

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# March 2022

<p>09:00 Daily News 09:30 Seated Yoga 10:15 Snack 10:30 Slow Cooker Meal 12:00 Mardi Gras Pancake Lunch 01:00 Body Percussions 02:00 Snack 02:30 Life Skills 03:30 Games 5:30 <b>Flames Pizza night</b></p>	<p>09:00 Daily News <b>1</b> 09:30 Zumba 10:15 Snack 10:30 Green thumb 12:00 Lunch Prep/Lunch 12:45 Sewing Creations 02:00 Snack 02:15 Book Club 03:30 Journal Me 6:30 <b>Cricut Craft Night</b></p>	<p>09:00 Daily News <b>2</b> 09:30 Tai Chi 10:15 Snack 10:30 Spring Do you Hear What I Hear 12:00 Lunch Prep/ Lunch 01:00 Gym 02:15 Snack 02:45 Outdoor Walk 03:00 Kahoots</p>	<p>09:00 Daily News <b>3</b> 09:30 Dance Off 10:45 Baking 12:00 Lunch Prep/Lunch 12:30 Megan's Art Program 01:30 Volunteering at the Library 02:45 Meal Planning 03:45 Journal Me 6:30 <b>Movie Night</b></p>	<p>09:00 Daily News <b>4</b> 09:30 Dance Off 10:45 Baking 12:00 Lunch Prep/Lunch 12:30 Megan's Art Program 01:30 Volunteering at the Library 02:45 Meal Planning 03:45 Journal Me 6:30 <b>Movie Night</b></p>	<p>09:00 Daily News <b>5</b> 09:30 Dance Off 10:45 Baking 12:00 Lunch Prep/Lunch 12:30 Megan's Art Program 01:30 Volunteering at the Library 02:45 Meal Planning 03:45 Journal Me 6:30 <b>Movie Night</b></p>
<p><b>6</b> 09:00 Daily News 09:30 Let's Move 10:30 Mardi Gras Art 12:00 Lunch Prep/ Lunch 12:45 Grocery Shopping 02:30 Snack 02:45 Healthy Habits: Healthy Leisure 03:30 Mind Teasers 5:00-6:30 <b>Lets cook</b></p>	<p><b>7</b> 09:00 Daily News 09:30 Seated Yoga 10:15 Snack 10:30 Slow Cooker Meal 12:00 Lunch Prep/Lunch 01:00 Drum Fit 02:00 Snack 02:30 Life Skills 03:30 Games</p>	<p><b>8</b> 09:00 Daily News 09:30 Zumba 10:15 Snack 10:30 Money Skills 12:00 Lunch Prep/Lunch 12:45 Sewing Creations 02:00 Snack 02:15 Book Club 03:30 Journal Me 6:30 <b>Cricut Craft Night</b></p>	<p><b>9</b> 09:00 Daily News 09:30 Tai Chi 10:15 Snack 10:30 Slow Cooker Meal 12:00 Lunch Prep/ Lunch 01:00 Gym 02:15 Snack 02:45 Outdoor Walk 03:00 Kahoots</p>	<p><b>10</b> 09:00 Daily News 09:30 Dance Off 10:45 Baking 12:00 Lunch Prep/Lunch 12:30 Megan's Art Program 01:30 Volunteering at the Library 02:45 Meal Planning 03:45 Journal Me 6:30 <b>Karaoke Night</b></p>	<p><b>11</b> 09:00 Daily News 09:30 Dance Off 10:45 Baking 12:00 Lunch Prep/Lunch 12:30 Megan's Art Program 01:30 Volunteering at the Library 02:45 Meal Planning 03:45 Journal Me 6:30 <b>Karaoke Night</b></p> <p>5:00 <b>Flames Pizza Night</b></p>
<p><b>13</b> 09:00 Daily News 09:30 Let's Move 10:30 St Patrick's Art 12:00 Lunch Prep/ Lunch 12:45 Grocery Shopping 02:30 Snack 02:45 Healthy Habits: Healthy Leisure 03:30 Mind Teasers 5:00-6:30 <b>Build your own Pizza</b></p> <p>Daylight Saving Time Begins</p>	<p><b>14</b> 09:00 Daily News 09:30 Seated Yoga 10:15 Snack 10:30 Slow Cooker Meal 12:00 Lunch Prep/Lunch 01:00 Boomwackers 02:00 Snack 02:30 Life Skills 03:30 Games</p>	<p><b>15</b> 09:00 Daily News 09:30 Zumba 10:15 Snack 10:30 Green Thumb 12:00 Lunch Prep/Lunch 12:45 Sewing Creations 02:00 Snack 02:15 Book Club 03:30 