

March 2025



Programs subject to change. Any questions please call the Activities Department at 613-756-2643 ext 225.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10:15 Noodle Ball Zone 3 AR 1:45 Noodle Ball Zone 4 AR
2 9:45 ITAP Visits Zone 2 (1:1) 1:45 ITAP Visits Zone 2 (1:1)	3 10:30 Turquoise Sing A Long (1:1) 1:30 Fit Minds Zone 2 HS 1:35 Fit Minds Zone 3 AR 1:40 Fit Minds Zone 4 DR - AR 6:15 Men's Club- Champion Racetrack - AR	4 9:45 Friendly Visits (1:1) 10:15 Drum Fit - AR 1:45 Bingo - AR Shrove Tuesday	5 10:15 Virtual Ash Wednesday Mass - AR 1:45 Movie Matinee - AR 6:15 "What's In the News?" - AR Ash Wednesday Hairdressing	6 10:15 Anglican Church Service - AR 1:30 Aromatherapy (1:1) 1:30 Resident Council Meeting - AR 2:00 Beachball Volleyball FPL	7 10:15 Stations & Rosary - AR 1:45 Country Classics With Bart Lynch - AR 	8 10:15 Noodle Ball - AR 1:45 I Hear Memories - AR Clocks go Ahead 1 Hour
9 10:15 Bridgetown Music Therapy Sing A Long Hymns - AR 1:45 Lives of the Saints - AR	10 10:15 Handy Helpers - AR 10:30 Turquoise Sing A Long (1:1) 1:45 Music with Shakey D - AR 6:15 LP Record Club - AR 	11 8:00 Breakfast Club - AR 9:45 Friendly Visits (1:1) 10:15 Silver Sneakers Exercise - AR 1:45 Pot of Gold Bingo - AR	12 10:00 Pet Visit with Anna & Peter(1:1) 10:15 Kelly's Karaoke - AR 1:45 Shamrock Darts - AR 6:15 Finishing the Lines - AR Hairdressing	13 10:15 Crafts with Kris - AR 1:45 Armchair Travel to Ireland - AR 1:45 Montessori Visits (1:1) IRELAND	14 10:15 St. Patrick's Day Word Games FPL 1:45 Java Music Club 1:45 Java Time 6:15 Skitts & Giggles - AR	15 10:15 Donnie's Fiddle Exercises - AR 1:45 Giant Crossword - AR
16 10:15 Sunday Cinema-Touched by An Angel - AR 1:45 Mad River Ramblers - AR 	17 10:15 Handy Helpers - AR 10:30 Turquoise Sing A Long (1:1) 1:45 St. Patricks Day Party with Country Mile - AR 	18 9:45 Friendly Visits (1:1) 10:15 Drum Fit - AR 1:45 Bingo - AR 6:15 Yo Yo Mama's Fiddle Group - AR	19 10:15 United Church Service - AR 1:45 Young at Heart Line Dancers with Joe Bratley - DR 6:15 "What's In the News?" - AR Hairdressing	20 10:05 Fit Minds Zone 4 DR 10:10 Fit Minds Zone 3 - AR 10:15 Fit Minds Zone 2 HS 1:45 Catholic Mass with Fr. John Burchat - CHPL	21 10:15 Worship Service with Pastor Doug Kranz - AR 1:45 Java Music Club - AR 1:45 Java Time HS 5:45 Tuck Shop Cart(1:1)All zones	22 10:15 Chair Yoga - AR 1:45 Piano With Donna - AR
23 10:15 Bible Study - AR 1:45 Calvary Baptist Church Service - AR	24 10:15 Handy Helpers - AR 10:30 Turquoise Sing A Long (1:1) 1:45 Pet Visit with Henry(1:1) 1:45 The Hazleton's - AR 6:15 Fish N Game Club	25 9:45 Friendly Visits (1:1) 10:15 Bosco Buddies Bowling - AR 1:45 Bingo - AR 	26 10:00 Baking - AR 1:45 Classic Country with Teddy Murray - AR 6:15 You Be the Judge - AR Hairdressing	27 10:15 Silver Sneakers Exercise - AR 1:30 Fit Minds Zone 2 FPL 1:35 Fit Minds Zone 3 AR 1:40 Fit Minds Zone 4 DR Footcare C & D	28 10:15 Rosary & Communion with Pierre Paul & Judy - AR 1:45 Joe's Piano - AR	29 10:00 St. John Ambulance Pet Visit with Tasha 1:45 Horseracing - AR
30 10:15 Suzie Q Sing A Long- Hymns & Harmony - AR 1:45 Sunday Bookshelf - AR	31 10:15 Handy Helpers - AR 10:30 Turquoise Sing A Long (1:1) 1:45 Ice Fossils - AR 6:15 Twilight Mysteries - AR 					

AR - Assembly Room

CHPL - Chapel

DR - Dining Room/Lounge