

APARTMENT SOCIAL & RECREATIONAL ACTIVITIES - MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 March Sign Up Sheets Re-leased SL 1:30 Knit & Stitch NK 2:30 Shuffleboard KVR 7:00 TV Series: The Queen's Gambit Season 1 Episode 5 CH	10:30 Balance & Strength FR 2 11:15 Reminiscence Corner SL 1:00-3:00 Mobility 1st CN 1:30 Qi Gong Exercises FR 1:30 Ping Pong Club P 2:30 BINGO CR	10:30 Bible Study with Paul SL 3 11:00-3:00 Ruth's Fashions CR 11:00 Skip Bo CN 1:00 Byron Village Shopping Centre L 1:45 Dominoes SL 2:00 Roman Catholic Rosary Service CN 6:30 Pet Therapy Visit with Cali 7:00 Euchre CN	10:30 Hasfit Exercises FR 4 1:00 Billiards NK 1:30 Art with Bill CR 1:30 Ping Pong Club P 2:00 In Home Hearing BL 3:00 Happy Hour OTR	10:30 Hasfit Exercises FR 5 1:00 Ageless Grace FR 2:00 Bridge SL 3:30 Chair Yoga, Breathwork, & Meditation CR 6:30 Al- Anon Meeting CN 7:00 Movie Night CH	National Oreo Cookie Day 6 10:30 Hasfit Exercises FR 10:30 Ping Pong Club P 11:30 McLachlan's Maple Syrup & Pancake House L 1:30 Euchre SL 2:00 Men's Club OTR 2:00 The Great Oreo Taste Test OTR 3:00 Riverbend Family Bible Church Service CH	1:30 Bridge CN 7 2:00 Movie Matinee CH 2:00 Board Games SL
International Women's Day 8 1:30 Knit & Stitch NK 2:00 Her Story in a Teacup: Celebrating Women SR 2:30 Shuffleboard KVR 7:00 TV Series: The Queen's Gambit Season 1 Episode 6 CH	10:00-12:00 Alterations with Misao BL 10:30 Chair Boxing FR 11:15 Name that Tune SL 1:00-5:00 Bijou Boutique CN 1:30 Ping Pong Club P 2:30 BINGO CR	10:30 Bible Study with Paul SL 10 11:00 Chess CN 1:00 The Real Canadian Superstore L 1:45 Dominoes SL 2:00 Let's Bake! Mint Chip Luck of the Irish Brownies CN 6:30 Pet Therapy Visit with Cali 7:00 Euchre CN	10:30 Hasfit Exercises FR 11 1:00 Billiards NK 1:30 Art with Bill CR 1:30 Ping Pong Club P 2:30 Wellness Series: Blood Pressure & Weight Clinic CN 3:00 Happy Hour with John Moorhouse OTR	10:30 Hasfit Exercises FR 12 11:00 Riverstone Readers SL 1:30 Archaeology Museum Tour L 2:00 Bridge SL 3:30 Chair Yoga, Breathwork, & Meditation CR 6:30 Al- Anon Meeting CN 7:00 Movie Night CH	10:15 Coffee Social SL 13 10:30 Hasfit Exercises FR 10:30 Ping Pong Club P 1:30 Euchre SL 2:00 Cornhole & Shamrock Shakes OTR 3:00 Riverbend Family Bible Church Service CH	1:30 Bridge CN 14 1:30 Paddy- Rama at the Byron Legion L 2:00 Movie Matinee CH
1:30 Knit & Stitch NK 15 2:00 Trivia SL 2:30 Shuffleboard KVR 6:30 Academy Awards Pajama Watch Party CN 7:00 TV Series: The Queen's Gambit Season 1 Episode 7 CH	10:30 Balance & Strength FR 16 1:00 Cherryhill Mall L 1:30 Qi Gong Exercises FR 1:30 Ping Pong Club P 2:30 Irish BINGO CR	Happy St. Patrick's Day! 17 Wear Green All Day: Gold Coin Scavenger Hunt 10:30 Conversation Cafe SL 11:00 Checkers CN 1:45 Dominoes SL 2:00 