Journal Me 6:30 <b>Cricut Craft Night</b></p>	<p><b>16</b> 09:00 Daily News 09:30 Tai Chi 10:15 Snack 10:30 Baking: Lucky Mint Cookies 12:00 Lunch Prep/ Lunch 01:00 Gym 02:15 Snack 02:45 Outdoor Walk 03:00 Kahoots</p>	<p><b>17</b> 09:00 Daily News 09:30 Dance Off 10:45 Baking 12:00 Lunch Prep/Lunch 12:30 Megan's Art Program 01:30 Volunteering at the Library 02:45 Meal Planning 03:45 Journal Me 6:30 <b>Game Night</b></p>	<p><b>18</b> 09:00 Daily News 09:30 Dance Off 10:45 Baking 12:00 Lunch Prep/Lunch 12:30 Megan's Art Program 01:30 Volunteering at the Library 02:45 Meal Planning 03:45 Journal Me 6:30 <b>Game Night</b></p> <p>8:00 <b>Flames Night</b></p>
<p><b>20</b> 09:00 Daily News 09:30 Let's Move 10:30 Spring Art 12:00 Lunch Prep/ Lunch 12:45 Grocery Shopping 02:30 Snack 02:45 Healthy Habits: Healthy Leisure 03:30 Mind Teasers 5-6:30 <b>Supper at Boston Pizza</b></p> <p>Spring Begins</p>	<p><b>21</b> 09:00 Daily News 09:30 Seated Yoga 10:15 Snack 10:30 Slow Cooker Meal 12:00 Lunch Prep/Lunch 01:00 Body Percussions 02:00 Snack 02:30 Life Skills 03:30 Games 6:30 <b>Heart Math for Parents</b></p>	<p><b>22</b> 09:00 Daily News 09:30 Zumba 10:15 Snack 10:30 Money Skills 12:00 Lunch Prep/Lunch 12:45 Sewing Creations 02:00 Snack 02:15 Book Club 03:30 Journal Me 6:30 <b>Cricut Craft Night</b></p>	<p><b>23</b> 09:00 Daily News 09:30 Tai Chi 10:15 Snack 10:30 Slow Cooker Meal 12:00 Lunch Prep/ Lunch 01:00 Gym 02:15 Snack 02:45 Outdoor Walk 03:00 Kahoots</p>	<p><b>24</b> 09:00 Daily News 09:30 Dance Off 10:45 Baking 12:00 Lunch Prep/Lunch 12:30 Megan's Art Program 01:30 Volunteering at the Library 02:45 Meal Planning 03:45 Journal Me 6:30 <b>Karaoke Night</b></p>	<p><b>25</b> 09:00 Daily News 09:30 Dance Off 10:45 Baking 12:00 Lunch Prep/Lunch 12:30 Megan's Art Program 01:30 Volunteering at the Library 02:45 Meal Planning 03:45 Journal Me 6:30 <b>Karaoke Night</b></p> <p>4:30 <b>Meet at the clubhouse for Bus Trip to Langdon for Chinese food Buffet</b></p>
<p><b>27</b> 09:00 Daily News 09:30 Let's Move 10:30 Creative Art 12:00 Lunch Prep/ Lunch 12:45 Grocery Shopping 02:30 Snack 02:45 Healthy Habits: Healthy Leisure 03:30 Mind Teasers 5-6:30 <b>Let's Cook</b></p>	<p><b>28</b> 09:00 Daily News 09:30 Seated Yoga 10:15 Snack 10:30 Slow Cooker Meal 12:00 Lunch Prep/Lunch 01:00 Drum Fit 02:00 Snack 02:30 Life Skills 03:30 Games</p>	<p><b>29</b> 09:00 Daily News 09:30 Zumba 10:15 Snack 10:30 Green Thumb 12:00 Lunch Prep/Lunch 12:45 Sewing Creations 02:00 Snack 02:15 Book Club 03:30 Journal Me 6:30 <b>Cricut Craft Night</b></p>	<p><b>30</b> 09:00 Daily News 09:30 Tai Chi 10:15 Snack 10:30 Spring Décor DIY 12:00 Lunch Prep/ Lunch 01:00 Gym 02:15 Snack 02:45 Outdoor Walk 03:00 Kahoots 6:30 <b>Circle of Friends Guest Speaker</b></p>	<p><b>31</b> 09:00 Daily News 09:30 Tai Chi 10:15 Snack 10:30 Spring Décor DIY 12:00 Lunch Prep/ Lunch 01:00 Gym 02:15 Snack 02:45 Outdoor Walk 03:00 Kahoots 6:30 <b>Circle of Friends Guest Speaker</b></p>	<p><b>Connect Leisure Services</b> <b>403-324-6786</b> <b>connectrec.ca</b></p>