



# March 2023

## Southbridge London



| Sunday   | Monday   | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday  |
|--|--|---|---|--|---|---|
| <div>PINE Suites</div> <div>Activity Aide ~ Hillary</div>  |  |   | <div><u>National Peanut Butter Lover's Day</u> <b>1</b></div> <div><u>Visiting Library Delivery</u></div> <div>10:15 Bingo</div> <div>11:15 Room Visits</div> <div>1:30 Physio Group Exercises</div> <div>2:15 Baking - Peanut Butter Cookies</div> | <div>10:15 Trivia <b>2</b></div> <div>1:30 Physio Group Exercises</div> <div>1:30 Chaplain Visits</div> <div>2:30 World Day of Prayer Service *</div>            | <div><u>World Day of Prayer</u> <b>3</b></div> <div>10:15 Manicures</div> <div>11:00 Physio Group Exercises</div> <div>11:15 Room Visits</div> <div>2:15 Colour Your World</div>                        | <div>10:15 Gaither Gospel with Jack * <b>4</b></div> <div>2:30 Pen Pal Meet &amp; Greet *</div>   |
| <div>10:15 Virtual Sunday Service <b>5</b></div> <div>2:15 Indoor Bowling *</div>  | <div>10:30 Piano Music with Craig Hancock * <b>6</b></div> <div>2:15 Travelogue</div>  | <div>9:00 Chaplain Visits <b>7</b></div> <div>10:15 Town Hall Meeting</div> <div>10:30 Whiteboard Word Games</div> <div>12:00 K.F.C. Lunch in the Activity Room (sign up) *</div> <div>1:45 Movie Matinee</div> <div>2:00 Recreation Staff in a meeting</div> | <div><u>International Women's Day</u> <b>8</b></div> <div>10:15 Bingo</div> <div>11:15 Room Visits</div> <div>1:30 Physio Group Exercises</div> <div>2:15 Ball Toss</div>   | <div>9:00 Chaplain Visits <b>9</b></div> <div>1:30 Physio Group Exercises</div>  | <div>10:15 Manicures <b>10</b></div> <div>11:00 Physio Group Exercises</div> <div>11:15 Room Visits</div> <div>2:15 Colour Your World</div> <div>2:30 Art with Val *</div>                              | <div>9:00 Chaplain Visits <b>11</b></div> <div>10:15 Sensory Visits</div> <div>10:30 Drum Circle *</div> <div>2:30 Music Entertainment with The Celtic Knot *</div> <div>6:15 Walks</div> |
| <div><u>Daylight Saving Time Begins ~ Spring Forward</u> <b>12</b></div> <div>10:30 Chapel Service *</div> <div>10:45 Virtual Sunday Service</div> <div>11:30 Chaplain Visits</div> <div>2:15 Indoor Bowling *</div> | <div>2:15 Axe Throw <b>13</b></div> <div>6:15 Sing-a-long</div>  | <div>10:15 Whiteboard Word Games <b>14</b></div> <div>11:15 Room Visits</div> <div>2:15 Sit and Stretch</div> <div>2:30 Hymn Sing</div>   | <div>10:15 Bingo <b>15</b></div> <div>11:15 Room Visits</div> <div>1:30 Physio Group Exercises</div> <div>2:15 Baking</div>   | <div>9:00 Chaplain Visits <b>16</b></div> <div>10:15 Crafts</div> <div>1:30 Physio Group Exercises</div> <div>2:15 Name that Tune</div>                          | <div><u>Dress in Green St. Patrick's Day</u> <b>17</b></div> <div>10:15 Manicures</div> <div>11:00 Physio Group Exercises</div> <div>11:15 Room Visits</div> <div>2:30 St. Patrick's Day Social *</div> | <div>10:00 TV Classics <b>18</b></div> <div>2:00 Independent Word Puzzles</div>   |
| <div>10:45 Virtual Sunday Service <b>19</b></div> <div>2:30 Dance Party *</div>  | <div><u>First Day of Spring</u> <b>20</b></div> <div>10:15 Sit and Stretch</div> <div>2:30 Spring Rolls Social *</div> <div>6:15 Sing-a-long</div> | <div>10:15 Whiteboard Word Games <b>21</b></div> <div>11:15 Room Visits</div> <div>2:30 Music Entertainment with Gord Bell *</div> <div>7:00 Celebration of Life Service</div>  | <div>8:45 Breakfast Club (sign-up) * <b>22</b></div> <div>10:15 Bingo</div> <div>11:15 Room Visits</div> <div>1:30 Physio Group Exercises</div> <div>2:15 Ball Toss</div>   | <div><u>Ramadan Begins</u> <b>23</b></div> <div>10:30 Hymn Sing</div> <div>1:30 Physio Group Exercises</div>   | <div>10:15 Manicures <b>24</b></div> <div>11:00 Physio Group Exercises</div> <div>11:15 Room Visits</div> <div>2:15 Colour Your World</div>   | <div>9:00 Chaplain Visits <b>25</b></div> <div>10:15 Visits</div> <div>10:30 Poet Tree *</div> <div>1:30 Country Drive</div> <div>6:15 Walks</div>  |
| <div>10:30 Chapel Service * <b>26</b></div> <div>10:45 Virtual Sunday Service</div> <div>11:30 Chaplain Visits</div> <div>2:15 Indoor Bowling *</div>  | <div><u>Hawaii Day</u> <b>27</b></div> <div>2:30 Hawaiian Social *</div> <div>3:45 1:1 Music Visits</div> <div>6:15 Sing-a-long</div>              | <div>9:00 Chaplain Visits <b>28</b></div> <div>9:45 Food Advisory &amp; Residents' Council Meeting *</div> <div>11:15 Room Visits</div> <div>2:15 Whiteboard Word Games</div>   | <div>10:15 Bingo <b>29</b></div> <div>11:15 Room Visits</div> <div>1:30 Physio Group Exercises</div> <div>2:15 Baking</div>   | <div>9:00 Chaplain Visits <b>30</b></div> <div>10:15 Documentary</div> <div>1:30 Physio Group Exercises</div> <div>2:30 Music Entertainment with Susie-Q *</div> | <div>10:15 Manicures <b>31</b></div> <div>11:00 Physio Group Exercises</div> <div>11:15 Room Visits</div> <div>2:15 Knitting &amp; Crocheting Club *</div>  | <div>* = Whole Home Program in the Activity Room (main floor)</div>   |