

**MONDAYS:** Visiting Library Pick Up on March 23rd

**TUESDAYS:** In Home Hearing on March 10th, Visiting Library Delivery March 24th

**WEDNESDAYS:** Hairdressing Appointments (in the Hair Salon) Mobility 1st March 25th

**FRIDAYS:** Hairdressing Appointments (in the Hair Salon)

## UPCOMING

### ST. PATRICK'S DAY FUN:

#### MARCH 16TH & 17TH

Wear your green and join us for some St. Patrick's Day fun! On March 16th, enjoy a lively performance by the Goggin Stewart School of Irish Dance. Then on March 17th, it's party time! Celebrate with green beer, live entertainment by Frank St. Germain, and even a chance to kiss the Blarney Stone!

## JOIN OUR FUN & FRIENDLY FITNESS GROUPS!

Get Moving with Us! Discover a variety of energizing classes for every level, including:

VON Exercise Class

Fitness with Larry

Yoga with Kari

DrumFit

Zumba

Stay active, meet new friends, and have fun while working on your wellness goals!



### MARCH FEATURES

**Table Tennis:** Join Head Coach and Manager Lorne Cherry from the London Table Tennis Club for a fun and engaging session designed for all skill levels. Whether you're looking to sharpen your technique or try table tennis for the very first time, this is a great opportunity to get involved. Monday, March 9th at 10:45am.

**Special Guest Visitor:** We're excited to welcome Mayor Josh Morgan to our retirement residence! We look forward to sharing our wonderful community with him and giving residents a chance to connect with our city's Mayor. Friday, March 13th at 2:00pm.

**Birthday Party:** Join us as we celebrate our residents' birthdays with cake and live entertainment by Larry McGill! Thursday, March 26th at 2:30pm.

