

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|---|---|--|
| 1 9:30 ☀️ Catholic Service [Chapel] 1:30 😊 Classic Movie Matinee - "Erin Brockovich" [Wild Rose Room] 3:00 ☀️ Chapel Service [Chapel] 6:30 😊 Sing-a-long w/ Linda [Activity Room] | 2 9:00 🌿 Daily Fit [Wellness Centre] 10:00 🌿 Aqua Fit [Swimming Pool] 10:30 🧠 Brain Fitness [Activity Room] 1:00 🧠 Bingo [Activity Room] 1:15 🧠 Bridge Club [Games Room] 1:15 🧠 Tech Talk - Help with Technology [Library] 2:00 🧠 Book Club [Library] 2:30 🍵 Tasty Tea [Bistro] 6:30 🍵 Horse Racing [Activity Room] 6:30 🧠 Scrabble [Fireplace Lounge] | 3 9:00 🌿 Daily Fit [Wellness Centre] 10:00 🌿 Go 4 Life Walk n' Talk [Wellness Centre] 10:00 🍷 Meet the Chef [Bistro] 10:30 🧠 Colouring & Company [Activity Room] 1:00 🍷 Knitters for Needy [Activity Room] 1:30 🍷 Choice Games with Chrystina - "YAHTZEE" [Fireplace Lounge] 1:30 🧠 Ukulele Circle [Wellness Centre] 2:00 ☀️ McDougall United Church Service [Chapel] 3:00 🌿 Sit & Be Fit [Wellness Centre] 7:15 😊 Entertainment Night: Ray Kenny [Dining Room] | 4 9:00 🌿 Daily Fit [Wellness Centre] 9:30 🍷 Entertainment: Earl Grey Elementary Girls Choir [Dining Room] 10:00 🌿 Ping Pong [Wellness Centre] 1:15 🧠 Art Lecture - Calgary Public Art Displays [Activity Room] 1:15 🧠 Bridge Club [Games Room] 1:15 ☀️ Java Music Club [Garden Lounge] 1:30 🎮 Wii Bowling - With Strathcona Students [Wild Rose Room] 2:00 ☀️ Painting w/Alex - The Museum of Modern Art [Activity Room] 2:15 🍷 Education Session: Super Foods - Coconut [Bistro] 3:15 😊 Piano Prelude with Dara Yourss [Dining Room] 6:30 🍷 Cribbage [Games Room] | 5 9:00 🌿 Daily Fit [Wellness Centre] 9:30 🚗 Shopping/Banking: Promenade 10:00 🧠 Health Education [Wild Rose Room] 10:45 🚗 Outing: Mossleigh Bar and Grill for Lunch, followed by Country Drive Home 1:00 🍷 Canasta & Choice Games [Fireplace Lounge] 1:15 🧠 Tech Talk - Help with Technology [Library] 2:00 🌿 Shuffleboard [Games Room] 3:00 🌿 Sit & Be Fit [Wellness Centre] 6:30 🧠 Whist [Games Room] 7:00 🧠 Bingo-Resident Run [Activity Room] | 6 Cruise Week! 9:00 🌿 Daily Fit [Wellness Centre] 9:30 🚗 Outing: Shopping at Sunridge Mall Nygard 10:00 🌿 Aqua Fit [Swimming Pool] 10:00 🌿 Go 4 Life Walk n' Talk [Wellness Centre] 1:00 🧠 Bingo [Activity Room] 1:30 🚗 Shopping, Banking: Shawnessy 2:00 🍷 Cruise Week Kick Off! Junkanoo Mask Making [Wellness Centre] 3:00 🍷 Tiki Bar - Rum Punch 6:30 🍷 Cribbage [Games Room] 7:00 🍷 Special Event: Casino Night [Main Street] | 7 Cruise Week! 9:00 🌿 Weekend Exercises [Wellness Centre] 10:00 🌿 Ping Pong [Wellness Centre] 10:45 🌿 Water Walking [Swimming Pool] 1:15 🧠 Bridge Club [Games Room] 1:30 🌿 Sit & Be Fit [Wellness Centre] 2:30 🧠 Cruise and Island Trivia [Activity Room] 3:00 🍷 Tiki Bar - Pina Coladas 6:15 🧠 Canasta [Fireplace Lounge] 7:00 😊 Movie Night - "La Bamba" [Wild Rose Room] |
