


ENJOYING MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p style="text-align: center;">1</p> <p>9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Zumba with Antonya 12:30pm OUTING: Iona Beach 1:00pm Movie: Head Full of Honey 1:45pm Piano Playing 2:45pm Gentle FIT with Dale 3:30pm FIT with Dale 7:00pm Movie: Head Full of Honey</p>	<p style="text-align: center;">2</p> <p>8:30am Bus Drop Off: London Drugs 9:00am FIT with Dale 9:45am FIT with Dale 10:30am Chair Yoga 11:15am Power Hour with Dale 2:00pm PERK Activities with Rosemary 3:30pm FIT with Antonya 7:00pm Bingo</p>	<p style="text-align: center;">3</p> <p>9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Zumba with Antonya 1:00pm Information Session: Nutrition, Fitness and Creative Arts by Antonya Raymond 1:45pm Piano Playing 2:30pm Sunglasses Themed Happy Hour 2:45pm Gentle FIT with Dale 3:30pm FIT with Dale</p>	<p style="text-align: center;">4</p> <p>9:00am FIT with Dale 9:45am FIT with Dale 10:30am Chair Yoga 1:00pm Walker Clinic with Advanced Medical 2:30pm Trivia Thursday 3:30pm FIT with Antonya 7:00pm Movie: The Dig</p>	<p style="text-align: center;">5</p> <p style="color: red; text-align: center;">Employee Appreciation Day - Stop at the Concierge Desk and Write an Appreciation Note</p> <p>8:30am Bus Drop Off: Safeway 9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Stretch with Antonya 2:00pm Elvis Impersonator Performance 3:30pm Candle Lighting 3:30pm FIT with Dale 4:30pm Piano Playing</p>	<p style="text-align: center;">6</p> <p>10:15am FIT with Dale 11:00am FIT with Dale 12:30pm Movie: Stepmom 1:45pm Piano Playing 2:45pm Weight Training with Dale 3:15pm Knit and Chat 7:00pm Movie: Stepmom</p>
<p style="text-align: center;">7</p> <p>1:00pm Documentary: Apollo 11 7:00pm Documentary: Apollo 11</p>	<p style="text-align: center;">8</p> <p style="color: red; text-align: center;">Happy International Women's Day</p> <p>9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Zumba with Antonya 12:30pm OUTING: Southlands 1:00pm Movie: Then Came You 1:45pm Piano Playing 2:00pm Grandmothers, Mothers, Sisters, and Inspirational Women Picture Display 2:45pm Gentle FIT with Dale 3:30pm FIT with Dale 7:00pm Movie: Then Came You</p>	<p style="text-align: center;">9</p> <p>8:30am Bus Drop Off: London Drugs 9:00am FIT with Dale 9:45am FIT with Dale 10:30am Chair Yoga 11:15am Power Hour with Dale 1:00pm Men's Club Group Activity 2:00pm PERK Activities with Rosemary 3:30pm FIT with Antonya 7:00pm Bingo</p>	<p style="text-align: center;">10</p> <p>9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Zumba with Antonya 1:45pm Piano Playing 2:30pm Happy Hour 2:45pm Gentle FIT with Dale 3:30pm FIT with Dale</p>	<p style="text-align: center;">11</p> <p>9:00am FIT with Dale 9:45am FIT with Dale 10:30am Chair Yoga 1:00pm Movie: Summerland 2:00pm Spanish for Beginners 3:30pm FIT with Antonya 7:00pm Evening Activity with Francisco</p>	<p style="text-align: center;">12</p> <p>8:45am Bus Drop Off: Dollarama 9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Stretch with Antonya 2:00pm Performance by Malcolm and Linda: Suede Dogs 3:30pm Candle Lighting 3:30pm FIT with Dale 4:30pm Piano Playing</p>	<p style="text-align: center;">13</p> <p>10:15am FIT with Dale 11:00am FIT with Dale 12:30pm Movie: The Children Act 1:45pm Piano Playing 2:45pm Weight Training with Dale 3:15pm Knit and Chat 7:00pm Movie: The Children Act</p>
<p style="text-align: center;">14</p> <p>1:00pm Documentary: The Dawn Wall 7:00pm Documentary: The Dawn Wall</p>	<p style="text-align: center;">15</p> <p>9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Zumba with Antonya 12:30pm OUTING: Queen Elizabeth Park 1:00pm Movie: A Dog's Way Home 1:45pm Piano Playing 2:45pm Gentle FIT with Dale 3:30pm FIT with Dale 7:00pm Movie: A Dog's Way Home</p>	<p style="text-align: center;">16</p> <p>8:30am Bus Drop Off: London Drugs 9:00am FIT with Dale 9:45am FIT with Dale 10:30am Chair Yoga 11:15am Power Hour with Dale 2:00pm PERK Activities with Rosemary 3:30pm FIT with Antonya 7:00pm Bingo</p>	<p