**Painting with Donna**  
Every Wednesday In March

**Women In Movies Movie Series**  
Every Saturday in March

**Kitchen Tours**  
Monday, March 2nd

**Card Making with Karen**  
Thursday, March 5th

**Entertainment Once a Quartet**  
Thursday, March 5th

**Table Tennis Lesson with Lorne Cherry**  
Monday, March 9th

**Bus Trip to McLachlan's Maple Syrup**  
Thursday, March 12th

**Special Guest Visitor**  
Friday, March 13th

**The Goggin Stewart School of Irish Dance**  
Monday, March 16th

**Entertainment Frank St. Germain**  
Tuesday, March 17th

**Bus Trip to Montana's Restaurant**  
Wednesday, March 18th

**Fashion Show**  
Thursday, March 19th

**Birthday Party with Larry McGill**  
Thursday, March 26th

**Resident Drama Club Live Performance**  
Friday, March 27th

 **Like us on facebook!**  
facebook.com/LongworthRetirement

# SOCIAL & RECREATIONAL ACTIVITIES - MARCH 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>9:00</b> Sunday RC Mass Livestream –St. George <b>10:30</b> Hymn Sing <b>PL</b> <b>2:00</b> TV Show: Golden Girls (S1 E. 1,2,3) <b>LL</b> <b>7:00</b> Andre Rieu Concert <b>LL</b> 1	<b>9:45</b> VON Exercise Class <b>LL</b> 2 <b>10:30</b> Kitchen Tour <b>B</b> <b>1:30</b> Cribbage <b>C</b> <b>1:30</b> Who Am I? <b>LL</b> <b>2:00</b> Relaxation Colouring <b>2:30</b> Kitchen Tour <b>B</b> <b>2:30</b> Bingo <b>LL</b>	<b>10:00</b> Fun Fitness Larry <b>LL</b> 3 <b>1:30</b> You Tube & You <b>LL</b> <b>2:00</b> Bridge <b>LH/LL/TT</b> <b>3:00</b> Cranium Crunches <b>AJC</b> <b>7:00</b> Netflix Night <b>LL</b>	<b>9:45</b> VON Exercise Class <b>LL</b> 4 <b>1:30</b> Billiards <b>BR</b> <b>2:00</b> Painting with Donna <b>H</b> <b>4:00</b> Longworth Pub <b>B</b> <b>7:00</b> Reel Friends Movie Night <b>LL</b>	<b>9:30</b> Trip to Cherryhill Mall 5 <b>11:00</b> Trivia <b>LL</b> <b>1:30</b> Card Making with Karen <b>H</b> <b>2:30</b> Drama Club <b>LL</b> <b>7:00</b> Entertainment: Once a Quartet <b>B/PL</b>	<b>9:30</b> Rick Steves’ Ireland <b>AJC</b> 6 <b>10:15</b> DrumFit <b>LL</b> <b>2:30</b> Chip Chat Social <b>B</b> <b>7:00</b> Netflix Night <b>LL</b>	<b>Anytime Activity Booklet</b> 7 <b>9:30</b> Yoga <b>LL</b> <b>2:00</b> Movie: Steel Magnolias <b>LL</b> <b>2:30</b> Board Games <b>G</b> <b>7:00</b> Movie: Steel Magnolias <b>LL</b>
<b>INT.WOMEN’S DAY</b> 8 <b>9:00</b> Sunday RC Mass Livestream –St. George <b>AJC</b> <b>10:30</b> Hymn Sing <b>PL</b> <b>2:00</b> TV Show: Golden Girls (S1 E. 4,5,6) <b>LL</b> <b>7:00</b> Andre Rieu Concert <b>LL</b>	<b>9:45</b> VON Exercise Class <b>LL</b> 9 <b>10:45</b> Table Tennis Lesson with Lorne Cherry <b>LL</b> <b>1:30</b> Cribbage <b>C</b> <b>1:30</b> What Am I? <b>LL</b> <b>2:00</b> Relaxation Colouring <b>LH</b> <b>2:30</b> Bingo <b>LL</b>	<b>10:00</b> Fun Fitness Larry <b>LL</b> 10 <b>1:30</b> You Tube & You <b>LL</b> <b>2:00</b> Euchre <b>LH/LL/TT</b> <b>3:00</b> Cranium Crunches <b>AJC</b> <b>4:30</b> Pet Therapy Hank <b>7:00</b> Netflix Night <b>LL</b>	<b>9:45</b> VON Exercise Class <b>LL</b> 11 <b>1:30</b> Chess <b>G</b> <b>2:00</b> Painting with Donna <b>H</b> <b>4:00</b> Longworth Pub <b>B</b> <b>7:00</b> Reel Friends Movie Night <b>LL</b>	<b>10:15</b> DrumFit <b>LL</b> 12 <b>11:00</b> Trivia <b>LL</b> <b>11:00</b> Trip to McLachlan’s Maple Syrup <b>su</b> <b>3:00</b> Town Hall Meeting <b>LL</b>	<b>9:30</b> Trip to Cherryhill Mall 13 <b>9:30</b> Rick Steves’ Ireland <b>AJC</b> <b>2:30</b> Special Guest Visitor Mayor Josh Morgon <b>PL</b> <b>7:00</b> Netflix Night <b>LL</b>	<b>Scavenger Hunt</b> 14 <b>9:45</b> Zumba <b>LL</b> <b>2:00</b> Movie: Fried Green Tomatoes <b>LL</b> <b>2:30</b> Darts <b>G</b> <b>7:00</b> Movie: Fried Green Tomatoes <b>LL</b>
