





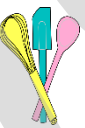















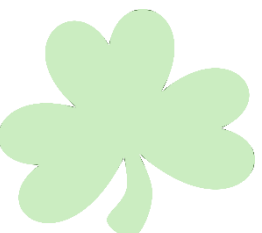
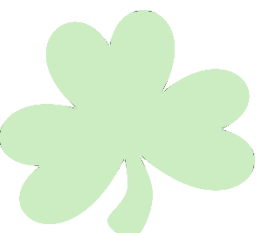





# March 2020- Memory Care



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p><b>1</b></p> <p>10:00am- Fitness Fun 10:30am- Morning Snack 11:00am- 1:00pm- 2:00pm- 3:00pm- Sing Along 6:00pm- Movie Night</p>	<p><b>2</b></p> <p>9:30am- Ball Exercise 10:00am- Morning Snack 10:30am- Sing Along with Alex 1:30pm- Scenic Drive 6:00pm- Movie Night</p> 	<p><b>World Wildlife Day 3</b></p> <p>9:30am- Ball Exercise  10:00am- Morning Snack 10:30am- Under the Sea Bingo 1:00pm- Decorate Bulletin Board 2:00pm- Afternoon Snack 2:30pm- Big Cats of the World Trivia &amp; Bird Matching Game</p>	<p><b>4</b></p> <p>9:30am- Morning Exercise 10:00am- Morning Snack 10:30am- 1:00pm- 2:00pm- Ice Cream Social 2:30pm- Move and Groove 6:00pm- Movie Night</p>	<p><b>5</b></p> <p>9:30am- Ball Exercise 10:00am- Morning Snack 10:00am – Baking in the Kitchen 1:00pm- Art Appreciation 2:00pm- Entertainment with Simon Clark (ML)  3:00pm- Afternoon Snack</p>	<p><b>6</b></p> <p>9:30am- Stretch and Relax 10:00am- Morning Snack 10:30am- Ukulele Sing Along 1:00pm- 2:30pm- Cheese &amp; Cracker Social  3:00pm- Arm Chair Travels: Brazil</p>	<p><b>7</b></p> <p>10:00am- Morning Exercise 10:30am- Coffee and Tea Social 11:00am – Volley Ball 1:00pm- 2:00pm- Afternoon Snack 2:30PM- Sing Along 6:00pm- Movie Night</p>	
<p><b>International Woman's Day 8</b></p> <p>10:00am- Fitness Fun 10:30am- Morning Snack 11:00am- Women's Day Collage 1:00pm- Women's Lib Word Search &amp; Poems 2:00pm- High Tea W/ Fine China  3:00pm- Sing Along 6:00pm- Movie Night</p>	<p><b>9</b></p> <p>9:30am- Ball Exercise 10:00am- Morning Snack 10:30am- Sing Along with Alex 1:30pm- Scenic Drive 6:00pm- Movie Night</p> 	<p><b>10</b></p> <p>9:30am- Ball Exercise 10:00am- Morning Snack 10:30am- 1:00pm- Decorate Bulletin Board 2:00pm- Entertainment with Trudi " Sentimental Journey" (ML) 3:00pm- Trivia &amp; Stories 6pm- Movie Night</p>	<p><b>11</b></p> <p>9:30am- Morning Exercise 10:00am- Morning Snack 10:30am- 1:00pm- Winter Collage 2:00pm- Allan on the Piano 2:30pm- Junk Drawer Detective 3:00pm- Ice Cream Social 6:00pm- Movie Night</p>	<p><b>12</b></p> <p>9:30am- Ball Exercise 10:00am- Morning Snack 10:30am- Baking in the Kitchen 1:00pm- White Board Games 2:00pm- Entertainment By Arlene Quinn (ML)  3:00pm- Afternoon Snack 3:30pm- Sing Along 7:00pm- Movie Night</p>	<p><b>13</b></p> <p>9:30am- Stretch and Relax 10:00am- Morning Snack 10:30am- 1:00pm- St. Patrick's Day Craft 2:30pm- Cheese &amp; Cracker Social 3:00pm- Arm Chair Travels: Ireland  6:00pm- Movie Night</p>	<p><b>14</b></p> <p>10:00am- Morning Exercise 10:30am- Coffee and Tea Social 11:00am -  1:00pm- Walk &amp; Talk 2:00pm- Entertainment with Brad Pullan (ML) 3:00PM- Afternoon Snack 6:00pm- Movie Night</p>	
