

Sunday

Monday





Tuesday

Wednesday

Thursday

Friday

Saturday

1 1:30pm – McDougal Church Service	2 10:00am – Handspa with Jacquie 11:00am – Exercises & Brier Cranium Crunches 2:00pm – Entertainment by Silver and Gold (LODGE)	3 11:00am – Music with Kelly 1:30pm – Bingo with Anne 	4 11:00am – Floor Curling 2:30pm – Helping Hands	5 11:00am – Walk and Talk 2:30pm – Song and Social Hour	6 11:00am – Armchair Boogie 2:30pm – Fresh Baked Bread and Coffee	7 2:00pm – Social time in the dining room		
8 Move your clocks ahead 1 hour! 1:30pm – Bergen Church Service Brier ends today <small>Daylight Saving Time Begins</small>	9 10:00am – Handspa with Jacquie 11:00am – Exercises 2:00pm – Entertainment by Trails End (LODGE) <small>Purim Begins</small>	10 11:00am – Pet Visits 1:00pm – Bingo with Anne 	11 11:00am – Walk and Talk 2:00pm – Cowboy Poetry	12 Theme Thursday – Green or Yellow 11:00am – St. Patrick’s Activities 2:30pm – Song and Social Hour	13 11:00am – Armchair Boogie 2:30pm – Penny Ante	14 2:00pm – Social time in the dining room		
15 1:30pm – James River Cowboy Church Service	16 10:00am – Handspa with Jacquie 11:00am – Exercises 2:00pm – Resident Birthday Party and music by Leo Dumont (LODGE)	17 <i>Happy St. Patrick's Day!!!</i> 11:00am – Music with Kelly 1:30pm – Bingo with Anne 6:30pm – Pub Night with Music (LODGE) <small>St. Patrick's Day</small>	18 11:00am – Walk and Talk 2:30pm – Helping Hands	19 11:00am – Fact or Fiction 2:30pm – Song and Social Hour <small>Spring Begins</small>	20 11:00am – Armchair Boogie 2:30pm – Springtime Reminisce	21 2:00pm – Social time in the dining room		
22 1:30pm – Gospel Church Service	23 10:00am – Handspa with Jacquie 2:00pm – Entertainment by Murray Larson (LODGE)	24 11:00am – Target 1:30pm – Bingo with Anne 	25 8:30am – Men’s Breakfast 11:00am – Walk and Talk 2:30pm - Culinary	26 11:00am – Trivia 2:30pm – Shake Loose a Memory 7:00pm – Sundre Community Bells (LODGE)	27 11:00am – Armchair Boogie 2:30pm – “Name” Brand Foods	28 2:00pm – Social time in the dining room		
29 1:30pm – United Church Service	30 10:00am – Handspa with Jacquie 9:30pm – Outing A&W for coffee 2:00pm – Entertainment by Centennial Fiddlers (LODGE)	31 11:00am – Music with Kelly 1:30pm – Bingo with Anne 	Notes: -Calendar times and programs are Subject to change without notice. -Family and friends are Encouraged to join their loved One in programs. -All outings and outdoor programs Are weather dependent.				<h1>March 2020</h1> <h2>South Wing 1st Floor – Recreation Therapy Calendar</h2>	

If you have any questions or concerns, please contact Cindy or Leah in recreation.