

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>*RED ACTIVITIES ARE RESIDENT INDEPENDENT* 1</p> <p>*SIGN-UPS BEGIN MARCH 1ST AT 2PM- RECEPTION*</p> <p>*TUCKSHOP IS OPEN WEDNESDAYS FROM 10:30AM-11:30AM*</p>	<p>9:00am- Pancake Breakfast with Lexi & Kirsten - 3L (Sign-up required) P1&P2</p> <p>10:00am- Balloon Badminton with Care Staff- 2L</p> <p>10:30am- Water Stretches with Lexi- P</p> <p>11:00am- Exercises with Paige- A</p> <p>1:45pm- BINGO with Kirsten- 3L</p> <p>3:00pm- knit & Natter</p> <p>Purim Begins</p>	<p>10:00am- DrumFit with Lexi- A</p> <p>10:00am- Musical Morning with Andrew- 2L</p> <p>10:30am- Blood pressure & Weight Clinic- 3L</p> <p>2:00pm- Afternoon Stretches with Lexi- A</p> <p>2:00pm- Euchre, Cribbage & Billiards with Jack & Linda- ML</p> <p>6:45pm- Movie Night- ML</p>	<p>9:00am- Morning Walks</p> <p>10:00am- Crosswords with Kirsten- 3L</p> <p>10:00am- 1:1 Visits with Care Staff- 2L</p> <p>2:00pm- Rick Steves' Travelogue with Lexi- 3L</p> <p>4:00pm- Dinner at The Ashton Pub with Lexi- (Sign-up Required) - P1&P2</p>	<p>10:00am- Choir Practice with Barb- 3L</p> <p>10:00am- Story Time with Care Staff- 2L</p> <p>1:00pm- Hearing Clinic- CR</p> <p>2:00pm- Celebrating March Birthday's with Tom Valliquette- ML</p> <p>3:00pm- Afternoon Walks</p>	<p>10:00am- Crosswords with Kirsten- 3L</p> <p>10:00am- Morning Documentary- 2L</p> <p>10:30am- Water Stretches with Lexi- P</p> <p>11:00am- Morning Stretches with Kirsten- A</p> <p>2:00pm- Fraud Prevention Presentation- A</p> <p>2:00pm- Happy Hour with Lexi- ML</p>	<p>SPRING AHEAD 7</p> <p>9:00am- Morning Chats & Coffee</p> <p>10:00am- Morning Movie- 2L</p> <p>2:00pm- Euchre, Cribbage & Billiards with Jack & Linda- ML</p> <p>7:00pm- Musical Evening with Graeme Crabb- ML</p> <p>Turn Clocks Ahead Before Bed</p>
<p>9:00am- Morning Walks</p> <p>10:00am- Virtual Church Service- 2L</p> <p>10:00am- Virtual Church Service- 3L</p> <p>2:00pm- Piano with Velda- ML</p> <p>3:00pm- Afternoon Walks</p> <p>Daylight Saving Time Begins</p>	<p>10:00am- Morning Stretches with Care Staff- 2L</p> <p>10:30am- Water Stretches with Lexi- P</p> <p>11:00am- Exercises with Paige- A</p> <p>12:00pm- Memories of Childhood Lunch with Lexi & Kirsten- 3L (Sign-up Required) P1&P2</p> <p>1:45pm- BINGO with Kirsten- 3L</p> <p>3:00pm- Knit & Natter- 3L</p>	<p>10:00am- DrumFit with Lexi- A</p> <p>10:00am- Musical Morning with Andrew- 2L</p> <p>10:30am- Bible Study with Jeff- 3L</p> <p>2:00pm- Afternoon Stretches with Lexi- A</p> <p>2:00pm- Euchre, Cribbage & Billiards with Jack & Linda- ML</p>	<p>10:00am- Choir Practice with Barb- A</p> <p>10:00am- Crosswords with Kirsten- 3L</p> <p>3:00pm- Trip to Walmart & Supper at Boston Pizza in Smiths Falls with Lexi- (Sign-up Required) P1&P2</p> <p>3:00pm- Afternoon Walks</p>	<p>9:30am- Bus Outing to "Keenagers" (Musical Entertainment) with Lexi at the Lions Hall Perth-(Sign-up Required) P1&P2</p> <p>10:00am- Musical Morning with Barb Fife Celebrating St. Patrick's Day- 3L</p> <p>1:45pm- BINGO with Kirsten- 3L</p>	<p>10:00am- Crosswords with Kirsten- 3L</p> <p>10:00am- Morning Documentary- 2L</p> <p>10:30am- Water Stretches with Lexi- P</p> <p>11:00am- Morning Stretches with Kirsten- A</p> <p>2:00pm- Happy Hour with Lexi & Entertainment by Chris Murphy- ML</p>	<p>WOMANS CURLING CHAMPIONSHIPS BEGIN 14</p> <p>10:00am- Morning Movie- 2L</p> <p>2:00pm- 1917 Halifax Explosion Presentation with Michael Dupuis- A</p> <p>2:00pm- Euchre, Cribbage & Billiards with Jack & Linda- ML</p> <p>6:45pm- Movie Night- ML</p>