| 8 Cruise Week! - Caribbean Brunch 9:30 ☀️ Catholic Service [Chapel] 11:00 🍷 Tiki Bar - Strawberry Punch [Dining Room] 1:30 😊 Classic Movie Matinee - "Overboard" [Wild Rose Room] 3:00 ☀️ Chapel Service [Chapel] 6:30 😊 Sing-a-long w/Linda [Activity Room] | 9 Commonwealth Day Cruise Week! 9:00 🌿 Daily Fit [Wellness Centre] 9:15 🚗 Shopping/Banking: Deer Run, RBC, Co-op, Shoppers, CIBC etc. 10:00 🌿 Aqua Fit [Swimming Pool] 10:30 🛒 The Nutman [Lobby] 10:30 🧠 Tropical Tea and Brain Fitness [Activity Room] 11:15 🚗 Outing: Laughternoons Comedy Show and Lunch 1:00 🧠 Bingo [Activity Room] 1:15 🧠 Bridge Club [Games Room] 1:15 🧠 Tech Talk - Help with Technology [Library] 3:00 🍷 Tiki Bar - "Fun" on the Beach 6:30 🍷 Horse Racing [Activity Room] 6:30 🧠 Scrabble [Fireplace Lounge] | 10 Cruise Week! 9:00 🌿 Daily Fit [Wellness Centre] 9:30 🛒 Hearing Aid Clinic - By Appointment Only [Library] 10:00 🌿 Go 4 Life Walk n' Talk [Wellness Centre] 10:00 🌿 Seated Yoga [Wellness Centre] 10:30 🍷 Sea Shell Picture Frames [Activity Room] 1:00 🍷 Knitters for Needy [Activity Room] 1:30 ☀️ Anglican Communion [Chapel] 1:30 🧠 Ukulele Circle [Wellness Centre] 2:00 🍷 Caribbean Cruise Travelogue presented by Brian Rottenfusser [Dining Room] 3:00 🍷 Tiki Bar - Mojito 7:15 😊 Entertainment Night: Keepin' it Country - Irish Line Dancers [Dining Room] | 11 Cruise Week! 9:00 🌿 Daily Fit [Wellness Centre] 10:00 🌿 Aqua Fit [Swimming Pool] 10:00 🌿 Ping Pong [Wellness Centre] 1:15 🧠 Bridge Club [Games Room] 1:15 ☀️ Java Music Club [Garden Lounge] 1:15 🧠 Lecture - Meet Me At The Museum Of Modern Art [Activity Room] 1:30 🎮 Quiddler - With Strathcona Students [Fireplace Lounge] 2:00 ☀️ Painting w/Alex - The Museum of Modern Art [Activity Room] 2:15 🍷 Chef's Cooking Demonstration [Bistro] 3:00 🍷 Tiki Bar - Bahama Mama 6:30 🍷 Cribbage [Games Room] 7:00 🍷 Island Paint Night [Wellness Centre] | 12 Cruise Week! - Gala Dinner 9:00 🌿 Daily Fit [Wellness Centre] 9:45 🚗 Shopping/Banking: Southland Walmart, BMO etc. 10:00 🧠 Health Education [Wild Rose Room] 11:30 🚗 Outing: Lunch at the Famous Tacos Mexico Memorial 1:00 🍷 Canasta & Choice Games [Fireplace Lounge] 1:00 🛒 Seamstress [Garden Lounge] 1:15 🧠 Tech Talk - Help with Technology [Library] 2:00 🍷 Bucket Water Pong [Wellness Centre] 3:00 🍷 Tiki Bar - Martinis 6:30 🧠 Whist [Games Room] 7:00 🧠 Bingo-Resident Run [Activity Room] | 13 Cruise Week! 9:00 🌿 Daily Fit [Wellness Centre] 9:30 🚗 Shopping/Banking: Promenade 10:00 🌿 Go 4 