



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Locations Legend</p> <p>Great Room (GR) Activity Room (AR) Theatre (TH) Tower Floor 8 (TOW8) Games Room (GAMR) Front Desk (FD) Art Room (ART)</p>			<p>9:15 Rides to Medical Appointments & Crystal Pool 1</p> <p>10:00 Bingo (GR) 11:00 Trivia (GR) 1:00 Art Therapy (AR) 1:50 OUTING: CHEK TV Tour (FD) 7:00 MOVIE: "The Upside" (TH)</p>	<p>9:45 Exercise (TOW8) 2 10:00 Walker/Scooter Tune Up (GR) 10:30 Exercise (AR) 2:30 Happy Hour ft the Elderly Brothers (GR) 3:30 Shuffleboard* (GAMR)</p>	<p>9:45 Chair Yoga with Kathy (AR) 3 10:45 Who or What Am I? Trivia (GR) 2:00 Music Bingo (GR) 3:00 Knitting Group* (GR) 3:15 Wordle Game (AR) 7:00 SERIES: "Suits" (TH)</p> <p style="text-align: center;">Employee Appreciation Day</p>	<p>9:45 Balls & Bands (AR) 4 10:45 Current Events Discussion (GR) 2:00 Bingo (GR) 3:30 Get Crafty: Spring String Art (AR)</p>
<p>9:30 United Church Service Video (TH) 5 3:00 History Presentation with Eric Tolman: The Russian Revolution 1905-1917 (TH) 7:00 SERIES: "Virgin River" (TH)</p>	<p>9:30 AlohaFit (AR) 6 1:30 Crib Tournament* (GR) 3:00 Knitting Group* (GR) 7:00 DOCUMENTARY: "Dancing with the Birds" (TH)</p>	<p>9:45 Exercise (TOW8) 7 10:30 Exercise (AR) 2:00 Wine & Cheese Social ft. Brandy Moore (GR) 6:30 Card Game Night* (GR)</p>	<p>9:15 Rides to Medical Appointments & Crystal Pool 8 10:00 Bingo (GR) 11:00 Trivia (GR) 1:00 Art Therapy (AR) 1:15 BUS OUTING: Tea for Tutu Ballet (AR) 3:00 Liberty Tax Service Q&A (TH) 7:00 MOVIE: "Little Women" (TH)</p> <p style="text-align: center;">International Women's Day</p>	<p>8:00 Hearing Aid Cleaning Pick Up (FD) 9 9:45 Exercise (TOW8) 10:30 Exercise (AR) 2:30 Happy Hour ft Brian Porter (GR) 3:30 Pool Game* (GAMR)</p>	<p>9:45 Chair Yoga with Kathy (AR) 10 10:45 Bowling Game (AR) 2:00 Music Bingo (GR) 3:00 Knitting Group* (GR) 3:15 Jeopardy Game (AR) 7:00 SERIES: "Suits" (TH)</p>	<p>9:45 Balls & Bands (AR) 11 10:45 Storytime Dice Game (GR) 2:00 Bingo (GR) 3:30 Get Crafty: Botanical Mini Prints (AR)</p> <p style="text-align: center;">Turn your clocks ahead 1 hour before going to bed</p>
<p>9:30 United Church Service Video (TH) 12 2:00 MATINEE: "Your Place or Mine" (TH) 5:00 95th Academy Awards (TH) 7:00 SERIES: "Virgin River" (TH)</p> <p style="text-align: center;">Daylight Savings Time begins</p>	<p>10:00 Chair Tai Chi with Brenda (AR) 13 2:00 Concerts in Care: Emily Carr String Quartet Live Performance (GR) 3:00 Knitting Group* (GR) 7:00 DOCUMENTARY: "Challenger Final Flight Ep 1&2" (TH)</p>	<p>9:45 Exercise (TOW8) 14 10:30 Exercise (AR) 1:30 NEXGEN Free Hearing Screening Clinic 1:30-4:30pm (TH) 2:00 Food Meeting with Kevin (GR) 6:30 Card Game Night* (GR)</p>	<p>9:15 Rides to Medical Appointments & Crystal Pool 15 11:00 Trivia (GR) 1:00 Art Therapy (AR) 1:15 BUS: Shopping at Hillside Mall/Walmart (AR) 2:00 Bingo (GR) 3:00 Rick Searle Travel Presentation: Polar Bears of Churchill (TH) 7:00 MOVIE: "Wild Mountain Thyme" (TH)</p>	<p>9:45 Exercise (TOW8) 16 10:30 Exercise (AR) 2:30 St. Patrick's Day Celebration Happy Hour ft Hounds of Cuchulain (GR) 3:30 Shuffleboard* (GAMR)</p>	<p>9:45 Chair Yoga with Kathy (AR) 17 10:45 Who or What Am I? Trivia (GR) 2:00 Music Bingo (GR) 3:00 Knitting Group* (GR) 3:15 Wordle Game (AR) 7:00 SERIES: "Suits" (TH)</p> <p style="text-align: center;"> St. Patrick's Day</p>	<p>9:45 Balls & Bands (AR) 18 10:45 Current Events Discussion (GR) 2:00 Bingo (GR) 3:30 Get Crafty: Glass Gem Suncatcher (AR)</p>

