

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

March 2025

3 WEST

3 WEST



9:30- HOUR OF POWER 2
 9:45- PAINTER COVE MARDI GRAS
 10:45- MARCH DISPLAY CASE
 11:15- AMBULATION/R.O.M
 1:30- BOARD GAME MONOPOLY
 2:30- AFTERNOON MOVIE
 3:00- TWIST & TURN 1-1
 3:30- AMBULATION/ PHYSIO

9:30- FITNESS CLASS 3
 10:30- CHURCH SERVICE
 10:45- SNOOZELYN ROOM
 11:15- AMBULATION/R.O.M
 1:30- WORD GAMES MARDI GRAS
 2:30- BEAUTY TIME
 3:00- TRAVEL HOT CHOC 1-1
 3:30- AMBULATION/ PHYSIO

SUSAN 4
 11:15- DAILY CHRONICLES
 12:45- BINGO
 2:30- BIRTHDAY PARTY WITH ROBERT
 3:45- AMBULATION/ PHYSIO
 5:45- SNACKS & REMINISCING

9:30- FITNESS CLASS 5
 10:15- COMEDY HOUR
 10:45- SNOOZELYN ROOM
 11:15- AMBULATION/R.O.M
 1:30- BAKING COOKIES
 2:00- CORN BREAD SOCIAL
 2:30- TASTE TEST COOKIES
 3:30- AMBULATION/ PHYSIO

9:30- JUMBLE FRUITS 6
 10:15- BIBLE STUDY
 10:45- R.O.M EXERCISES 1-1
 11:15- AMBULATION/R.O.M
 2:00- 4 STRING UKULELE BAND
 2:00- AFTERNOON MOVIE
 3:30- AROMA & MASSAGE 1-1
 4:00- AMBULATION/ PHYSIO

8:30 SPECIAL BREAKFAST 7
 10:15- NOODLE SOCCER
 11:00- MARDI GRAS STORIES
 11:15- AMBULATION/R.O.M
 1:15- TUCK CART 1-1
 2:00- MEGA BINGO
 2:00- AFTERNOON MATINEE
 3:15- AMBULATION/ PHYSIO

9:30- FITNESS CLASS 8
 10:15- PUZZLES 1-1
 10:45- SNOOZELYN ROOM
 11:15- AMBULATION/R.O.M
 1:30- HORSE DERBY
 2:30- LAUGH & GIGGLES
 3:00- SPA VISITS 1-1
 3:30- AMBULATION/ PHYSIO

9:30 To 11:30
 HYMN CONCERT IN LOUNGE
 1:30 To 3:30
 MOVIE- FLY AWAY HOME

9:30- FITNESS CLASS 10
 10:30- CHURCH SERVICE
 10:45- SNOOZELYN ROOM
 11:15- AMBULATION/R.O.M
 1:30- WORD GAMES MAR. BREAK
 2:30- BEAUTY TIME
 3:00- TRAVELLING TREATS 1-1
 3:30- AMBULATION/ PHYSIO

9:30- FROM A - Z GAME 11
 10:15- MAKE A DEAL SHOW
 10:45- TWIST & TURN 1-1
 11:15- AMBULATION/R.O.M
 1:30- BOWLING
 2:30- JOKES & RIDDLES
 3:00- FOLLOW UR NOSE 1-1
 3:30- AMBULATION/ PHYSIO

9:30- FITNESS CLASS 12
 10:15- COMEDY HOUR
 10:45- SNOOZELYN ROOM
 11:15- AMBULATION/R.O.M
 1:30- BAKING PANCAKES
 2:00- PANCAKE TRIVIA
 2:30- TASTE TEST PANCAKES
 3:30- AMBULATION/ PHYSIO

9:30- JUMBLE ST PATRICK'S 13
 10:15- BIBLE STUDY
 10:45- FUN & FITNESS 1-1
 11:15- AMBULATION/R.O.M
 1:30- HORSE DERBY
 2:30- TRAVEL CART
 3:00- AROMA & MASSAGE 1-1
 3:30- AMBULATION/ PHYSIO

KAI 14
 11:15- FITNESS CLASS
 1:30- VOLLEYBALL
 2:30- WORD GAME
 3:00- HYMN AND SING
 3:30- AMBULATION/ PHYSIO
 5:45- READING STORIES 1-1

9:30- FITNESS CLASS 15
 10:15- HOROSCOPES 1-1
 10:45- SNOOZELYN ROOM
 11:15- AMBULATION/R.O.M
 1:30- MINI BINGO
 1:30- ANDRE RIEU CONCERT
 2:30- TUCK CART 1-1
 3:30- AMBULATION/ PHYSIO