Life Walk n' Talk [Wellness Centre] 10:00 🌿 Pool Party with Smoothies [Swimming Pool] 10:15 ☀️ Catholic Mass [Chapel] 1:00 🧠 Bingo [Activity Room] 3:00 🍷 Tiki Bar and Entertainment - Margaritas with Mariachi Band 6:30 🍷 Cribbage [Games Room] 7:00 😊 Movie Night - "A Beautiful Day in The Neighborhood" [Wild Rose Room] | 14 9:00 🌿 Weekend Exercises [Wellness Centre] 10:00 🌿 Ping Pong [Wellness Centre] 10:45 🌿 Water Walking [Swimming Pool] 1:15 🧠 Bridge Club [Games Room] 1:30 🌿 Sit & Be Fit [Wellness Centre] 2:30 🧠 Lighthearted Trivia [Activity Room] 6:15 🧠 Canasta [Fireplace Lounge] 7:00 😊 Movie Night - "A Beautiful Day In The Neighborhood" [Wild Rose Room] |
| 15 9:30 ☀️ Catholic Service [Chapel] 1:30 😊 Classic Movie Matinee [Wild Rose Room] 3:00 ☀️ Chapel Service [Chapel] 6:30 😊 Sing-a-long w/ Linda [Activity Room] | 16 9:00 🌿 Daily Fit [Wellness Centre] 10:00 🌿 Aqua Fit [Swimming Pool] 10:30 🧠 Brain Fitness [Activity Room] 1:00 🍷 Bingo [Activity Room] 1:00 🍷 Mini Manicures with Susan [Garden Lounge] 1:15 🧠 Bridge Club [Games Room] 1:15 🧠 Tech Talk - Help with Technology [Library] 2:30 🍵 Tasty Tea [Bistro] 6:30 🍷 Horse Racing [Activity Room] 6:30 🧠 Scrabble [Fireplace Lounge] | 17 St. Patrick's Day 9:00 🌿 Daily Fit [Wellness Centre] 10:00 🌿 Go 4 Life Walk n' Talk [Wellness Centre] 10:00 🌿 Seated Yoga [Wellness Centre] 10:30 🧠 Colouring & Company [Activity Room] 1:00 🍷 Knitters for Needy [Activity Room] 1:30 🍷 Choice Games with Chrystina [Fireplace Lounge] 1:30 🧠 Ukulele Circle [Wellness Centre] 3:00 🌿 Sit & Be Fit [Wellness Centre] 7:15 😊 Entertainment Night: MJP Dance Academy [Dining Room] | 18 9:00 🌿 Daily Fit [Wellness Centre] 10:00 🌿 Aqua Fit [Swimming Pool] 10:00 🌿 Ping Pong [Wellness Centre] 11:30 🍷 Men's Luncheon [Bistro] 1:15 🧠 Art Lecture - Calgary Public Art Displays [Activity Room] 1:15 🧠 Bridge Club [Games Room] 1:15 ☀️ Java Music Club [Garden Lounge] 1:30 🎮 Wii Bowling - With Strathcona Students [Wild Rose Room] 2:00 ☀️ Painting w/Alex - The Museum of Modern Art [Activity Room] 2:15 🍷 Education Session: Super Foods [Bistro] 3:15 😊 Piano Prelude with Dara Yourss [Dining Room] 6:30 🍷 Cribbage [Games Room] | 19 9:00 🌿 Daily Fit [Wellness Centre] 9:15 🚗 Shopping/Banking: Promenade 10:00 🧠 Health Education [Wild Rose Room] 11:00 🚗 Outing: Nanton for Lunch and Nanton Museum of Miniatures 1:00 🍷 Canasta & Choice Games [Fireplace Lounge] 1:15 🧠 Tech Talk - Help with Technology [Library] 2:00 🌿 Shuffleboard [Games Room] 3:00 🌿 Sit & Be Fit [Wellness Centre] 6:30 🧠 Whist [Games Room] 7:00 🧠 Bingo-Resident Run [Activity Room] | 20 9:00 🌿 Daily Fit [Wellness Centre] 9:30 🚗 Shopping/Banking: London Drugs, Winners etc. 10:00 🌿 Aqua Fit [Swimming Pool] 10:00 🌿 Go 4 Life Walk n' Talk [Wellness Centre] 1:00 🧠 Bingo [Activity Room] 1:00 🚗 Shopping: South Center/ Promenade 3:00 🍷 Happy Hour [Bistro] 6:30 🍷 Cribbage [Games Room] 7:00 😊 Movie Night - "Waves" [Wild Rose Room] | 21 9:00 🌿 Weekend Exercises [Wellness Centre] 10:00 🌿 Ping Pong [Wellness Centre] 10:45 🌿 Water Walking [Swimming Pool] 1:15 🧠 Bridge Club [Games Room] 1:30 🌿 Sit & Be Fit [Wellness Centre] 2:30 🧠 Lighthearted Trivia [Activity Room] 6:15 🧠 Canasta [Fireplace Lounge] 7:00 😊 Movie Night - "Waves" [Wild Rose Room] |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| 22 9:30 ☀️ Catholic Service [Chapel] 1:30 😊 Classic Movie Matinee [Wild Rose Room] 3:00 ☀️ Chapel Service [Chapel] 6:30 😊 Sing-a-long w/ Linda [Activity Room] | 23 9:00 🌿 Daily Fit [Wellness Centre] 9:30 🚗 Shopping/Banking: Deer Run, Shoppers, Walmart, RBC, Co-op etc. 10:00 🌿 Aqua Fit [Swimming Pool] 10:30 🧠 Brain Fitness [Activity Room] 10:30 🛒 The Nutman [Lobby] 1:00 🧠 Bingo [Activity Room] 1:00 🚗 Outing: Country Drive 1:15 🧠 Bridge Club [Games Room] 1:15 🧠 Tech Talk - Help with Technology [Library] 2:30 🍵 Tasty Tea [Bistro] 6:30 🐾 Horse Racing [Activity Room] 6:30 🧠 Scrabble [Fireplace Lounge] | 24 Living Loving Local Dinner - Maple 9:00 🌿 Daily Fit [Wellness Centre] 9:00 🧠 Resident Council Meeting [Private Dining Room] 10:00 🌿 Go 4 Life Walk n' Talk [Wellness Centre] 10:00 🌿 Seated Yoga [Wellness Centre] 10:30 🧠 Colouring & Company [Activity Room] 1:00 🧠 Knitters for Needy [Activity Room] 1:30 🎮 Choice Games with Chrystina [Fireplace Lounge] 1:30 🧠 Ukulele Circle [Wellness Centre] 2:00 🌿 Landscaping Meet an Greet [Dining Room] 3:00 🌿 Sit & Be Fit [Wellness Centre] 7:15 😊 Entertainment Night: Neil and Nancy [Dining Room] | 25 9:00 🌿 Daily Fit [Wellness Centre] 10:00 🌿 Aqua Fit [Swimming Pool] 10:00 🌿 Ping Pong [Wellness Centre] 10:00 🧠 Resident Discussion [Dining Room] 12:00 🧠 Resident Birthday Lunch by Invite Only [Bistro] 1:15 🧠 Bridge Club [Games Room] 1:15 ☀️ Java Music Club [Garden Lounge] 1:15 🧠 Lecture - Meet Me At The Museum Of Modern Art [Activity Room] 1:30 🎮 Quiddler - With Strathcona Students [Fireplace Lounge] 2:00 ☀️ Painting w/Alex - The Museum of Modern Art [Activity Room] 2:15 🍵 Education Session: Super Foods [Bistro] 3:15 😊 Piano Prelude with Dara Yourss [Dining Room] 6:30 🎮 Cribbage [Games Room] | 26 9:00 🌿 Daily Fit [Wellness Centre] 9:15 🚗 Shopping/Banking: Promenade 10:00 🧠 Health Education [Wild Rose Room] 10:45 🚗 Outing: Bragg Creek for Lunch at Cowtown Beef Shack followed by Scenic Drive Home 1:00 🎮 Canasta & Choice Games [Fireplace Lounge] 1:00 🛒 Seamstress [Garden Lounge] 1:15 🧠 Tech Talk - Help with Technology [Library] 2:00 🧠 Fit Minds [Activity Room] 2:00 🌿 Shuffleboard [Games Room] 3:00 🌿 Sit & Be Fit [Wellness Centre] 6:30 🧠 Whist [Games Room] 7:00 🧠 Bingo-Resident Run [Activity Room] | 27 9:00 🌿 Daily Fit [Wellness Centre] 10:00 🌿 Aqua Fit [Swimming Pool] 10:00 🌿 Go 4 Life Walk n' Talk [Wellness Centre] 10:00 🚗 Outing: Century Casino 1:00 🧠 Bingo [Activity Room] 1:30 🧠 Gardening Club [Garden Lounge] 3:00 🎮 Happy Hour [Bistro] 6:30 🎮 Cribbage [Games Room] 6:30 🍵 Sandwich Making for the Needy with Calgary Wellness and Unity Society [Activity Room] 7:00 😊 Movie Night [Wild Rose Room] | 28 Marketing Open House with Jazz Trio 1-4 P.M. 9:00 🌿 Weekend Exercises [Wellness Centre] 10:00 🌿 Ping Pong [Wellness Centre] 10:45 🌿 Water Walking [Swimming Pool] 1:15 🧠 Bridge Club [Games Room] 1:30 🌿 Sit & Be Fit [Wellness Centre] 2:30 🧠 Lighthearted Trivia [Activity Room] 6:15 🧠 Canasta [Fireplace Lounge] 7:00 😊 Movie Night [Wild Rose Room] |

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| 29 9:30 ☀️ Catholic Service [Chapel] 1:30 😊 Classic Movie Matinee [Wild Rose Room] 3:00 ☀️ Chapel Service [Chapel] 6:30 😊 Sing-a-long w/ Linda [Activity Room] | 30 9:00 🌿 Daily Fit [Wellness Centre] 10:00 🌿 Aqua Fit [Swimming Pool] 10:30 🧠 Brain Fitness [Activity Room] 10:30 🛒 Vendor: Salina's Boutique - Clothing and Jewelry [Lobby] 1:00 🧠 Bingo [Activity Room] 1:15 🧠 Bridge Club [Games Room] 1:15 🧠 Tech Talk - Help with Technology [Library] 1:30 😊 Movie Matinee with Shelagh [Wild Rose Room] 2:30 🍵 Tasty Tea [Bistro] 6:30 🐾 Horse Racing [Activity Room] 6:30 🧠 Scrabble [Fireplace Lounge] | 31 9:00 🌿 Daily Fit [Wellness Centre] 10:00 🌿 Go 4 Life Walk n' Talk [Wellness Centre] 10:00 🌿 Seated Yoga [Wellness Centre] 10:30 🧠 Colouring & Company [Activity Room] 1:00 🧠 Knitters for Needy [Activity Room] 1:30 🧠 Gardening Club [Garden Lounge] 1:30 🧠 Ukulele Circle [Wellness Centre] 3:00 🌿 Sit & Be Fit [Wellness Centre] 7:15 😊 Entertainment Night: Gypsy Duo [Dining Room] |  | |  | LIVING LOVING LOCAL: Maple |
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| 😊 Emotional 🧠 Intellectual 🚗 Outing 🌿 Physical 🧠 Purposeful 🧠 Social ☀️ Spiritual 🛒 Vendor | Special Days: 6-13: Cruise Week 8: Daylight Savings 17: St. Patrick's Day 19: First Day of Spring |  | Tidbits Birthstone: Aquamarine Flower: Daffodil What's Lucky This Month! Lucky Colors: Blue Lucky Days: Sunday Lucky Numbers: 17 & 21 Lucky Letters: F & B |  <p>The National Programme for Sport and Physical Activity for Older People</p> |
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