<b>9:00</b> Sunday RC Mass Livestream –St. George <b>LL</b> 15 <b>10:30</b> Hymn Sing <b>PL</b> <b>2:00</b> TV Show: Golden Girls (S1 E. 7,8,9) <b>LL</b> <b>7:00</b> Andre Rieu Concert <b>LL</b>	<b>9:45</b> VON Exercise Class <b>LL</b> 16 <b>11:00</b> Table Tennis <b>G</b> <b>1:30</b> Cribbage <b>C</b> <b>2:00</b> Relaxation Colouring <b>LH</b> <b>2:30</b> The Goggin Stewart School of Irish Dance <b>B/PL</b>	<b>ST. PATRICK’S DAY</b> 17 <b>10:00</b> Fun Fitness Larry <b>LL</b> <b>11:00</b> Blarney Castle & Stone <b>AJC</b> <b>2:30</b> St. Patty’s Day Party <b>B</b> <b>2:30</b> Frank St. Germain <b>B/PL</b> <b>4:30</b> Pet Therapy Hank <b>7:00</b> Netflix Night <b>LL</b>	<b>9:45</b> VON Exercise Class <b>LL</b> 18 <b>11:30</b> Trip to Montana’s Restaurant <b>1:30</b> Billiards <b>BR</b> <b>2:00</b> Painting with Donna <b>H</b> <b>4:00</b> Longworth Pub <b>B</b> <b>7:00</b> Reel Friends Movie Night <b>LL</b>	<b>10:15</b> DrumFit <b>LL</b> 19 <b>11:00</b> Book Club <b>LL</b> <b>1:07</b> Blue Jays/ Yankees Spring Training <b>LL</b> <b>2:00</b> Bridge <b>LH/LL/TT</b> <b>2:30</b> Men’s Club <b>LL</b> <b>2:30</b> Spring Fashion Show Featuring cabi <b>B/PL</b>	<b>9:30</b> Trip to Cherryhill Mall 20 <b>9:30</b> Rick Steves’ Ireland <b>AJC</b> <b>11:00</b> Trivia <b>LL</b> <b>2:30</b> Bingo <b>LL</b> <b>7:00</b> Netflix Night <b>LL</b>	<b>Anytime Activity Booklet</b> 21 <b>9:30</b> Yoga <b>LL</b> <b>2:00</b> Movie: Hidden Figures <b>LL</b> <b>2:30</b> Darts <b>G</b> <b>7:00</b> Movie: Hidden Figures <b>LL</b>
<b>9:00</b> Sunday RC Mass Livestream –St. George <b>LL</b> 22 <b>10:30</b> Hymn Sing <b>PL</b> <b>2:00</b> TV Show: Golden Girls (S1 E. 10,11,12) <b>LL</b> <b>7:00</b> Andre Rieu Concert <b>LL</b>	<b>9:45</b> VON Exercise Class <b>LL</b> 23 <b>11:00</b> Table Tennis <b>G</b> <b>1:30</b> Cribbage <b>C</b> <b>1:30</b> Who Am I? <b>LL</b> <b>2:00</b> Relaxation Colouring <b>LH</b> <b>2:30</b> Bingo <b>LL</b>	<b>10:00</b> Fun Fitness Larry <b>LL</b> 24 <b>1:30</b> You Tube & You <b>LL</b> <b>2:00</b> Euchre <b>LH/LL/TT</b> <b>3:00</b> Cranium Crunches <b>AJC</b> <b>4:30</b> Pet Therapy Hank <b>7:00</b> Netflix Night <b>LL</b>	<b>9:30</b> Trip to Giant Tiger/ Dollar Tree 25 <b>9:45</b> VON Exercise Class <b>LL</b> <b>1:30</b> Chess <b>G</b> <b>2:00</b> Painting with Donna <b>H</b> <b>4:00</b> Longworth Pub <b>B</b> <b>7:00</b> Reel Friends Movie Night <b>LL</b>	<b>10:15</b> DrumFit <b>LL</b> 26 <b>11:00</b> Trivia <b>LL</b> <b>1:30</b> Crafts with Karen <b>H</b> <b>2:30</b> Birthday Party <b>B/PL</b> <b>2:30</b> Larry McGill <b>B/PL</b>	<b>THEATRE DAY</b> 27 <b>9:30</b> Trip to Cherryhill Mall <b>9:30</b> Rick Steves’ Ireland <b>AJC</b> <b>2:30</b> Resident Drama Club Live Performance <b>LL</b> <b>7:00</b> Netflix Night <b>LL</b>	<b>Scavenger Hunt</b> 28 <b>9:45</b> Zumba <b>LL</b> <b>2:00</b> Movie: Iron Lady <b>LL</b> <b>2:30</b> Board Games <b>G</b> <b>7:00</b> Movie: Iron Lady <b>LL</b>
<b>9:00</b> Sunday RC Mass Livestream –St. George <b>LL</b> 29 <b>10:30</b> Hymn Sing <b>PL</b> <b>2:00</b> TV Show: Golden Girls (S1 E. 13,14,15) <b>LL</b> <b>7:00</b> Andre Rieu Concert <b>LL</b>	<b>9:45</b> VON Exercise Class <b>LL</b> 30 <b>11:00</b> Table Tennis <b>G</b> <b>1:30</b> Cribbage <b>C</b> <b>1:30</b> What Am I? <b>LL</b> <b>2:00</b> Relaxation Colouring <b>LH</b> <b>2:30</b> Bingo <b>LL</b>	<b>10:00</b> Fun Fitness Larry <b>LL</b> 31 <b>1:30</b> You Tube & You <b>LL</b> <b>2:00</b> Euchre <b>LH/LL/TT</b> <b>3:00</b> Cranium Crunches <b>AJC</b> <b>4:30</b> Pet Therapy Hank <b>7:00</b> Netflix Night <b>LL</b>				Check out the monthly Perks and Pluses calendar on the back cover.

**AJC:** AJ Casson Sitting Room **AYJ:** A.Y. Jackson Sitting Room **B:** Bar **BR:** Billiards Room **C:** Café **CY:** Court Yard **D:** Dining Room **E:** Exercise Room **F:** Family Dining Room **G:** Games Room  
**H:** Hobby Room **JEH:** J.E.H Macdonald Sitting Room **LH:** Lawren Harris Sitting Room **LL:** Leisure Lounge **O:** Outdoors **PL:** Piano Lounge **R:** Reception **TBA:** To Be Announced  
**TT:** Tom Thomson Sitting Room **Events in Purple:** Sign Up