Blarney & Brains (Irish Trivia) CN 6:30 Pet Therapy Visit with Cali 7:00 Shamrock Social & Entertainment with Deb and Fred OTR 7:00 Euchre CN	10:30 Hasfit Exercises FR 18 10:30 Bereavement Support Group CH 1:00 Billiards NK 1:30 Ping Pong Club P 1:30 Art with Bill CR 2:00 Paul's Presentation CH 3:00 Happy Hour OTR	10:30 Hasfit Exercises FR 19 1:00 Ageless Grace FR 2:00 Bridge SL 3:30 Chair Yoga, Breathwork, & Meditation CR 6:30 Al- Anon Meeting NK 7:00 Movie Night CH	First Day of Spring 20 10:30 Hasfit Exercises FR 10:30 Ping Pong Club P 1:30 Euchre SL 2:00 Creative Craft: Spring Umbrella Door Hangers CR 3:00 Riverbend Family Bible Church Service CH	1:00 Chair Yoga with Valerie FR 21 1:30 Bridge CN 2:00 Movie Matinee CH 2:30 Satsang at South London Community Centre L 2:00 Board Games SL
1:30 Knit & Stitch NK 22 2:30 Shuffleboard KVR 3:00 March Birthday Party with the Martin Tot Jazz Ensemble OTR	10:30 Chair Boxing FR 23 11:15 Paint By Numbers SL 1:30 Ping Pong Club P 2:00 Bloom & Grow: Gardening Club Meeting BL 2:30 BINGO CR	10:30 Bible Study with Paul SL 24 11:00 Scrabble CN 1:00 Remark L 1:45 Dominoes SL 6:30 Pet Therapy Visit with Cali 7:00 Euchre CN	10:30 Hasfit Exercises FR 25 1:00 Billiards NK 1:30 Ping Pong Club P 1:30 Art with Bill CR 3:00 Happy Hour with Songs from the Heart Duo OTR	National Purple Day 26 Wear Purple! 10:30 Hasfit Exercises FR 2:00 Bridge SL 2:30 An Afternoon of Purple OTR 3:30 Chair Yoga, Breathwork, & Meditation CR 6:30 Al- Anon Meeting CN 7:00 Movie Night CH	Wear your Hawaiian Shirt! 27 10:15 Coffee Social SL 10:30 Hasfit Exercises FR 10:30 Ping Pong Club P 1:30 Euchre SL 3:00 Riverbend Family Bible Church Service CH 4:00 April Calendar Released 7:00 Hawaiian Dancers KVR	1:30 Bridge CN 28 2:00 Movie Matinee CH
1:30 Knit & Stitch NK 29 1:30 Guided Meditation Circle CH 2:00 Trivia SL 2:30 Shuffleboard KVR	10:30 Balance & Strength FR 30 11:15 Tech Corner SL 1:00 Heeman's Garden Centre L 1:30 Ping Pong Club P 2:30 BINGO CR	10:30 Bible Study with Paul SL 31 11:00 Uno CN 1:00 Shoppers & No Frills L 1:45 Dominoes SL 2:00 Puters R Us SL 2:00 Author Visit: Nichola Zacher CN 6:30 Pet Therapy Visit with Cali 7:00 Euchre CN			2:30 Shamrock Social OTR	

Locations in Apartment:

- FR- Fitness Room (Main Floor)
- SL- Social Lounge (Main Floor)
- OTR- On the Rocks Pub (8th Floor)
- SR- Skylight Restaurant (8th Floor)

Locations in Retirement

- FR- Fitness Room (Main Floor)
- BL- Bloom (Main Floor)
- CH- Century Hall (4th)
- CR- Creations (5th)

- CN- Connections (2nd)
- NK- The Nook (3rd)
- KVR- Kains View Restaurant (8th)
- L- Lobby

- OTR- On the Rocks Pub (8th)
- CA- Cafe (Main Floor)
- P- Physio Room (Main Floor)

Events in **Purple**: Sign Up Required
 Sign up Sheets are available on the
 1st of every month

