



INSPIRED SENIOR LIVING

March 2024

Lake Bonavista Village



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>FRIDAY MAR 8</p> <p>International Women's Day</p>	 <p>SUNDAY MAR 17</p> <p>St. Patrick's Day</p>				<p>9:00 Daily Fit (WEL) 1</p> <p>9:30 Shopping/Banking: Southland Walmart or Dollarama (LOB)</p> <p>10:00 Aqua Fit (SWI)</p> <p>10:00 Seated Yoga with Teacher Lorraine (WEL)</p> <p>1:00 Shopping/Banking: Promenade or South Centre (LOB)</p> <p>3:00 Happy Hour (BIS)</p> <p>6:00 Cribbage (GAM)</p> <p>6:30 Sandwich Making with Unity and Wellness Society - Sign Up Required (ACT)</p>	<p>9:00 Daily Fit (WEL) 2</p> <p>9:45 Sit and Be Fit (WEL)</p> <p>10:45 Aqua Fit (SWI)</p> <p>1:15 Bridge Club (GAM)</p> <p>1:15 Movie Matinee: Awakenings (WIL)</p> <p>1:30 Horse Races (ACT)</p> <p>3:00 Weekend Trivia (ACT)</p> <p>6:00 Canasta (FIR)</p>
<p>10:15 Catholic Service (CHA) 3</p> <p>1:00 Classic Movie Matinee - "The Sound of Music" (2h 59m) (WIL)</p> <p>1:30 Craft with Sierra & Presley: Flower Paintings (ACT)</p> <p>2:00 Documentary Series: - "Animals Up Close with Bertie Gregory: Antarctic Killer Waves" (41m) (FIR)</p> <p>3:00 Chapel Service (CHA)</p> <p>6:15 Choice Games with Sierra and Presley: Shuffleboard (GAM)</p>	<p>9:00 Daily Fit (WEL) 4</p> <p>10:00 Aqua Fit (SWI)</p> <p>10:00 Bible Study with Reverend Margaret Hogarth (FIR)</p> <p>10:30 Brain Fitness (ACT)</p> <p>1:00 Bingo (ACT)</p> <p>1:15 Bridge Club (GAM)</p> <p>2:00 Book Club with Shelagh (LIB)</p> <p>3:00 Monday Meditation (ACT)</p> <p>3:30 Line Dancing with Gayle (WEL)</p> <p>6:00 Canasta & Choice Games (FIR)</p>	<p>9:00 Daily Fit (WEL) 5</p> <p>9:30 Shopping/Banking: Shawnessy (LOB)</p> <p>9:45 Sit and Be Fit (WEL)</p> <p>10:30 Colouring & Company (ACT)</p> <p>1:00 Knitting Club (ACT)</p> <p>1:00 Outing: Scenic Drive (LOB)</p> <p>2:00 Drum Fit - Music and Movement (WIL)</p> <p>3:00 Social Sipping - Mango Punch (BIS)</p> <p>7:00 Entertainment: Emilia and Bilyana - Pianist and Violinist playing melodies and music (DIN)</p>	<p>9:00 Daily Fit (WEL) 6</p> <p>10:00 Aqua Fit (SWI)</p> <p>10:30 Go 4 Life Walk and Talk (LOB)</p> <p>1:00 Bingo (ACT)</p> <p>1:15 Bridge Club (GAM)</p> <p>1:15 Movie Matinee: Frida (WIL)</p> <p>2:00 Seated Gentle Movement (WEL)</p> <p>3:15 Java Music Club (FIR)</p> <p>6:00 Cribbage (GAM)</p>	<p>9:00 Daily Fit (WEL) 7</p> <p>9:45 Sit and Be Fit (WEL)</p> <p>10:30 Fit Minds (ACT)</p> <p>1:15 Cribbage (GAM)</p> <p>2:00 Seated Tai Chi (WEL)</p> <p>2:30 Tech Talk - Help with Technology (LIB)</p> <p>3:30 Travelogue: Highlights of Paris: Eiffel and Monet to Crème Brulee (WIL)</p> <p>6:00 Whist (GAM)</p>	<p>International Women's Day 8</p> <p>9:00 Daily Fit (WEL)</p> <p>9:30 