9:30- HOUR OF POWER 16
 9:45- PAINTERS COVE ST PAT'S
 10:45- HYMNS & STORIES 1-1
 12:00- CHINESE FOOD LUNCH
 2:00- BOARD GAME MONOPOLY
 2:00- AFTERNOON MOVIE
 3:15- TWIST & TURN 1-1
 3:45- AMBULATION/ PHYSIO

9:30- FITNESS CLASS 17
 10:30- CHURCH SERVICE
 10:45- SNOOZELYN ROOM
 11:15- AMBULATION/R.O.M
 1:30- WORD GAMES ST PATRICK
 2:30- BEAUTY TIME
 3:00- WINDOW ART EASTER
 3:30- AMBULATION/ PHYSIO

SUSAN 18
 11:15- DAILY CHRONICLES
 1:30- BEAN BAG TOSS
 2:30- 1:1 BALL TOSS
 3:00- FANCY NAILS
 3:30- AMBULATION/ PHYSIO
 5:45- CHEESE/CRACKERS AND TRIVIA

19
 9:30- WALMART SHOPPING SHOPPING TRIP
 3:30- AMBULATION/ PHYSIO

BELEN 20
 9:30- MORNING EXERCISE
 10:00- HAND MASSAGE
 11:00- AMBULATION BIKE
 1:30- SQUEEZ THE BALL & SCORE
 2:30- SPRING TRIVIA
 3:30- NAME THE TUNE

SUSAN 21
 8:30 SPECIAL BREAKFAST
 11:15- DAILY CHRONICLES
 1:30- MUFFIN MAKING/TASTING
 2:30- SNOOZELYN ROOM
 3:00- AMBULATION/ PHYSIO
 5:45- EVENING BINGO

9:30 To 11:30
 COMEDY- BONANZA
 1:30 To 3:30
 MOVIE- A LEAGUE OF THEIR OWN

9:30 To 11:30
 HYMN CONCERT IN LOUNGE
 1:30 To 3:30
 MOVIE- THE SECRET GARDEN

BELEN 24
 9:30- FULL BODY EXERCISE
 10:30- CHURCH SERVICE
 11:00- SNOOZELYN ROOM
 1:30- PYRAMID BEAN BAG TOSS
 2:30- DOMINOES GAME
 2:30- DIY Windmill & flowers
 3:30- AMBULATION/ PHYSIO

SUSAN 25
 11:15- DAILY CHRONICLES
 1:30- WORD GAMES
 2:30- CARDS ANYONE?
 3:00- YOU BE THE JUDGE
 3:30- AMBULATION/ PHYSIO
 5:45- EVENING BOWLING

9:30 To 11:30
 COMEDY- BONANZA
 1:30 To 3:30
 MOVIE- GREATEST SHOWMAN

KAI 27
 11:15- FITNESS CLASS
 1:15- WALK AND TALK
 2:30- ANGLICAN SERVICE
 3:30- AMBULATION/ PHYSIO
 5:45- HORSE DERBY

KAI 28
 11:15- FITNESS CLASS
 1:30- FUN AND FISHING
 2:30- TRIVIA
 3:00- BALL TOSS
 3:30- AMBULATION/ PHYSIO
 5:45- MOVIE & SNACKS w 2W

9:30- FITNESS CLASS 29
 10:15- HOROSCOPES 1-1
 10:45- SNOOZELYN ROOM
 11:15- AMBULATION/R.O.M
 1:30- HORSE DERBY
 2:30- LAUGH & GIGGLES
 3:00- AROMA & MASSAGE 1-1
 3:30- AMBULATION/ PHYSIO

9:30- HOUR OF POWER 30
 9:45- PAINTERS COVE SPRING
 10:45- HYMNS & STORIES 1-1
 11:15- AMBULATION/R.O.M
 1:30- BOARD GAME MONOPOLY
 2:30- AFTERNOON MOVIE
 3:00- TWIST & TURN 1-1
 3:30- AMBULATION/ PHYSIO

9:30- FITNESS CLASS 31
 10:30- CHURCH SERVICE
 10:45- SNOOZELYN ROOM
 11:15- AMBULATION/R.O.M
 1:30- WORD GAMES SPRINGTIME
 2:30- BEAUTY TIME
 3:00- TRAVEL HOT CHOC 1-1
 3:30- AMBULATION/ PHYSIO

3 WEST

MARCH FEATURES:

FLOWER: DAFFODIL STONE: AQUAMARINE COLOUR: GREEN

SPIRIT ANIMAL: SEAHORSE ANIMAL: LAMB

ZODIAC: PISCES (MAR 1- 20) ZODIAC: ARIES (MAR 21- 31)

BELL CHOIR: EVERY WED 2:45PM

LIFE ENRICHMENT 3 WEST: STEVE FLOAT: SUSAN, KAI, BELEN MAR 5- MARDI GRAS MAR 9- DAY LIGHT SAVINGS MAR 13- PURIM BEGINS MAR 17- ST PATRICK'S DAY MAR 20- SPRING BEGINS