





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Locations Legend</u> Great Room (GR) Activity Room (AR) Theatre (TH) Games Room (GAMR) Country Kitchen (CK) Front Desk (FD) Courtyard Café (CAFE)</p>						<p>10:00 Exercise led by Joyce (AR) <b>1</b> 10:45 Shut the Box Board Game* (GR) 2:00 Greater Victoria Concert Band (GR) 3:00 Ping Pong* (AR) 7:00 MOVIE: "Green Book" (TH)</p> <p><b>World Music Therapy Day</b></p>
<p>9:30 United Church Service Video (TH) <b>2</b> 10:00 Crosswords &amp; Activity Sheets* (GR) 2:00 Board Games* (GR) 3:00 History Presentation with Eric: Canadian History Series (TH) 4:00 97th Academy Awards Ceremony (TH) 7:00 SERIES: "Mad Men" (TH)</p>	<p>10:00 Gentle Fit &amp; Stretch (AR) <b>3</b> 10:45 March Trivia (GR) 1:30 Horseracing (GR) 2:30 Bingo (GR) 3:00 Knitting Group* (GR) 7:00 DOCUMENTARY: "Secret World of Animal Sounds - 3 episodes" (TH) <b>World Wildlife Day</b></p>	<p>9:30 - 10:30am Pete Hartman Tax Services (CK) <b>4</b> 10:00 Chair Pilates Exercise with Jenn (AR) 10:45 Matching Cards Memory Game (GR) 2:00 Mardi Gras Social ft. Bijoux du Bayou (GR) 3:15 A Picture is Worth a 1000 Words (GR) 6:30 Card Game Night* (GR) <b>Mardi Gras</b></p>	<p>9:00 Rides to Medical Appointments &amp; Swimming at Crystal Pool <b>5</b> 10:00 Falls Prevention Exercise with Dr. McNeill (AR) 1:00 BUS: Shopping at Tillicum Mall (AR) 2:00 Bingo (GR) 3:00 Coffee Chat NEW! (GR) 7:00 MOVIE: "JOY The Birth of IVF" (TH)</p>	<p>10:00 Exercise (AR) <b>6</b> 10:45 Learn Your Colour &amp; the Meaning of Your Name (GR) 2:30 Happy Hour ft Brian Porter (GR) 3:30 Pool Game* (GAMR) 7:00 NEW SERIES: Wild at Heart (TH) <b>Learn the Meaning of Your Name Day</b></p>	<p>10:00 Chair Yoga with Kathy (AR) <b>7</b> 10:45 Mardi Gras &amp; Random Trivia (GR) 1:00 Crib Tournament* (GR) 2:00 ART: Drawing for Fun! (AR) 3:00 Knitting Group* (GR) 3:00 Music Bingo (GR) 6:00 Victoria Youth Music Group (GR) 7:00 SERIES: "This Is Us" (TH) <b>Employee Appreciation Day</b></p>	<p>10:00 Balls &amp; Bands (AR) <b>8</b> 10:45 Fit Minds (AR) 1:00 BUS: Uplands Scenic Drive (AR) 2:00 Women's Day Ted Talk: Jane Fonda on Life's 3rd Act &amp; Female Friendships (TH) 3:00 Women's Wine &amp; Conversation Social (GR) 7:00 MOVIE: "I Am Woman - Story of Helen Reddy" (TH) <b>International Women's Day</b></p>
<p>9:30 United Church Service Video (TH) <b>9</b> 10:00 Crosswords &amp; Activity Sheets* (GR) 2:00 MATINEE: "La Dolce Villa" (TH) 3:00 Board Games* (GR) 7:00 SERIES: "Mad Men" (TH) <b>Daylight Saving Time Begins</b></p>	<p>10:00 Chair Tai Chi with Brenda (AR) <b>10</b> 1:00 - 3:00pm Art Exploration with Cynthia (AR) 2:30 Bingo - resident led by Gord* (GR) 3:00 Knitting Group* (GR) 7:00 DOCUMENTARY: "Buy Now!" (TH)</p>	<p>9:30 - 10:30am Pete Hartman Tax Services (CK) <b>11</b> 