


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Special Notes</b></p> <ul style="list-style-type: none"> <li>Please check your daily activity table toppers on the dining room tables!</li> <li>Programs or locations may change at times</li> <li>Don't forget to try your luck at guessing our weekly Mystery Person!</li> <li>"Fit &amp; Fab" continues.....stay positive!</li> <li>Be sure to sign up for outings, foot care and special events at the front desk!</li> </ul>		<p><b>1</b></p> <p>9:30 Resident Lead Darts (AR)            10:30 Scrabble &amp; Games (EL)            1:30 Pampering with Patti (SR)            2:30 <b>VON Exercise Class</b> (AR)            3:00 Tea Time Social (TR)            6:30 Nickel Bingo with Elaine (AR)            7:30 Billiards Night (SL)</p>	<p><b>2 Laura Secord Easter Sale</b></p> <p>9:30 Kindermusik (EL)            10:15 Tuck Shop (FL)            10:30 Sing Along with Lynn (AR)            1:30 <b>VON Exercise Class</b> (AR)            2:00 <b>Fitness with Kushy</b> (LC)            2:30 Horse Race Derby with Barb (AR)            3:00 <b>Walking Club &amp; Heart Rate Monitoring with Monica</b> (NL)            7:00 Shuffleboard (AR)</p>	<p><b>3</b></p> <p>9:45 <b>Fit as a Fiddle with Suzan</b> (AR)            10:30 Nickel Bingo with Barb (AR)            2:00 Sing Along with Phyl! (AR)            2:30 <b>Fitness with Kushy!</b> (LC)            3:30 Shuffleboard (AR)            7:00 <i>Pub Night Social with Eric Kidd!</i> (AR)</p>	<p><b>4 VLS Book Exchange</b></p> <p>10:15 Tuck Shop (FL)            10:30 <b>VON Exercise Class</b> (AR)            2:00 Horse Race Derby! (AR)            3:30 Shuffleboard (AR)            7:00 Euchre &amp; Games (AR)            7:00 <b>Friday Night Movie &amp; Munchies: "Pretty Woman"</b> (NL)</p>	<p><b>5</b></p> <p>9:30 <b>Fit &amp; Fab Walking</b> (NL)            9:45 Catholic Service with Deacon Del (SR)            10:15 <b>AM Energizer</b> (AR)            11:00 Kindermusik (EL)            2:00 Afternoon Nickel Bingo with Falk (AR)            3:30 Shuffleboard (AR)            7:00 Euchre &amp; Games (AR)</p>
<p><b>6</b></p> <p>10:30 Wii Sports (AR)            10:30 Hole in One Mini Putt (EL)            1:30 Heritage Baptist Church Service (AR)            2:30 <b>Meditation and Relaxation with Ruth</b> (SR)            3:00 Brainergizer: Play on Words (TR)            7:00 Bingo Night at the Terrace with Falk (AR)</p>	<p><b>7 Foot Care</b></p> <p>9:30 <b>VON Exercise Class</b> (AR)            10:15 Tuck Shop (FL)            10:30 Ladder Ball Competition: Best 2 of 3! (AR)            2:00 Horse Race Derby! (AR)            2:30 <b>Fitness with Kushy &amp; Lisa!</b> (LC)            3:00 Paraffin Hand Wax Treatments (SR)            7:00 Shuffleboard (AR)</p>	<p><b>8 Bowlerama Outing!</b></p> <p>9:30 Darts with Amber (AR)            10:45 Cards and Games (EL)            1:30 Pampering with Patti (SR)            2:30 <b>VON Exercise Class</b> (AR)            3:30 Nickel Bingo With Falk (AR)            7:30 Billiards Night (SL)</p>	<p><b>9</b></p> <p>9:30 Kindermusik (EL)            10:30 Sing Along with Lynn (AR)            10:45 Menu Chat w/ Darlene (DR)            1:30 <b>VON Exercise Class</b> (AR)            2:00 <b>Fitness w Lisa &amp; Kushy!</b> (LC)            3:00 <b>Walking Club &amp; Heart Rate Monitoring with Monica</b> (NL)            3:30 Shuffleboard (AR)            7:00 <i>Pub Night Social with Louise Lloyd!</i> (AR)</p>	<p><b>10</b></p> <p>9:45 <b>Fit as a Fiddle with Suzan</b> (AR)            10:30 Nickel Bingo With Barb (AR)            1:30 <i>Adventures in Art: Charcoal Mediums</i> (AR)            2:30 <b>Fitness with Lisa &amp; Kushy!