Shopping/Banking: Promenade or South Centre (LOB)</p> <p>10:00 Aqua Fit (SWI)</p> <p>10:00 Seated Yoga with Teacher Lorraine (WEL)</p> <p>10:15 Catholic Mass (CHA)</p> <p>10:30 Go 4 Life Walk and Talk (LOB)</p> <p>11:30 Outing: Grey Eagle Casino (LOB)</p> <p>2:00 Painting with Alex - Museum of Modern Art (ACT)</p> <p>6:00 Cribbage (GAM)</p> <p>7:00 International Women's Day Event: Wine Tasting and Entertainment by Heather Thirsk and Cellist (DIN)</p>	<p>9:00 Daily Fit (WEL) 9</p> <p>9:45 Sit and Be Fit (WEL)</p> <p>10:45 Aqua Fit (SWI)</p> <p>1:15 Bridge Club (GAM)</p> <p>1:15 Movie Matinee: Frida (WIL)</p> <p>1:30 Horse Races (ACT)</p> <p>3:00 Weekend Trivia (ACT)</p> <p>6:00 Canasta (FIR)</p>
<p>10:15 Catholic Service (CHA) 10</p> <p>1:00 Classic Movie Matinee - "Annie" (2h 7m) (WIL)</p> <p>3:00 Chapel Service (CHA)</p> <p>3:30 Documentary Series: - "Animals Up Close with Bertie Gregory: Galapagos Marvels" (38m) (FIR)</p> <p>6:15 Craft with Sierra & Presley: St. Patrick's Day Painting (ACT)</p>	<p>9:00 Daily Fit (WEL) 11</p> <p>10:00 Aqua Fit (SWI)</p> <p>10:00 Bible Study with Reverend Margaret Hogarth (FIR)</p> <p>10:30 Brain Fitness (ACT)</p> <p>1:00 Bingo (ACT)</p> <p>1:00 MOMA Art Lecture (LIB)</p> <p>1:15 Bridge Club (GAM)</p> <p>3:00 Monday Meditation (ACT)</p> <p>6:00 Canasta & Choice Games (FIR)</p>	<p>9:00 Daily Fit (WEL) 12</p> <p>9:30 Shopping/Banking: London Drugs, Winners, Homesense, Dollar Tree (LOB)</p> <p>9:45 Sit and Be Fit (WEL)</p> <p>10:30 Colouring & Company (ACT)</p> <p>11:45 Lunch Outing: Rozzini's (Burgers, Greek, Italian, Fusion) (LOB)</p> <p>1:00 Knitting Club (ACT)</p> <p>1:15 Education Session: Superfoods - Hemp Hearts (LIB)</p> <p>1:30 Anglican Church Service (CHA)</p> <p>2:00 Drum Fit - Music and Movement (WIL)</p> <p>3:00 Social Sipping - Pink Lemonade (BIS)</p> <p>7:00 Entertainment: Cornelia Sutherland - Musical Show! (DIN)</p>	<p>9:00 Daily Fit (WEL) 13</p> <p>9:30 Shopping/Banking: Deerfoot Meadows - Dollarama, Costco, Walmart, Superstore, Michaels etc.... (LOB)</p> <p>10:00 Meet the Chef (BIS)</p> <p>10:00 Aqua Fit (SWI)</p> <p>10:30 Go 4 Life Walk and Talk (LOB)</p> <p>1:00 Bingo (ACT)</p> <p>1:00 Shopping/Banking: Promenade or South Centre (LOB)</p> <p>1:15 Bridge Club (GAM)</p> <p>1:15 Movie Matinee: Worth (WIL)</p> <p>2:00 Seated Gentle Movement (WEL)</p> <p>3:15 Java Music Club (FIR)</p> <p>6:00 Cribbage (GAM)</p>	<p>9:00 Daily Fit (WEL) 14</p> <p>9:45 Sit and Be Fit (WEL)</p> <p>10:30 Fit Minds (ACT)</p> <p>1:00 Larissa the Seamstress (GAR)</p> <p>1:15 Cribbage (GAM)</p> <p>1:15 Seated Tai Chi (WEL)</p> <p>2:00 Entertainment: St. Patrick's Day Dancers - Keepin it Country Line Dancing Group (DIN)</p> <p>3:00 Catholic