10:00 Chair Pilates Exercise with Jenn (AR) 10:45 Word Games (AR) 1:00 - 3:00pm Glamour Puss Mobile Jewelry Boutique (GAMR) 1:30 Horseracing (GR) 3:00 Target Practice (GR) 3:15 Dr. Clem Talk: Finding Happiness (TH) 6:30 Card Game Night* (GR)</p>	<p>9:00 Rides to Medical Appointments <b>12</b> 10:00 Falls Prevention Exercise with Dr. McNeill (AR) 10:45 Jeopardy Trivia (GR) 1:15 BUS OUTING: Tea for Tutu Ballet "Carmina Burana" (AR) 2:00 Bingo (GR) 3:15 ART: Colouring on Large Colouring Sheets (AR) 7:00 MOVIE: "Champions" (TH)</p>	<p>8:00 Hearing Aid Cleaning Pick Up (FD) <b>13</b> 10:00 Cardio Exercise (AR) 10:45 Game of Things (GR) 1:30 Kitchen Tour with Kevin (CAFE) 2:30 Happy Hour ft Fred Chester (GR) 3:30 Shuffleboard* (GAMR) 7:00 NEW SERIES: Wild at Heart (TH)</p>	<p>10:00 Chair Yoga with Kathy (AR) <b>14</b> 10:45 Who or What Am I? Trivia (GR) 2:00 Seated Balloon Volleyball (AR) 3:00 Knitting Group* (GR) 3:00 Music Bingo (GR) 7:00 SERIES: "This Is Us" (TH)</p>	<p>10:00 Balls &amp; Bands (AR) <b>15</b> 10:45 Fit Minds (AR) 2:00 Glengarry Highland Dancers (GR) 3:00 Arts &amp; Crafts: Beaded Wall Art (AR) 7:00 MOVIE: "Worth" (TH)</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 United Church Service Video (TH) <b>16</b></p> <p>10:00 Crosswords &amp; Activity Sheets* (GR)</p> <p>2:00 MATINEE: "Irish Wish" (TH)</p> <p>3:00 Board Games* (GR)</p> <p>7:00 SERIES: "Mad Men" (TH)</p>	<p>10:00 Gentle Fit &amp; Stretch (AR) <b>17</b></p> <p>10:45 St. Patrick's Day Irish Trivia (GR)</p> <p>1:30 Horseracing (GR)</p> <p>2:30 Bingo (GR)</p> <p>3:00 Knitting Group* (GR)</p> <p>7:00 DOCUMENTARY: "Living with Leopards" (TH)</p> <p><b>St. Patrick's Day</b> </p>	<p>10:00 Chair Pilates Exercise with Jenn (AR) <b>18</b></p> <p>10:45 You be the Judge (GR)</p> <p>1:30 Town Hall Meeting (GR)</p> <p>2:30 St. Patrick's Day Social ft The New Gypsies (GR)</p> <p>2:45 P.A.T.S. Dog Visit (GR)</p> <p>6:30 Card Game Night* (GR)</p> <p><b>Wear GREEN!</b></p>	<p>9:00 Rides to Medical Appointments &amp; Swimming at Crystal Pool <b>19</b></p> <p>10:00 Falls Prevention Exercise with Dr. McNeill (AR)</p> <p>10:45 Jeopardy Trivia (GR)</p> <p>1:00 BUS: Shopping at Hillside Mall/Walmart (AR)</p> <p>2:00 Bingo (GR)</p> <p>3:00 Coffee Chat NEW! (GR)</p> <p>7:00 MOVIE: "Back in Action" (TH)</p>	<p>10:00 Cardio Exercise (AR) <b>20</b></p> <p>10:45 Spring Scategories (AR)</p> <p>2:30 Happy Hour ft Joyz &amp; the Boyz (GR)</p> <p>3:30 Pool Game* (GAMR)</p> <p>7:00 NEW SERIES: Wild at Heart (TH)</p> <p><b>Spring Equinox</b></p>	<p>10:00 Chair Yoga with Kathy (AR) <b>21</b></p> <p>10:45 Hangman (AR)</p> <p>1:00 Crib Tournament* (GR)</p> <p>1:30 Creating Poetry through AI Technology (TH)</p> <p>3:00 Knitting Group* (GR)</p> <p>3:00 Music Bingo (GR)</p> <p>7:00 SERIES: "This Is Us" (TH)</p> <p><b>World Poetry Day</b></p>	<p>10:00 Drumfit Exercise (AR) <b>22</b></p> <p>10:45 Fit Minds (AR)</p> <p>1:00 BUS: Signs of Spring Blossom Scenic Drive (AR)</p> <p>2:00 Dice Bingo (GR)</p> <p>3:00 Shut the Box! Game (GR)</p> <p>6:30 MEN'S GROUP: Movie "Moneyball", Beer &amp; Snacks (TH)</p>