</b> (LC)            7:00 Shuffleboard (AR)            7:30 Billiards (SL)</p>	<p><b>11</b></p> <p>9:30 Programs with Amber (AR)            10:15 Tuck Shop (FL)            10:30 <b>VON Exercise Class</b> (AR)            2:00 Men's Beer and Billiards (SL)            3:30 Shuffleboard (AR)            7:00 Euchre &amp; Games (AR)            7:00 <b>Friday Night Movies and Munchies: "Wizard of Oz"</b> (NL)</p>	<p><b>12 Daylight Savings!</b></p> <p>9:30 <b>Fit &amp; Fab Walking</b> (NL)            9:45 Catholic Service with Deacon Del (SR)            10:15 <b>AM Energizer</b> (AR)            11:00 Kindermusik (EL)            2:00 Afternoon Nickel Bingo with Barb (AR)            3:30 Shuffleboard (AR)            7:00 Euchre &amp; Games (AR)</p>
<p><b>13 Spring Forward!</b> 🕒</p> <p>10:30 Scrabble (EL)            10:30 Hole in One Mini Putt (EL)            2:30 Sunday Afternoon Matinee (AR)            3:00 Brainergizer: Mind Maze Escape (TR)            7:00 Bingo Night at the Terrace with Barb (AR)</p>	<p><b>14</b></p> <p>9:30 <b>VON Exercise Class</b> (AR)            10:15 Tuck Shop (FL)            10:30 Bean Bag Toss! (AR)            2:00 Horse Race Derby! (AR)            2:30 <b>Fitness with Lisa &amp; Kushy!</b> (LC)            3:00 Paraffin Hand Wax Treatments (SR)            7:00 Shuffleboard (AR)</p>	<p><b>15</b></p> <p>9:30 <b>Muscles &amp; Music with Amber</b> (AR)            10:45 Carpet Bowling with Amber (AR)            1:30 Pampering with Patti (SR)            2:15 <i>Miller School of Irish Dance!</i> (AR)            6:30 Nickel Bingo With Elaine (AR)            7:30 Billiards Night (SL)</p>	<p><b>16</b></p> <p>9:30 Kindermusik (EL)            10:15 Tuck Shop (FL)            10:30 Anglican Service (AR)            1:30 <b>VON Exercise Class</b> (AR)            2:00 <b>Fitness with Lisa &amp; Kushy!</b> (LC)            2:00 Horse Race Derby! (AR)            3:00 <b>Walking Club &amp; Heart Rate Monitoring with Monica</b> (NL)            7:00 Shuffleboard (AR)</p>	<p><b>17 St. Patrick's Day!</b> 🍀</p> <p>9:45 <b>Fit as a Fiddle With Suzan</b> (AR)            10:30 Nickel Bingo With Barb (AR)            1:30 <i>Irish Ales Taste Test!</i> (AR)            2:30 <b>Fitness with Lisa &amp; Kushy!</b>            3:30 Shuffleboard (AR)            4:45pm to 6:00pm  <i>St. Paddy's Irish Dinner &amp; Pub with North of 50! Wear Green!</i></p>	<p><b>18 VLS Book Exchange</b></p> <p>10:15 Tuck Shop (FL)            10:30 <b>VON Exercise Class</b> (AR)            2:00 <b>Confidence and Relaxation Exercise with Amber</b> (SR)            3:30 Shuffleboard (AR)            7:00 Euchre &amp; Games (AR)            7:00 <b>Friday Night Movies &amp; Munchies: "Grumpy Old Men"</b> (NL)</p>	<p><b>19 Lunch Buffet Outing!</b></p> <p>9:30 <b>Fit &amp; Fab Walking</b> (NL)            9:45 Catholic Service with Deacon Del (SR)            10:15 <b>AM Energizer</b> (AR)            11:00 Kindermusik (EL)            2:00 Afternoon Nickel Bingo with Falk (AR)            3:30 Shuffleboard (AR)            7:00 Euchre &amp; Games (AR)</p>