<p><b>15</b></p> <p>9:30am- Morning Exercise 10:00am- Coffee and Tea Social 10:30am- St. Patrick's Day Bingo 1:00pm- Mini Putt 2:00pm- Afternoon Snack 2:30pm- Giant Board Games 3:30pm- Sing Along  6:00pm- Movie Night</p>	<p><b>16</b></p> <p>9:30am- Ball Exercise 10:00am- Morning Snack 10:30am- Sing Along with Alex 1:30pm- Scenic Drive 6:00pm- Movie Night</p> 	<p><b>St. Patrick's Day! 17</b></p> <p>9:30am- Ball Exercise 10:00am- Morning Snack 10:30am- Pet Therapy with Diesel 1:00pm- Java Music Club 2:00pm- St.Patricks Day Celebration with the Cratur Band- Celtic Fiddlers (ML) 3:30pm- Afternoon Snack 6:00pm-Movie Night</p>	<p><b>18</b></p> <p>9:30am- Morning Exercise 10:00am- Morning Snack 10:30am- 1:00pm- Word Games 1:30pm – Finishing Lines 2:00pm-  3:00pm- Ice Cream Social 3:30pm- Sing Along 6:00pm– Movie Night</p>	<p><b>First Day of Spring 19</b></p> <p>9:30am- Ball Exercise 10:00am- Morning Snack 10:30am- Baking in the Kitchen 1:00pm- Spring Collage 2:30pm- Afternoon Snack 3:00pm- Entertainment by Musical Memories (ML)  6:00pm- Movie Night</p>	<p><b>20</b></p> <p>9:30am- Stretch and Relax 10:00am- Morning Snack 10:30am- 1:00pm- 2:00pm- Cheese &amp; Cracker Social 2:30pm- Manicures &amp; Massages 3:00pm- Arm Chair Travels: The Canadian Rockies</p>	<p><b>21</b></p> <p>10:00am- Morning Exercise 10:30am- Coffee and Tea Social 11:00am – Bowling  1:00pm- 2:00pm- Afternoon Snack 2:30PM- Colouring 6:00pm- Movie Night</p>	
<p><b>World Water Day 22</b></p> <p>9:30am- Morning Exercise 10:00am- Coffee and Tea Social 10:30am- Balloon Toss 1:00pm- Rain Craft 2:00pm- Ocean trivia and interesting facts  2:30pm – Afternoon Snack 3:30pm- Colouring</p>	<p><b>23</b></p> <p>9:30am- Ball Exercise 10:00am- Morning Snack 10:30am- Sing Along with Alex 1:30pm- Scenic Drive 6:00pm- Movie Night</p> 	<p><b>24</b></p> <p>9:30am- Ball Exercise 10:00am- Morning Snack 10:30am- 1:00pm- 2:00pm- Herman on the Guitar (ML)  2:30pm- Balloon Toss 3:00pm- Short Stories</p>	<p><b>25</b></p> <p>9:30am- Morning Exercise 10:00am- Morning Snack 10:30am- Musical Bingo 1:00pm- 2:00pm- Ice Cream Social 2:30pm- Move and Groove 6:00pm- Movie Night</p>	<p><b>26</b></p> <p>9:30am- Ball Exercise 10:00am- Morning Snack 10:00am – Baking in the Kitchen 1:00pm- Art Appreciation 2:00pm- Entertainment with the Johnny Vegas (ML)  3:00pm- Afternoon Snack 7:00pm- Movie Night</p>	<p><b>27</b></p> <p>9:30am- Stretch and Relax 10:00am- Morning Snack 10:30am- 1:00pm- Finishing Lines 2:00pm- Cheese &amp; Cracker Social 3:00pm- Arm Chair Travels:  6:00pm- Movie Night: India</p>	<p><b>28</b></p> <p>10:00am- Morning Exercise 10:30am- Coffee and Tea Social 11:00am – Bowling 1:00pm- 2:00pm- Afternoon Snack 2:30PM- Sing Along 6:00pm- Movie Night</p>	
<p><b>29</b></p> <p>9:30am- Morning Exercise 10:00am- Coffee and Tea Social 10:30am- Morning Craft  1:00pm- White Board Games 2:00pm- Stirling Park Choir on 2<sup>nd</sup> Floor  3:00pm- Afternoon Snack</p>	<p><b>30</b></p> <p>9:30am- Ball Exercise 10:00am- Morning Snack 10:30am- Sing Along with Alex 1:30pm- Scenic Drive 6:00pm- Movie Night</p> 	<p><b>31</b></p> <p>9:30am- Ball Exercise 10:00am- Morning Snack 10:30am- Morning Craft 1:00pm- Java Music Club 2:00pm- Dance Party 3:00pm- 7pm- Movie Night</p>					
						<p><b>Dining Room Hours</b></p> <p><b>Breakfast: 7:30am – 9:00am</b> <b>Lunch: 11:30am – 1:00pm</b> <b>Dinner: 5:00pm – 6:30pm</b></p> <p style="text-align: center;"></p>	