



# March 2023

## Southbridge London



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MAPLE Suites</b> Activity Aide ~ Penny			<u>Visiting Library Delivery</u> <b>1</b> 10:15 TV Classics	10:00 Chaplain Visits <b>2</b> 11:00 Physio Group Exercises (Maple) 2:30 World Day of Prayer Service * 2:45 Cards 6:15 Sing-a-long	<u>World Day of Prayer</u> <b>3</b> 10:15 Bingo 11:30 Room Visits 2:00 World Day Of Prayer Information Group 2:00 Town Hall Meeting	10:15 Gaither Gospel with Jack * <b>4</b> 10:15 Indoor Walks 1:30 Physio Group Exercises (Maple) 2:30 Pen Pal Meet & Greet *
10:15 Virtual Sunday Service <b>5</b> 2:15 Indoor Bowling *	10:15 Celtic Knot Coloring <b>6</b> 10:30 Piano Music with Craig Hancock * 1:30 Physio Group Exercises (Oak) 2:15 Puzzles	10:15 Manicure Social <b>7</b> 11:00 Physio Group Exercises (Oak) 12:00 K.F.C. Lunch in the Activity Room (sign up) * 1:45 Movie Matinee (Run Away Bride) 2:00 Recreation Staff in a meeting 2:30 Inspire	<u>International Women's Day</u> <b>8</b> 10:15 Having Fun with Limericks 2:15 Baking	11:00 Physio Group Exercises (Maple) <b>9</b> 11:15 Chaplain Visits 2:00 UNO Game	10:15 Bingo <b>10</b> 11:30 Room Visits 2:00 Montessori Room Visits 2:30 Art with Val *	10:30 Drum Circle * <b>11</b> 11:15 Chaplain Visits 1:30 Physio Group Exercises (Maple) 2:30 Music Entertainment with The Celtic Knot *
<u>Daylight Saving Time Begins ~ Spring Forward</u> <b>12</b> 10:30 Chapel Service * 10:45 Virtual Sunday Service 2:15 Indoor Bowling * 2:30 Chaplain Visits	10:15 History of ST.Patricks Day <b>13</b> 11:00 Colouring the Celtic Knot 1:30 Physio Group Exercises (Oak) 2:00 Travelogue To Ireland 3:00 Plant Care Visits	10:15 Manicure Social <b>14</b> 11:00 Physio Group Exercises (Oak) 1:30 Chaplain Visits 2:15 St.Patricks Day Craft	10:15 TV Classics <b>15</b> 2:15 Afternoon Walks	10:30 Hope Group <b>16</b> 11:00 Physio Group Exercises (Maple) 2:15 Cards 3:30 1:1 Music Visits 6:15 Sing-a-long	<u>Dress in Green St. Patrick's Day</u> <b>17</b> 10:15 Bingo 11:30 Room Visits 2:00 Montessori Room Visits 2:30 St. Patrick's Day Social *	10:15 Indoor Walks <b>18</b> 1:30 Physio Group Exercises (Maple) 1:30 Country Tour
10:45 Virtual Sunday Service <b>19</b> 11:00 Visits 2:30 Dance Party *	<u>First Day of Spring</u> <b>20</b> 1:30 Physio Group Exercises (Oak) 2:15 Puzzles 2:30 Spring Rolls Social *	10:15 Manicure Social <b>21</b> 11:00 Physio Group Exercises (Oak) 2:30 Hymn Sing 2:30 Music Entertainment with Gord Bell * 7:00 Celebration of Life Service	8:45 Breakfast Club (sign-up) * <b>22</b> 10:15 Table talk Tidbits 2:15 Baking	<u>Ramadan Begins</u> <b>23</b> 10:15 All About Ramadan 11:00 Physio Group Exercises (Maple) 11:30 iPad Visits 1:30 Chaplain Visits 2:15 Ramadan Adult Coloring And Mawwal Arabic Music	10:15 Bingo <b>24</b> 11:30 Room Visits 2:00 Montessori Room Visits	10:30 Poet Tree * <b>25</b> 11:15 Chaplain Visits 1:30 Physio Group Exercises (Maple)
10:30 Chapel Service * <b>26</b> 10:45 Virtual Sunday Service 1:30 Chaplain Visits 2:15 Indoor Bowling *	<u>Hawaii Day</u> <b>27</b> 10:15 All About Hawaii 1:30 Physio Group Exercises (Oak) 2:00 Travelogue To Hawaii 2:30 Hawaiian Social * 3:00 Plant Care Visits	9:45 Food Advisory & Residents' Council Meeting * <b>28</b> 10:30 Manicure Social 11:00 Physio Group Exercises (Oak) 11:15 Chaplain Visits 2:00 Room Visits	10:15 TV Classics <b>29</b> 2:15 Afternoon Walks	11:00 Physio Group Exercises (Maple) <b>30</b> 2:30 Music Entertainment with Susie-Q * 2:45 1:1 Music Visits 6:15 Cards	10:15 Bingo <b>31</b> 11:30 Room Visits 2:15 Knitting & Crocheting Club *	* = Whole Home Program in the Activity Room (main floor)