<p><b>20 Spring!</b> 🌸 hello spring!</p> <p>10:30 Wii Sports (AR)            10:30 Hole in One Mini Putt (EL)            1:30 Hi Way Interfaith Service (AR)            2:30 <b>Meditation and Relaxation with Ruth</b> (SR)            3:00 Brainergizer: Fill in the Blanks (TR)            7:00 Bingo Night at the Terrace with Falk (AR)</p>	<p><b>21</b></p> <p>9:30 <b>VON Exercise Class</b> (AR)            10:15 Tuck Shop (FL)            10:30 Ladder Ball Competition: Best 2 of 3! (AR)            2:00 <i>March Babies Birthday Party with Ken Meyer!</i> (AR)            2:30 <b>Fitness with Lisa &amp; Kushy!</b> (LC)            3:00 Paraffin Hand Wax (SR)            7:00 Shuffleboard (AR)</p>	<p><b>22</b></p> <p>9:30 Darts with Amber (AR)            10:45 Carpet Bowling with Amber (AR)            1:30 Pampering with Patti (SR)            2:30 <b>VON Exercise Class</b> (AR)            6:30 Nickel Bingo With Elaine (AR)            7:30 Billiards Night (SL)</p>	<p><b>23</b></p> <p>9:30 Kindermusik (EL)            10:15 Tuck Shop (FL)            10:30 Sing Along with Lynn (AR)            1:30 <b>VON Exercise Class</b> (AR)            2:00 <b>Fitness with Lisa &amp; Kushy!</b> (LC)            2:00 <i>General Meeting</i> (TR)            3:00 <b>Walking Club &amp; Heart Rate Monitoring with Monica</b> (NL)            7:00 Shuffleboard (AR)</p>	<p><b>24</b></p> <p>9:45 <b>Fit as a Fiddle with Suzan</b> (AR)            10:30 Nickel Bingo With Barb (AR)            2:00 <i>Just for Fun: Pandora's Sox Variety Show!</i> (AR)            2:30 <b>Fitness with Lisa &amp; Kushy!</b>            3:30 Shuffleboard (AR)            7:00 <i>Pub Night and Dance with Jimmy the Crooner!</i> (AR)</p>	<p><b>25 Good Friday</b></p> <p>10:30 <b>AM Energizer</b> (AR)            1:30 Salvation Army Church Service (AR)            3:30 Shuffleboard (AR)            7:00 Euchre &amp; Games (AR)            7:00 <b>Friday Movies &amp; Munchies: "Pirates of the Caribbean"</b> (NL)</p>	<p><b>26</b></p> <p>9:30 <b>Fit &amp; Fab Walking</b> (NL)            9:45 Catholic Service with Deacon Del (SR)            10:15 <b>AM Energizer</b> (AR)            11:00 Kindermusik (EL)            2:00 Afternoon Nickel Bingo with Barb (AR)            3:30 Shuffleboard (AR)            7:30 Resident Council Party Night! All Welcome! (AR)</p>
<p><b>27</b> 🐣 Happy Easter 🐣</p> <p>10:30 Scrabble (EL)            10:30 Hole in One Mini Putt (EL)            2:30 Sunday Afternoon Matinee (AR)            3:00 Brainergizer: Spot the Difference (TR)            7:00 Big Jackpot Bingo Night with Barb (AR)</p>	<p><b>28 Easter Monday</b></p> <p>9:30 <b>VON Exercise Class</b> (AR)            10:15 Tuck Shop (FL)            10:30 Horse Race Derby! (AR)            2:00 <i>Smile Theatre Presents: "Remember that Song"</i> (DR)            2:30 <b>Fitness with Lisa &amp; Kushy!</b> (LC)            3:30 Paraffin Hand Wax (SR)            7:00 Shuffleboard (AR)</p>	<p><b>29</b></p> <p>9:30 Darts with Amber (AR)            10:45 Carpet Bowling With Amber (AR)            1:30 Pampering with Patti (SR)            2:30 <b>VON Exercise Class</b> (AR)            6:30 Nickel Bingo with Elaine (AR)            7:30 Billiards Night (SL)</p>	<p><b>30</b></p> <p>9:30 Kindermusik (EL)            10:15 Tuck Shop (FL)            10:30 Sing Along with Lynn (AR)            1:30 Central United Church Service (AR)            2:00 <b>Fitness with Lisa &amp; Kushy!</b> (LC)            3:00 <b>Walking Club &amp; Heart Rate Monitoring with Monica</b> (NL)            7:00 Shuffleboard (AR)</p>	<p><b>31</b></p> <p>9:45 <b>Fit as a Fiddle With Suzan</b> (AR)            10:30 Nickel Bingo w With Barb (AR)            2:00 Horse Race Derby! (AR)            2:30 <b>Fitness with Lisa &amp; Kushy!</b> (LC)            3:30 Shuffleboard (AR)            7:00 <i>Pub Night Social with The Russ Strathdee Duo!</i> (AR)</p>	<p><i>Bless your little Irish heart and every other Irish part.</i></p>  <p><i>Wishing you a happy St. Patrick's Day, and may the luck o' the Irish be with you!</i></p>	