






March 2023

Recreation Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			10:30 Seated Yoga 1 Instructor Brenda 11:00 Colour Therapy 10 Ways To Celebrate! 2:00 St. David's Day Baker's Club "Welsh Cakes"	10:30 Discussion Who, What, Where 2 1:00 Roman Catholic Mass Father Varghese 2:00 David Attenborough "Wildlife Day"	10:30 Brody's Fit 4 Life 3 11:00 Trivia & Quizzes 1:30 Star of the Month: "Cesar Romero" 6:00 Movie & Popcorn "Outlaw Jessie Wales"	9:00 Wellness Walk Indoor Program 4 11:00 Roza's Coffee/Tea & Mind Benders 1:30 Saturday Afternoon Bingo Caller: Roza
9:00 Wellness Walk Indoor Program 5 1:00 Haley's Fun & Games "Sunday Bingo" 6:00 Sunday Games Night "Bridge & Cribbage"	10:30 Fit 4 Life Class Instructor Brody 6 11:00 The Daily Chronicles For The Week 2:00 "Shuffleboard Tournament"	10:30 Staying Alive Class Instructor Brenda 7 11:00 Morning Current Events New & Views 1:30 Soccer Theme "Bingo" Caller: Roza	10:30 Keep Fit Class Instructor Brenda 8 11:00 Brenda's Brain Games Trivia & Quizzes 2:00 Women's History "Hazel McCallion"	10:30 Discussion Who, What, Where 9 1:00 Roman Catholic Weekly "Communion" 2:00 Entertainment Band "Old Smoothies"	10:30 Roza's Fit 4 Life 10 11:00 Mend Benders 2:00 Documentary "Shooting Stars" 6:00 Movie & Popcorn "Ghost Rider"	9:30 Dr. Farhat Clinic Appointment Only 11 11:00 Brenda's Coffee & Current Events 2:00 Saturday Afternoon Bingo Caller: Brenda
9:00 Wellness Walk Indoor Program 12 1:00 The Brenda Edmonds Show "Dr. Dytoc" 6:00 Sunday Games Night "Bridge & Cribbage"	10:30 Fit 4 Life Class Instructor Brody 13 11:00 The Daily Chronicles For The Week 2:00 Competitive Games "Floor Curling"	10:30 Staying Alive Class Instructor Brenda 14 11:30 Men's Luncheon Beer, Wings & Pizza! 1:00 Pi & Mathematics Day "Calculus Class"	10:30 Seated Yoga Instructor Brenda 15 11:00 Optimism Month "Look On The Bight Side" 1:30 Roza's Craft Class "Easy" Painting	10:30 Discussion Who, What, Where 16 1:00 Roman Catholic Weekly "Communion" 2:00 Bring Your Old Stuff Day! Show & Tell	10:30 Roza's Fit 4 Life 17 11:00 Mind Benders 2:00 St. Patrick's Day "Clover Bar" 6:00 Friday Night Movie "Stillwell"	9:00 Wellness Walk Indoor Program 18 11:00 Brenda's Coffee & Current Events 1:30 Saturday Afternoon Bingo Caller: Roza
9:00 Wellness Walk Indoor Program 19 1:00 Compleitive Wii Games "10-Pin Bowling" 6:00 Sunday Games Night "Bridge & Cribbage"	10:30 Fit 4 Life Class Instructor Brody 20 11:00 The Daily Chronicles For The Week 2:00 Competitive Games "Horse Racing"	10:30 Staying Alive Class Instructor Brenda 21 11:00 Morning Current Events New & Views 2:00 Monthly Birthday Party "Country Friends"	10:30 Keep Fit Class Instructor Brenda 22 11:00 The Healing Powers of Humour/Laughter 2:00 Biography Singer "Placido Domingo"	9:00 Book Exchange 23 10:30 Discussion Who, What, Where 1:00 "Holy Communion" 1:30 Travelogue: Spain "Beautiful Barcelona"	10:30 Roza's Fit 4 Life 24 11:00 Mind Benders 2:00 Recreation Meeting "Ice Cream Social" 6:00 Movie & Popcorn "The Da Vinci Code"	9:00 Wellness Walk Indoor Program 25 11:00 Brenda's Coffee & Current Events 2:00 Saturday "Bingo" Caller: Brenda
9:00 Wellness Walk Indoor Program 26 1:00 Documentary "Mercury 13" 6:00 Sunday Games Night "Bridge & Cribbage"	10:30 Fit 4 Life Class Instructor Brody 27 11:00 The Daily Chronicles For The Week 2:00 Competitive Games "Wii Bowling"	9:00 The Tax Man 28 10:30 Staying Alive Instructor Brenda 11:00 Morning Current Events New & Views 1:30 "Bingo" Caller: Brenda	10:30 Seated Yoga Instructor Brenda 29 11:00 What Are The 4 Benefits Of Sleep? 1:30 March Musical Program "Toss A Tune"	9:00 Library Exchange 30 10:30 Who Am I? Actors Of The 1950's 1:00 "Holy Communion" 2:00 Ask A Pharmacist Medication Reviews	10:30 Fit 4 Life Class Instructor Roza 31 11:00 Roza's Mind Benders 1:30 Travelogue "Israel" 6:00 Friday Movie & Popcorn "Free Guy"	