Rosary/Divine Mercy Prayer - St. Bonaventure Pastoral Care (CHA)</p> <p>3:30 Travelogue: Cruising the Mediterranean with Rick Steves - 55Minutes (WIL)</p> <p>6:00 Whist (GAM)</p>	<p>9:00 Daily Fit (WEL) 15</p> <p>10:00 Aqua Fit (SWI)</p> <p>10:00 Seated Yoga with Teacher Lorraine (WEL)</p> <p>10:30 Go 4 Life Walk and Talk (LOB)</p> <p>3:00 Happy Hour (BIS)</p> <p>6:00 Cribbage (GAM)</p>	<p>1:15 Bridge Club (GAM) 16</p> <p>1:15 Movie Matinee: Worth (WIL)</p> <p>1:30 Horse Races (ACT)</p> <p>3:00 Weekend Trivia (ACT)</p> <p>6:00 Canasta (FIR)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>17</p> <p>10:15 Catholic Service (CHA)</p> <p>1:00 Classic Movie Matinee - "The Devil Wears Prada" (1h 49m) (WIL)</p> <p>1:30 Craft with Sierra & Presley: First Day of Spring - Flower Painted Mason Jars (ACT)</p> <p>2:00 Documentary Series: - "Animals Up Close with Bertie Gregory: Elephant Quest" (41m) (FIR)</p> <p>2:00 Sandwich Making with Unity and Wellness Society - Sign Up Required (ACT)</p> <p>3:00 Chapel Service (CHA)</p> <p>6:15 Choice Games with Sierra and Presley: Pool (GAM)</p>	<p>18</p> <p>9:00 Daily Fit (WEL)</p> <p>10:00 Aqua Fit (SWI)</p> <p>10:00 Bible Study with Reverend Margaret Hogarth (FIR)</p> <p>10:30 Brain Fitness (ACT)</p> <p>1:00 Bingo (ACT)</p> <p>1:00 Hearing Aid Clinic - Drop In Service Welcome (GAR)</p> <p>1:15 Bridge Club (GAM)</p> <p>3:00 Monday Meditation (ACT)</p> <p>3:30 Line Dancing with Gayle (WEL)</p> <p>6:00 Canasta & Choice Games (FIR)</p>	<p>19</p> <p>9:00 Daily Fit (WEL)</p> <p>9:00 Shopping/Banking: Promenade (LOB)</p> <p>9:45 Sit and Be Fit (WEL)</p> <p>10:30 Colouring & Company (ACT)</p> <p>10:30 Lunch Outing: The Grande Kitchen + Bar in Canmore (LOB)</p> <p>1:00 Knitting Club (ACT)</p> <p>1:30 McDougall United Communion Service (CHA)</p> <p>2:00 Drum Fit - Music and Movement (WIL)</p> <p>3:00 Social Sipping - Root Beer Floats (BIS)</p> <p>7:00 Entertainment: Diabe S - Concert Singer (DIN)</p>	<p>20</p> <p>9:00 Daily Fit (WEL)</p> <p>10:00 Resident Discussion (DIN)</p> <p>10:30 Go 4 Life Walk and Talk (LOB)</p> <p>11:30 Resident Birthday Lunch: By Invite Only (BIS)</p> <p>1:00 Bingo (ACT)</p> <p>1:15 Bridge Club (GAM)</p> <p>1:15 Movie Matinee: Worth (WIL)</p> <p>1:30 Resident Council Meeting - Members Only (PRI)</p> <p>2:00 Seated Gentle Movement (WEL)</p> <p>3:15 Java Music Club (FIR)</p> <p>6:00 Cribbage (GAM)</p>	<p>21</p> <p>Cruise Week!</p> <p>Cruise Week Welcome Dinner (DIN)</p> <p>9:00 Sit & Be Fit (WEL)</p> <p>10:00 Cruise Week: Spanish Coffee and Treats (ACT)</p> <p>10:30 Cruise Week Craft: Spanish Fan Craft (ACT)</p> <p>1:15 Cribbage (GAM)</p> <p>1:15 Seated Tai Chi (WEL)</p> <p>2:00 Cruise Week Spanish Dancers (DIN)</p> <p>2:00 Cruise Week Cocktails: Sangria (DIN)</p> <p>3:30 Cruise Week Travelogue: Spain: The Majesty of Madrid (WIL)</p> <p>6:00 Whist (GAM)</p>	<p>22</p> <p>Cruise Week!