style="text-align: center;">17</p> <p style="color: red; text-align: center;">Happy St. Patrick's Day</p> <p>9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Zumba with Antonya 2:00pm Happy Hour + Irish Music by Blackthorn Band 3:15pm Gentle FIT with Dale 4:00pm FIT with Dale 4:45pm Piano Playing</p>	<p style="text-align: center;">18</p> <p>9:00am FIT with Dale 9:45am FIT with Dale 10:30am Chair Yoga 1:00pm Movie: Arctic 1:30pm Paint & Sip 3:00pm Book Club - Session 3 3:30pm FIT with Antonya 7:00pm Movie: Arctic</p>	<p style="text-align: center;">19</p> <p>8:30am Bus Drop Off: Safeway 9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Stretch with Antonya 2:00pm Spring Photo Hunt 3:30pm Candle Lighting 3:30pm FIT with Dale 4:30pm Piano Playing</p>	<p style="text-align: center;">20</p> <p style="color: red; text-align: center;">First Day of Spring & Nowruz Persian New Year</p> <p>10:15am FIT with Dale 11:00am FIT with Dale 12:30pm Movie: Children of Heaven 1:00pm Spring Food Demo with Rob 1:45pm Piano Playing 2:45pm Weight Training with Dale 3:15pm Knit and Chat 7:00pm Movie: Children of Heaven</p>
<p style="text-align: center;">21</p> <p style="color: red; text-align: center;">World Poetry Day and World Down Syndrome Day (See Francisco to make a donation to the Down Syndrome Resource Foundation)</p> <p>1:00pm Documentary: The C Word 1:30pm Poetry Reading 2:00pm Wine Demo with Suzanne 7:00pm Documentary: The C Word</p>	<p style="text-align: center;">22</p> <p>9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Zumba with Antonya 12:30pm OUTING: Pacific Spirit Regional Park 1:00pm Movie: The Net 1:45pm Piano Playing 2:45pm Gentle FIT with Dale 3:30pm FIT with Dale 7:00pm Movie: The Net</p>	<p style="text-align: center;">23</p> <p>8:30am Bus Drop Off: London Drugs 9:00am FIT with Dale 9:45am FIT with Dale 10:30am Chair Yoga 11:15am Power Hour with Dale 1:00pm Phone & Computer Q&A Session with Francisco 2:00pm PERK Activities with Rosemary 3:30pm FIT with Antonya 7:00pm Bingo</p>	<p style="text-align: center;">24</p> <p>9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Zumba with Antonya 1:45pm Piano Playing 2:30pm Happy Hour 2:45pm Gentle FIT with Dale 3:30pm FIT with Dale</p>	<p style="text-align: center;">25</p> <p>9:00am FIT with Dale 9:45am FIT with Dale 10:30am Chair Yoga 1:00pm Movie: Beverly Hills Ninja 2:00pm Staff Fire Drill 2:45pm Joke Competition for Staff and Residents 3:30pm FIT with Antonya 7:00pm Evening Activity with Francisco</p>	<p style="text-align: center;">26</p> <p>8:45am Bus Drop Off: Dollarama 9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Stretch with Antonya 2:00pm Information Session: Put a Little Spring in your Step 3:30pm Candle Lighting 3:30pm FIT with Dale 4:30pm Piano Playing</p>	<p style="text-align: center;">27</p> <p style="color: red; text-align: center;">Passover Begins at Sundown</p> <p>10:15am FIT with Dale 11:00am FIT with Dale 12:30pm Movie: Angels & Demons 1:45pm Piano Playing 2:45pm Weight Training with Dale 3:15pm Knit and Chat 7:00pm Movie: Angels & Demons</p>
<p style="text-align: center;">28</p> <p>1:00pm Documentary: Extreme Engagement 1:00pm Ladies Club Group Activity- Group 1 2:30pm Ladies Club Group Activity- Group 2 7:00pm Documentary: Extreme Engagement</p>	<p style="text-align: center;">29</p> <p>9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Zumba with Antonya 12:30pm OUTING: Terra Nova Park & West Dyke Trail 1:00pm Movie: The Dressmaker 1:45pm Piano Playing 2:45pm Gentle FIT with Dale 3:30pm FIT with Dale 7:00pm Movie: The Dressmaker</p>	<p style="text-align: center;">30</p> <p>8:30am Bus Drop Off: London Drugs 9:00am FIT with Dale 9:45am FIT with Dale 10:30am Chair Yoga 11:15am Power Hour with Dale 1:00pm Information Session: Falls Prevention 2:00pm PERK Activities with Rosemary 3:30pm FIT with Antonya 7:00pm Bingo</p>	<p style="text-align: center;">31</p> <p>9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Zumba with Antonya 1:45pm Piano Playing 2:30pm Pink Themed Happy Hour 2:45pm Gentle FIT with Dale 3:30pm FIT with Dale</p>	