

March 2025 Happenings



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 8:30-10am Continental Breakfast
2 8:30-10am Continental Breakfast	3 10:30am Sit & Fit 1pm Menu Chat 2pm Movie Monday	4 10:30am Tai Chi 1pm Bingo	5 10:30am Sit & Fit	6 10:30am Tai Chi 2pm Shopping @ IGA 1:30pm B.V. Reading 5pm Dinner Group	7 10:30am Sit & Fit 1pm Bingo	8 8:30-10am Continental Breakfast
9 DAYLIGHT SAVING TIME 8:30-10am Continental Breakfast 4pm GLCO Sunday Series	10 10:30am Sit & Fit 11:30am Meditation 2pm Movie Monday	11 10:30am Tai Chi 1pm Bingo	12 10:30am Sit & Fit 11:30am Meditation 12pm Lunch Bunch	13 10:30am Yoga Vista 2pm Shopping @ IGA	14 10:30am Sit & Fit 1pm Bingo	15 8:30-10am Continental Breakfast
16 8:30-10am Continental Breakfast	17 10:30am Sit & Fit 11:30am Meditation 2pm Movie Monday	18 10:30am Tai Chi 1pm Bingo	19 10:30am Sit & Fit 11:30am Meditation	20 10:30am Yoga Vista 2pm Shopping @ IGA 1:30pm B.V. Reading	21 10:30am Sit & Fit 1pm Bingo	22 8:30-10am Continental Breakfast
23 8:30-10am Continental Breakfast	24 10:30am Sit & Fit 11:30am Meditation 2pm Movie Monday	25 10:30am Tai Chi 1pm Bingo 6:15pm Coffee & Conversation after dinner	26 10:30am Sit & Fit 11:30am Meditation	27 10:30am Yoga Vista 2pm Shopping @ IGA 4:30pm Travelling Happy Hour Hall 3!	28 10:30am Sit & Fit 1pm Bingo	29 8:30-10am Continental Breakfast
30 8:30-10am Continental Breakfast	31 10:30am Sit & Fit 11:30am Meditation 2pm Movie Monday				Special Happy Hour & Dinner Birthday Dinner	Wellness Center Dining/Living Room Terrace Level Outing