<p>9:30 United Church Service Video (TH) <b>23</b></p> <p>10:00 Crosswords &amp; Activity Sheets* (GR)</p> <p>2:00 MATINEE: "Passing" (TH)</p> <p>3:00 Board Games* (GR)</p> <p>7:00 SERIES: "Mad Men" (TH)</p>	<p>10:00 Chair Tai Chi with Brenda (AR) <b>24</b></p> <p>10:45 Spring Trivia (GR)</p> <p>1:00 - 3:00pm Art Exploration with Cynthia (AR)</p> <p>1:30 Horseracing (GR)</p> <p>2:30 Bingo (GR)</p> <p>3:00 Knitting Group* (GR)</p> <p>7:00 DOCUMENTARY: "Dynasties - The Families That Changed The World Ep 1 &amp; 2" (TH)</p>	<p>10:00 Chair Pilates Exercise with Jenn (AR) <b>25</b></p> <p>10:45 Matching Cards Memory Game (GR)</p> <p>2:00 March Birthday Social ft. Jean Bedard (GR)</p> <p>3:15 Show &amp; Share (GR)</p> <p>6:30 Card Game Night* (GR)</p>	<p>9:00 Rides to Medical Appointments <b>26</b></p> <p>10:00 Falls Prevention Exercise with Dr. McNeill (AR)</p> <p>10:45 Jeopardy Trivia (GR)</p> <p>11:15 BUS: Lunch at Ross Bay Pub (AR)</p> <p>2:00 Bingo (GR)</p> <p>3:15 ART: Colouring on Large Colouring Sheets (AR)</p> <p>7:00 MOVIE: "The Fablemans" (TH)</p>	<p>10:00 Cardio Exercise (AR) <b>27</b></p> <p>10:45 Word Games (AR)</p> <p>2:30 Happy Hour ft Seabreeze (GR)</p> <p>3:30 Shuffleboard* (GAMR)</p> <p>7:00 NEW SERIES: Wild at Heart (TH)</p>	<p>10:00 Chair Yoga with Kathy (AR) <b>28</b></p> <p>10:45 Who or What Am I? Trivia (GR)</p> <p>2:00 Seated Balloon Volleyball (AR)</p> <p>3:00 Knitting Group* (GR)</p> <p>3:00 Music Bingo (GR)</p> <p>7:00 SERIES: "This Is Us" (TH)</p>	<p>10:00 Balls &amp; Bands (AR) <b>29</b></p> <p>10:45 Fit Minds (AR)</p> <p>2:00 Making Music with Hand Drums &amp; Percussion (AR)</p> <p>3:00 Arts &amp; Crafts: Spring Puzzle Collage (AR)</p> <p>7:00 MOVIE: "A Man Called Otto" (TH)</p>
<p>9:30 United Church Service Video (TH) <b>30</b></p> <p>10:00 Crosswords &amp; Activity Sheets* (GR)</p> <p>2:00 MATINEE: "Maid in Manhattan" (TH)</p> <p>3:00 Board Games* (GR)</p> <p>7:00 SERIES: "Mad Men" (TH)</p>	<p>10:00 Gentle Fit &amp; Stretch (AR) <b>31</b></p> <p>10:45 Trivia (GR)</p> <p>1:30 Horseracing (GR)</p> <p>2:30 Bingo (GR)</p> <p>3:00 Knitting Group* (GR)</p> <p>7:00 DOCUMENTARY: "Dynasties - The Families That Changed the World Ep 3 &amp; 4" (TH)</p>			<p><b>TUCK SHOP</b> Monday, Wednesday &amp; Friday 2:00pm - 3:00pm</p> <p><b>ARLENE'S SALON</b> Wednesday &amp; Thursday 10:00am - 5:00pm</p> <p><b>BINGO</b> <b>HORSERACING</b> <b>HAPPY HOUR</b></p> <p><b>25 CENTS A CARD</b> <b>10 CENTS PER RACE</b> <b>\$2 DRINK DONATION</b></p>		