to 1 Visits (AL) 11:15 Daily Mass (C) 1:30 Hand Massage (AL) 2:00 Ice Cream Bar (B) 3:00 Afternoon Tea (AL-F3) 4:00 Sing Along with Seville (AL-F2) 4:00 Lenten Lecture by Fr. Rosica (M)	10:15 Chair Yoga (M) 11:15 Daily Mass (C) 1:00 Shuttle Service (O) 2:00 Bingo (AL-F3) 2:30 Gentle Balance (AL-F1) 7:00 Centering Prayer (C)	10:00 Medical Tai Chi (M) 11:15 Daily Mass (C) 2:00 Knitting Group (L) 2:00 Town Hall (DA) 2:00 Sing Along with James Levac (AL-F3) 7:00 Luck of the Irish Casino and Cocktail Night (DA) Strummers (DA)	10:30 Stretch and Tone (M) 11:00 1 to 1 Visits (AL) 11:15 Daily Mass (C) 2:30 Gentle Balance (AL-F1) 3:30 Mindful Gardening with Elaine (AL-F2) 7:00 Big Tribute Band (M)	10:30 Build Your Strength (M) 11:00 1 to 1 Visits (AL) 11:15 Daily Mass (C) 1:00 Classical Piano with Jun (AL-F2) 2:00 Afternoon Bridge (GR) 2:00 Bingo (AL-F1) 3:00 Afternoon Tea (B) 7:00 Aquafit (P)	10:00 Wu-Dang Tai Chi (M) 11:15 Daily Mass (C) 3:00 Crafts with Kristin (AL-F3) 4:00 Sing Along with Allen (AL-F4) 7:00 Movie Night (T)
		St. Patrick's Day		Spring Begins		
11:00 Sunday Mass (C) 1:00 Scrabble (GR) 2:00 Afternoon Movie Matinée (T)	10:30 Find Your Balance (M) 11:00 1 to 1 Visits (AL) 11:15 Daily Mass (C) 1:30 Hand Massage (AL) 2:00 Ice Cream Bar (B) 3:00 Afternoon Tea (AL-F3) 4:00 Sing Along with Seville (AL-F2) 4:00 Lenten Lecture by Fr. Rosica (M)	10:15 Chair Yoga (M) 11:15 Daily Mass (C) 1:00 Shuttle Service (O) 2:00 Bingo (AL-F3) 2:30 Gentle Balance (AL-F1) 7:00 Centering Prayer (C)	10:00 Medical Tai Chi (M) 11:15 Daily Mass (C) 2:00 Knitting Group (L) 2:00 Sing Along with James Levac (AL-F3) 3:00 Happy Hour with Trivia (B) 7:00 Netflix Series: Royal House of Windsor Ep. 2 (T)	10:30 Stretch and Tone (M) 11:00 1 to 1 Visits (AL) 11:15 Daily Mass (C) 2:00 Irish Birthday Party with Mike and Darlene (DA) 2:30 Gentle Balance (AL-F1) 3:30 Mindful Gardening with Elaine (AL-F2) 7:00 Big Tribute Band (M)	10:30 Build Your Strength (M) 11:00 1 to 1 Visits (AL) 11:15 Daily Mass (C) 1:00 Classical Piano with Jun (AL-F2) 2:00 Afternoon Bridge (GR) 2:00 Bingo (AL-F1) 3:00 Afternoon Tea (B) 7:00 Aquafit (P)	10:00 Wu-Dang Tai Chi (M) 11:15 Daily Mass (C) 3:00 Crafts with Kristin (AL-F3) 4:00 Sing Along with Allen (AL-F4) 7:00 Movie Night (T)
11:00 Sunday Mass (C) 1:00 Scrabble (GR) 2:00 Afternoon Movie Matinée (T)	10:30 Find Your Balance (M) 11:00 1 to 1 Visits (AL) 11:15 Daily Mass (C) 1:30 Hand Massage (AL) 2:00 Ice Cream Bar (B) 3:00 Afternoon Tea (AL-F3) 4:00 Sing Along with Seville (AL-F2) 4:00 Lenten Lecture by Fr. Rosica (M)	10:15 Chair Yoga (M) 11:15 Daily Mass (C) 1:00 Shuttle Service (O) 2:00 Bingo (AL-F3) 2:30 Gentle Balance (AL-F1) 7:00 Centering Prayer (C)				



March 2020

Assisted Living Calendar