<p>9:00am- Morning Walks</p> <p>10:00am- Virtual Church Service- 2L</p> <p>10:00am- Virtual Church Service- 3L</p> <p>2:00pm- Afternoon Tea & Treats with Lexi & Guest Speaker Anne McRae- 3L (Sign-up Required) P1&P2</p>	<p>9:00am- Morning Walks</p> <p>10:00am- Morning Walks with Care Staff- 2L</p> <p>1:45pm- BINGO with Kirsten- 3L</p> <p>3:00pm- Knit & Natter- 3L</p> <p>LEXI IS OFF</p>	<p>WEAR GREEN 17</p> <p>10:00am- DrumFit with Lexi- A</p> <p>10:00am- Musical Morning with Andrew- 2L</p> <p>2:00pm- St. Patrick's Day Party with Lexi & Entertainment by Ron Edgeley- ML</p> <p>3:00pm- Afternoon Walks</p> <p>St. Patrick's Day</p>	<p>10:00am- Crosswords with Kirsten- 3L</p> <p>10:00am- Crafts with Care Staff- 2L</p> <p>11:00am- Exercises with Paige- A</p> <p>2:00pm- Town Hall Meeting- A</p> <p>4:30pm- Dinner with Lexi at Fiddleheads in Perth- (Sign-up Required) P1&P2</p>	<p>10:00am- DrumFit with Lexi- A</p> <p>10:00am- Choir Practice with Barb- 3L</p> <p>10:00am- Morning Stretches with Care Staff- 2L</p> <p>2:00pm- Musical Afternoon with Jumpin' Jimmy- ML</p> <p>3:00pm- Afternoon Walks</p>	<p>10:00am- Crosswords with Kirsten- 3L</p> <p>10:00am- Morning Documentary- 2L</p> <p>11:00am- Morning Stretches with Kirsten- A</p> <p>2:00pm- Happy Hour with Lexi- ML</p> <p>7:00pm- Musical Evening with Brent Meidinger- ML</p> <p>Spring Begins</p>	<p>9:00am- Morning Chats & Coffee</p> <p>10:00am- Morning Movie- 2L</p> <p>2:00pm- Euchre, Cribbage & Billiards with Jack & Linda- ML</p> <p>3:00pm- Afternoon Walks</p> <p>6:45pm- Movie Night- ML</p>
<p>WOMANS CURLING CHAMPIONSHIPS END 22</p> <p>10:00am- Virtual Church Service- 2L</p> <p>10:00am- Virtual Church Service- 3L</p> <p>2:00pm- Piano with Velda- ML</p>	<p>9:00am- Trip to Kingston Shopping Centre & Lunch with Lexi- (Sign-up Required) P1&P2</p> <p>10:00am- Games with Care Staff- 2L</p> <p>11:00am- Exercises with Paige- A</p> <p>2:30pm- Food Forum Meeting- A</p>	<p>10:00am- DrumFit with Lexi- A</p> <p>10:00am- Musical Morning with Andrew- 2L</p> <p>10:30am- Bible Study with Jeff- 3L</p> <p>2:00pm- Astronomy Series with Gary Boyle Unit #3- A</p> <p>2:00pm- Euchre, Cribbage & Billiards with Jack & Linda- ML</p>	<p>10:00am- Choir Practice with Barb- A</p> <p>10:00am- Crosswords with Kirsten- 3L</p> <p>11:00am- Exercises with Paige- A</p> <p>2:00pm- Crafts with Lexi- 3L (Sign-up Required) P1&P2</p> <p>3:00pm- Afternoon Walks</p>	<p>9:00am- Morning Walks</p> <p>10:15am- Musical Therapy with Barb- 2L</p> <p>10:30am- Lunch with Lexi at Swiss Chalet Kanata- (Sign-up Required) P1&P2</p> <p>1:45pm- BINGO with Kirsten- 3L</p>	<p>10:00am- Crosswords with Kirsten- 3L</p> <p>10:00am- Morning Documentary- 2L</p> <p>10:30am- Water Stretches with Lexi- P</p> <p>11:00am- Morning Stretches with Kirsten- A</p> <p>1:00pm- Chocolate Demo with Robert & Lisa Saltzmann- PR- (Sign-up Required) (Cost is \$7.50)</p> <p>2:00pm- Happy Hour with Lexi- ML</p>	<p>9:00am- Morning Chats & Coffee</p> <p>10:00am- Morning Movie- 2L</p> <p>2:00pm- Musical Afternoon with Carrie's Karaoke- ML</p> <p>3:00pm- Afternoon Walks</p> <p>6:45pm- Movie Night- ML</p>
<p>9:00am- Morning Walks</p> <p>10:00am- Virtual Church Service- 2L</p> <p>10:00am- Virtual Church Service- 3L</p> <p>2:00pm- Piano with Velda- ML</p> <p>3:00pm- Afternoon Walks</p> <p>Palm Sunday</p>	<p>10:00am- 1:1 Visits with Care Staff- 2L</p> <p>10:30am- Water Stretches with Lexi- P</p> <p>11:00am- Exercises with Paige- A</p> <p>1:45pm- BINGO with Kirsten- 3L</p> <p>3:00pm- Afternoon Walks</p>	<p>10:00am- Advanced Care Planning Presentation by Isobel Boyle from The Hospice Hub- A</p> <p>10:00am- Musical Morning with Andrew- 2L</p> <p>11:00am- Morning Stretches with Lexi- A</p> <p>2:00pm- Musical Afternoon with Paul Milotte- ML</p>	<h1>March 2026</h1> <p>Happy St. Patrick's Day</p>			

LEGEND: A=AUDITORIUM/ML=MAIN LOBBY/CR=CRAFT ROOM/2L= 2ND FLOOR/3L=3RD FLOOR/4L=4TH FLOOR LIBRARY/P=POOL/PR=PARTY ROOM