

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# March 2023

**connectrec.ca**  
**403-901-5676 ~ 403-324-6786**

09:00 Daily News 1  
09:30 Midweek Stretches  
10:30 Baking  
12:00 Lunch  
01:00 Coping Strategies  
02:00 Mind Teasers  
03:15 Name That Tune  
6:30 Green Thumb

09:00 Daily News 2  
09:30 Zumba  
10:30 Wood Working  
12:00 Lunch  
01:00 Green Thumb  
02:00 Physical Games  
03:15 Journal Reflections

09:00 Daily News 3  
09:30 Let's Dance  
10:30 Musical Games  
11:30 Lunch  
12:30 Adaptive Art  
01:30 Volunteer at Library  
02:00 Meal Planning  
03:15 Karaoke Fun  
No Program

09:00 Daily News 4

5 09:00 Daily News  
09:30 Yoga and Meditation  
10:30 Creative Arts  
12:00 Lunch  
01:00 Grocery Shopping  
02:00 Healthy Habits  
03:15 Word Puzzles  
6:30 Burgers and Flames  
Purim Begins

6 09:00 Daily News  
09:30 Let's Move  
10:30 Slow Cooker Meal  
12:00 Lunch  
01:00 Life Skills  
02:00 Book Club  
03:15 Board Games

7 09:00 Daily News  
09:30 Midweek Stretches  
10:30 Baking  
12:00 Lunch  
01:00 Coping Strategies  
02:00 Mind Teasers  
03:15 Finish the Lyrics  
6:30 Games Night

8 09:00 Daily News  
09:30 Zumba  
10:30 Wood Working  
12:00 Lunch  
01:00 Green Thumb  
02:00 Spring Walk  
03:15 Journal Reflections

9 09:00 Daily News  
09:30 Let's Dance  
10:30 Field Trip to Spruce Meadows  
Winter Farwell  
Horse Jumping  
03:00 Meal Planning  
7:00 Flames Night

10 11



12 09:00 Daily News  
09:30 Tai Chi and Meditation  
10:30 Creative Arts  
12:00 Lunch  
01:00 Grocery Shopping  
02:00 Healthy Habits  
03:15 Word Puzzles  
5:00 Supper at the Station  
Daylight Saving Time Begins

13 09:00 Daily News  
09:30 Let's Move  
10:30 Slow Cooker Meal  
12:00 Lunch  
01:00 Life Skills  
02:00 Book Club  
03:15 Board Games

14 09:00 Daily News  
09:30 Midweek Stretches  
10:30 Baking  
12:00 Lunch  
01:00 Coping Strategies  
02:00 Mind Teasers  
03:15 Irish Tales and Irish Cream Cocoa  
6:30 Blender Bevvies

15 09:00 Daily News  
09:30 Zumba  
10:30 Wood Working  
12:00 Lunch  
01:00 Green Thumb-Shamrocks  
02:00 Travel to Ireland  
03:15 Journal Reflections

16 09:00 Daily News  
09:30 Let's Dance  
10:30 Musical Games  
11:30 Lunch  
12:30 Adaptive Art  
01:30 Volunteer at Library  
02:00 Meal Planning  
03:15 Green Social  
6:30 St. Pats Day Party  
St. Patrick's Day

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19 09:00 Daily News  
09:30 Yoga and Meditation  
10:30 Creative Arts-Fairy Gardens  
12:00 Lunch  
01:00 Grocery Shopping  
02:00 Healthy Habits  
03:15 Word Puzzles  
5:00 Crazy Quesadilla Night  
Spring Begins

20 09:00 Daily News  
09:30 Prep for Trip  
11:00 Drumheller Field Trip To the Museum and "Dig Experience" at 1:15pm

21 09:00 Daily News  
09:30 Midweek Stretches  
10:30 Baking  
12:00 Lunch  
01:00 Coping Strategies  
02:00 Mind Teasers  
03:15 Drum for Fun  
6:30 Horseraces  
Ramadan Begins

22 09:00 Daily News  
09:30 Zumba  
10:30 Wood Working  
12:00 Lunch  
01:00 Green Thumb  
02:00 Spring Walk  
03:15 Journal Reflections

23 09:00 Daily News  
09:30 Let's Dance  
10:30 Musical Games  
11:30 Lunch  
12:30 Adaptive Art  
01:30 Volunteer at Library  
02:00 Meal Planning  
03:15 Welcome Spring  
5:00 Wranglers Game

24 25

26 09:00 Daily News  
09:30 Tai Chi and Meditation  
10:30 Creative Arts  
12:00 Lunch  
01:00 Grocery Shopping  
02:00 Healthy Habits  
03:15 Word Puzzles  
5:00 Tour of the New Clubhouse (hopefully)

27 09:00 Daily News  
09:30 Let's Move  
10:30 Slow Cooker Meal  
12:00 Lunch  
01:00 Life Skills  
02:00 Book Club  
03:15 Board Games

28 09:00 Daily News  
09:30 Midweek Stretches  
10:30 Baking  
12:00 Lunch  
01:00 Coping Strategies  
02:00 Mind Teasers  
03:15 Name That Tune  
No Evening Program

29 09:00 Daily News  
09:30 Zumba  
10:30 Wood Working  
12:00 Lunch  
01:00 Volunteer at SPCC  
02:00 Physical Games  
03:15 Journal Reflections

30 09:00 Daily News  
09:30 Let's Dance  
10:30 Musical Games  
11:30 Lunch  
12:30 Adaptive Art  
01:30 Volunteer at Library  
02:00 Meal Planning  
03:15 Karaoke Fun  
6:30 Movie Night

**Connect Leisure Services Ltd.**