</p> <p>9:00 Daily Fit (WEL)</p> <p>9:30 Shopping/Banking: Promenade or South Centre (LOB)</p> <p>10:00 Seated Yoga with Teacher Lorraine (WEL)</p> <p>10:00 Cruise Week: Pool Party and Smoothies (SWI)</p> <p>1:00 Shopping/Banking: Southland Walmart, Value Village (LOB)</p> <p>1:00 Cruise Week Painting with Alex: Picasso Inspired Paiting (ACT)</p> <p>1:15 Cruise Week Movie: (WIL)</p> <p>2:00 Cruise Week Cocktails: Sangria (DIN)</p> <p>2:00 Cruise Week: Mediterranean Spice Guessing Game (DIN)</p> <p>3:30 Cruise Week Travelogue: Morocco: Andalucía, Gibraltar, and Tangier (WIL)</p> <p>6:00 Cribbage (GAM)</p>	<p>23</p> <p>Cruise Week!</p> <p>9:00 Sit and Be Fit (WEL)</p> <p>10:00 Cruise Week: Italian Coffee Tasting with Biscottis (BIS)</p> <p>10:30 Cruise Week: Virtual Tour - Inside the Vatican Museums (WIL)</p> <p>1:00 Cruise Week Open House: Italian Entertainment (DIN)</p> <p>1:00 Cruise Week Open House Craft - Floral Wine Glasses (LOB)</p> <p>1:15 Bridge Club (GAM)</p> <p>2:00 Cruise Week Cocktails: Italian Sparkling Bellini (DIN)</p> <p>6:00 Canasta (FIR)</p> <p>6:30 Cruise Week Travelogue: Italy - Venice, City of Dreams (WIL)</p>
<p>24</p> <p>Cruise Week!</p> <p>10:00 Cruise Week: Napkin Folding Activity (ACT)</p> <p>10:15 Catholic Service (CHA)</p> <p>11:00 Cruise Week Cocktails: Swinging Sultan (Turkish Cosmo) - Served During Lunch (DIN)</p> <p>1:30 Cruise Week Craft: Mosaic Tile Art Craft (ACT)</p> <p>2:30 Cruise Week: History Of Mosaic Art Presentation (ACT)</p> <p>3:00 Chapel Service (CHA)</p> <p>3:30 Cruise Week Travelogue: Turkey - Istanbul (WIL)</p> <p>6:00 Cruise Week Documentary: Turkey Name Change (WIL)</p>	<p>25</p> <p>Cruise Week!</p> <p>9:00 Daily Fit (WEL)</p> <p>10:00 Bible Study with Reverend Margaret Hogarth (FIR)</p> <p>10:00 Cruise Week : Greek Craft - Leaf Crowns (ACT)</p> <p>1:00 Bingo (ACT)</p> <p>1:00 Cruise Week: Greek Gods/Goddesses Presentation (WIL)</p> <p>1:15 Bridge Club (GAM)</p> <p>2:00 Cruise Week Cocktails: Mediterranean Mule with Chef's Demo (DIN)</p> <p>3:00 Cruise Week Travelogue: Greece (WIL)</p> <p>3:30 Cruise Week: Greek inspired Line Dancing (WEL)</p> <p>6:00 Canasta & Choice Games (FIR)</p> <p>6:00 Cruise Week Movie: My Big Fat Greek Wedding (WIL)</p>	<p>26</p> <p>Cruise Week!</p> <p>9:00 Sit and Be Fit (WEL)</p> <p>9:30 Shopping/Banking: Shawnessy (LOB)</p> <p>10:00 Cruise Week: Croatia Inspired Jewelry Making (ACT)</p> <p>11:30 Lunch Outing: The Broken Plate Greek Restaurant (LOB)</p> <p>1:00 Knitting Club (ACT)</p> <p>2:00 Cruise Week Cocktails: Spiked Croatian Slush (DIN)</p> <p>2:00 Cruise Week Activity: Suitcase Packing Competition (DIN)</p> <p>3:30 Cruise Week Travelogue: Croatia: Adriatic Delights (WIL)</p> <p>7:00 Cruise Week: Casino Night and Entertainment (DIN)</p>	<p>27</p> <p>Cruise Week!