

March 2026 ~Arbours

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1   8:15 Morning Greeting Daily Chronicle  2:00  Sunday Church St John's Anglican	2 8:30 REC Staff Meeting 10:00 Volleyball 11:00 Sports Review 1:00 Walk The Block 2:00 Resident  Council	3  8:15 Breakfast Buddies 10:00 NYT Games 11:15 Catholic Mass 1:00 One To One 2:00 Bocce Ball 3:00 Sport Phrases	4 8:15 Morning Greetings 9:15 Walk The Block 10:00 Sit & Dance 11:00 Read The Stars 1:00 Market Place 2:00 Music History	5  8:15 Breakfast Buddies 10:00 Meditation 11:00 Piano in Elm 1:00 Daily News 2:00 Creative Craft 3:00 Name The Tune	6 8:15 Morning Greeting 10:00 Fun & Fitness 11:00 Parachute 1:00 Market Place 2:00 Islanders 3:00 Puzzles in Dahlia	
8 8:15 Morning Greeting Daily Chronicle 2:00 Sunday Church Presbyterian	9  8:15 Morning Greeting 10:00 Volleyball  11:00 Sports Review 1:00 One To One 2:00 Crosswords 3:00 Easy Bake	10 8:15 Breakfast Buddies 10:00 Reminisce 11:00 Piano in Elm 1:00 This Day in History 2:00 Bingo  3:00 Piano in Elm	11  8:15 Morning Greetings 9:15 Walk The Block 10:00 Sit & Dance 11:00 Read The Stars 1:00 Market Place 2:00 Dave Gallant	12 8:15 Breakfast Buddies 10:00 Meditation 11:00 Art Walk 1:00 Daily News 2:00 See You Thurs 3:00 TV Tunes	13  8:15 Morning Greeting 10:00 Fun & Fitness 11:00 5 Clues 1:00 Market Place 2:00 Piano Recital 3:00 Cards in Dahlia	14 π 
15   8:15 Morning Greeting Daily Chronicle  2:00  Sunday Church Jesus Is Lord	16 8:15 Morning Greeting 10:00 Volleyball 11:00 Sports Review 1:00 Walk The Block 2:00 Target Shoot 3:00 Truth/Blarney	17 St Patrick's Day  8:15 Breakfast Buddies 10:00 News & Views 11:00 Irish Humour 1:00 One To One 2:00 St Paddy's Day 3:00 Art Walk	18 8:15 Morning Greetings 9:15 Walk The Block 10:00 Sit & Dance 11:00 Read The Stars 1:00 Market Place 2:00 Just Jim	19   8:15 Breakfast Buddies 10:00 Meditation 11:00 Piano in Elm 1:00 Daily News 2:00 Spring Craft 3:00 Finish the Song	20 <u>Spring Equinox</u> 8:15 Morning Greeting 10:00 Fun & Fitness 11:00 Tongue Twister 1:00 Market Place 2:00 Evergreen Choir 3:00 Puzzle in Dahlia	
22 8:15 Morning Greeting Daily Chronicle 2:00 Sunday Church Brae Rd Gospel	23  8:15 Morning Greeting 10:00 Volleyball  11:00 Sports Review 1:00 One To One 2:00 Travelogue 3:00 Easy Bake	24  8:15 Breakfast Buddies 10:30 Harmonica 11:00 Piano in Elm 1:00 This Day in History 2:00 Bingo  3:00 Piano in Elm	25  8:15 Morning Greetings 9:15 Walk The Block 10:00 Sit & Dance 11:00 Read The Stars 1:00 Market Place 2:00 Sweet Harmony	26 8:15 Breakfast Buddies 10:00 Meditation 11:00 Art Walk 1:00 Daily News 2:00 Photoshoot 3:00 Panda Feature	27  8:15 Morning Greeting 10:00 Fun & Fitness 11:00 5 Clues 1:00 Market Place 2:00 Jam Factory 3:00 Cards in Dahlia	
29   8:15 Morning Greeting Daily Chronicle 2:00 Sunday Church ShareWord Global	30 8:15 Morning Greeting 10:00 Volleyball 11:00 Sports Review 1:00 Walk The Block 2:00 Instruments	31  8:15 Breakfast Buddies 10:00 News & Views 11:00 Tone Chimes 1:00 Neighbourhood Visits			Tongue Twister Irish Wristwatch  	

March 2026 ~ Meadows

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1  2:00  Church Service St John's Anglican at the Arbours	2 2:00 Show & Tell Tea Social	3  10:00 Chair Yoga 11:15 Catholic Mass @ Arbours	4 10:00 Gentle Stretch	5  10:00 Chair Yoga 	6 2:00 Dice Box 	
8 2:00  Church Service Presbyterian at the Arbours	9  2:00  Bingo Bonanza	10 10:00 Chair Yoga	11  10:00 Gentle Stretch 2:00 Travelogue	12 10:00 Chair Yoga  2:00  Music Bingo	13  2:00  Jan Matthews 	
15  2:00  Church Service Jesus Is Lord at the Arbours	16 2:00  Bailey's & Ice Cream	17 St Patrick's Day 9:30 Breakfast Club 	18 10:00 Gentle Stretch	19  10:00 Chair Yoga 	20 <u>Spring Equinox</u> 2:00  Creative Corner	
22 2:00  Church Service Brae Rd Gospel at the Arbours	23  2:00  Bingo Bonanza	24 10:00 Chair Yoga	25   10:00 Gentle Stretch 2:00 Listen to Ken	26 10:00 Chair Yoga 2:00 Circle of Friends	27  2:00  Elvin & Al perform	
29  2:00  Church Service Share Word Global	30  2:00 Horse Racing	31  10:00 Chair Yoga 2:00 Target Shoot			Tongue Twister Irish Wristwatch  	