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9:30 United Church Service Video (TH) 19 2:00 MATINEE: "Wonder" (TH) 7:00 SERIES: "Virgin River" (TH)	9:30 AlohaFit (AR) 20 1:30 Crib Tournament* (GR) 3:00 Knitting Group* (GR) 7:00 DOCUMENTARY: "Challenger Final Flight Ep 3&4" (TH) Spring begins	9:45 Exercise (TOW8) 21 10:30 Exercise (AR) 1:45 Town Hall Meeting (GR) 2:45 P.A.T.S. Animal Visit (GR) 3:15 Show & Share (GR) 6:30 Card Game Night* (GR)	9:15 Rides to Medical Appointments & Crystal Pool 22 11:00 Trivia (GR) 1:00 Art Therapy (ART) 2:00 Bingo (GR) 3:00 Hand Drumming Wellness Class (AR) 7:00 MOVIE: "Just Getting Started" (TH)	9:45 Exercise (TOW8) 23 10:30 Exercise (AR) 2:30 Happy Hour ft Seabreeze (GR) 3:30 Pool Game* (GAMR)	9:45 Chair Yoga with Kathy (AR) 24 10:45 Bowling Game (AR) 2:00 Music Bingo (GR) 3:00 Knitting Group* (GR) 3:15 Jeopardy Game (AR) 7:00 SERIES: "Suits" (TH)	9:45 Balls & Bands (AR) 25 10:45 Wooden Games (GR) 2:00 Bingo (GR) 3:30 Get Crafty: Tissue Floral Branches (AR) International Waffle Day
9:30 United Church Service Video (TH) 26 2:00 MATINEE: "Rescued by Ruby" (TH) 7:00 SERIES: "Virgin River" (TH)	10:00 Chair Tai Chi with Brenda (AR) 27 2:00 Crosswords* (GR) 3:00 Knitting Group* (GR) 7:00 DOCUMENTARY: "Mission Blue" (TH)	9:45 Exercise (TOW8) 28 10:30 Exercise (AR) 2:00 Birthday Social ft. Jean Bedard (GR) 6:30 Card Game Night* (GR)	9:15 Rides to Medical Appointments & Crystal Pool 29 11:00 Trivia (GR) 1:00 Art Therapy (AR) 1:15 BUS: Shopping at Tillicum Mall (AR) 2:00 Bingo (GR) 7:00 MOVIE: "Storied Life of AJ Fikry" (TH)	9:45 Exercise (TOW8) 30 10:30 Exercise (AR) 2:30 Happy Hour ft Joyz & The Boyz (GR) 3:30 Shuffleboard* (GAMR)	9:45 Chair Yoga with Kathy (AR) 31 10:45 Who or What Am I? Trivia (GR) 2:00 Music Bingo (GR) 3:00 Knitting Group* (GR) 3:15 Wordle Game (AR) 7:00 SERIES: "Suits" (TH)	

BINGO
25 cents a card

HAPPY HOUR
\$2 drink donation



TUCK SHOP:
Monday, Wednesday & Friday
2:00-3:00pm

MEAL TIMES:
Breakfast: 7:30am-9:00am
Lunch: 11:15am-12:30pm
Dinner: 4:15pm-5:30pm

COURTYARD CAFE: 7:30am-3:00pm