</p> <p>Cruise Gala Dinner (DIN)</p> <p>9:00 Daily Fit (WEL)</p> <p>10:00 Cruise Week: Coffee and Croissants (BIS)</p> <p>1:00 Bingo (ACT)</p> <p>1:15 Bridge Club (GAM)</p> <p>1:15 Cruise Week Movie: Julie and Julia (WIL)</p> <p>2:00 Cruise Week Cocktails: French 75 (DIN)</p> <p>2:00 Cruise Week: Perrier Ring Toss (DIN)</p> <p>3:30 Cruise Week Travelogue: France (WIL)</p> <p>6:00 Cribbage (GAM)</p>	<p>28</p> <p>Cruise Week!</p> <p>9:00 Sit and Be Fit (WEL)</p> <p>9:30 Cruise Week: Coffee and Tim Hortons Doughnuts with Maple Superfoods (2 Stamps) (BIS)</p> <p>10:00 Cruise Week: Walk Across Canada (LOB)</p> <p>11:00 Cruise Week Lunch Trivia: All About Canada (DIN)</p> <p>1:00 Larissa the Seamstress (GAR)</p> <p>1:15 Cribbage (GAM)</p> <p>2:00 Cruise Week Cocktails: Cesars and Prize Draws! - Bring Your Passports (DIN)</p> <p>3:00 Catholic Rosary/Divine Mercy Prayer - St. Bonaventure Pastoral Care (CHA)</p> <p>3:30 Cruise Week Travelogue: Canada (WIL)</p> <p>6:00 Whist (GAM)</p>	<p>29</p> <p>Good Friday - No Group Activities</p> <p>10:00 Seated Yoga with Teacher Lorraine (WEL)</p> <p>10:30 Go 4 Life Walk and Talk - Independent Walking (LOB)</p> <p>1:15 Movie Matinee: Easter Movie (WIL)</p> <p>6:00 Cribbage (GAM)</p>	<p>30</p> <p>9:00 Daily Fit (WEL)</p> <p>9:45 Sit and Be Fit (WEL)</p> <p>10:45 Aqua Fit (SWI)</p> <p>1:15 Bridge Club (GAM)</p> <p>1:15 Movie Matinee: Worth (WIL)</p> <p>1:30 Horse Races (ACT)</p> <p>3:00 Weekend Trivia (ACT)</p> <p>6:00 Canasta (FIR)</p>
<p>31</p> <p>10:15 Catholic Service (CHA)</p> <p>1:00 Classic Movie Matinee - "Peter Rabbit 2" (1h 33m) (WIL)</p> <p>1:30 Craft with Sierra & Presley: Sock Bunny (ACT)</p> <p>2:00 Documentary: - "Worlds Greatest Dogs" (43m) (FIR)</p> <p>3:00 Chapel Service (CHA)</p> <p>6:15 Choice Games with Sierra and Presley: Shuffleboard (GAM)</p>	<p>Be your best self</p>			<p>Locations Legend</p> <p>1st Floor Wellness Centre (WEL)</p> <p>2nd Floor Activity Room (ACT)</p> <p>3rd Floor Games Room (GAM)</p> <p>1st Floor Wild Rose Room (WIL)</p> <p>1st Floor Lobby (LOB)</p> <p>1st Floor Dining Room (DIN)</p> <p>4th Floor Fireplace Lounge (FIR)</p> <p>1st Floor Chapel (CHA)</p> <p>1st Floor Swimming Pool (SWI)</p> <p>1st Floor Bistro (BIS)</p> <p>2nd Floor Library (LIB)</p> <p>1st Floor Garden Lounge (GAR)</p> <p>1st Floor Private Dining Room (PRI)</p>		<p>Calendar Legend</p> <p>Outing</p> <p>Special Program</p> <p>Living, Loving, Local</p> <p>Signature Program</p>