




INSPIRED SENIOR LIVING

March 2024

The Lodge At Valley Ridge



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 Outing: CPO Rehearsal (MIL) 1</p> <p>1:30 Adult Colouring (WRR)</p> <p>2:00 Team Trivia Happy Hour! (B)</p> <p>6:30 Card Games (WRR)</p> <p>6:30 Mahjong (Sign-up Required) (A)</p>	<p>8:45 Morning Yoga (A) 2</p> <p>9:30 Morning Yoga (A)</p> <p>10:15 Pet Visits with Spudders (A)</p> <p>2:00 Bingo! (A)</p> <p>3:15 Cribbage Games (WRR)</p> <p>7:00 Saturday Movie Night: Resident's Choice (WRR)</p>
<p>9:00 In-Suite Seated Fitness (398) 3</p> <p>9:30 In-Suite Non Denominational Church Service (398)</p> <p>1:30 Bridge Games (WRR)</p> <p>2:00 Go4Life Walking Group (MIL)</p> <p>2:30 New puzzles on the Fit Minds board! (A)</p>	<p>8:45 Sit & Be Fit (A) 4</p> <p>9:30 Sit & Be Fit (A)</p> <p>10:00 Banking Outing (MIL)</p> <p>12:30 Shopping Trip to Market Mall (MIL)</p> <p>1:30 Bridge Games (WRR)</p> <p>3:00 Strengthen & Stretch (A)</p> <p>3:30 Dominoes (WRR)</p> <p>7:00 Monday Night Documentary (398)</p>	<p>8:45 Zumba w/ Virginia (A) 5</p> <p>9:00 Mobile Lab (WRR)</p> <p>9:30 Zumba w/ Virginia (A)</p> <p>10:15 Tech Support (A)</p> <p>10:30 Hearing Aid Clinic (LIB)</p> <p>1:30 Artful Enrichment (A)</p> <p>2:00 Bistro Karaoke Sing-Along! (B)</p> <p>6:30 Mahjong (Sign-up Required) (WRR)</p>	<p>8:45 Sit & Be Fit (A) 6</p> <p>9:30 Sit & Be Fit (A)</p> <p>10:30 Coffee & Chat w/ LE (2)</p> <p>2:00 Entertainment: Ballroom Dancers (D)</p> <p>3:15 Cribbage Games (WRR)</p> <p>6:30 Bridge Games (WRR)</p>	<p>8:45 Stand & Be Fit (A) 7</p> <p>9:30 Stand & Be Fit (A)</p> <p>10:15 Floor Curling (A)</p> <p>2:00 Scrabble (WRR)</p> <p>3:00 Strengthen & Stretch (A)</p> <p>7:00 In-Suite Tai Chi (398)</p>	<p>8:45 DrumFit (A) 8</p> <p>9:30 DrumFit (A)</p> <p>10:30 Education Session: Legal Documents (L)</p> <p>1:30 Adult Colouring (WRR)</p> <p>2:00 Women's Day Tea Party (A)</p> <p>6:30 Card Games (WRR)</p> <p>6:30 Mahjong (Sign-up Required) (A)</p>	<p>8:45 Morning Yoga (A) 9</p> <p>9:30 Morning Yoga (A)</p> <p>10:15 Pet Visits with Spudders (A)</p> <p>2:00 Bingo! (A)</p> <p>3:15 Cribbage Games (WRR)</p> <p>7:00 Saturday Movie Night: Resident's Choice (WRR)</p>
<p>Daylight Saving Begins 10</p> <p>9:00 In-Suite Seated Fitness (398)</p> <p>9:30 In-Suite Non Denominational Church Service (398)</p> <p>1:30 Bridge Games (WRR)</p> <p>2:00 Go4Life Walking Group (MIL)</p> <p>2:30 New puzzles on the Fit Minds board! (A)</p>	<p>8:45 Sit & Be Fit (A) 11</p> <p>9:30 Sit & Be Fit (A)</p> <p>10:00 Banking Outing (MIL)</p> <p>12:30 Shopping Trip to Walmart & Dollarama (MIL)</p> <p>1:30 Bridge Games (WRR)</p> <p>3:00 Strengthen & Stretch (A)</p> <p>3:30 Dominoes (WRR)</p> <p>7:00 Monday Night Documentary (398)</p>	<p>8:45 Zumba w/ Virginia (A) 12</p> <p>9:00 Mobile Lab (WRR)</p> <p>9:30 Zumba w/ Virginia (A)</p> <p>10:15 Tech Support (A)</p> <p>10:30 Catholic Mass (L)</p> <p>1:30 Art with Alex (A)</p> <p>2:00 Bistro Karaoke Sing-Along! (B)</p> <p>6:30 Mahjong (Sign-up Required) (WRR)</p>	<p>8:45 Sit & Be Fit (A) 13</p> <p>9:30 Sit & Be Fit (A)</p> <p>10:30 Meet w/ the Chef (L)</p> <p>2:00 Bingo! (A)</p> <p>3:15 Cribbage Games (WRR)</p> <p>6:30 Bridge Games (WRR)</p>	<p>8:45 Stand & Be Fit (A) 14</p> <p>9:30 Stand & Be Fit (A)</p> <p>10:30 Outing: 1st Street Food Market (MIL)</p> <p>2:00 Scrabble (WRR)</p> <p>3:00 Strengthen & Stretch (A)</p> <p>4:15 Living Loving Local Dinner (D)</p> <p>7:00 In-Suite Tai Chi (398)</p>	<p>8:45 DrumFit (A) 15</p> <p>9:30 DrumFit (A)</p> <p>10:30 Java Music Club: Come and Sing Along! (L)</p> <p>1:30 Adult Colouring (WRR)</p> <p>2:00 Team Trivia Happy Hour! (B)</p> <p>6:30 Card Games (WRR)</p> <p>6:30 Mahjong (Sign-up Required) (A)</p>	<p>8:45 Morning Yoga (A) 16</p> <p>9:30 Morning Yoga (A)</p> <p>10:15 Pet Visits with Spudders (A)</p> <p>2:00 Casey O'Loughlin Academy Irish Dancers (D)</p> <p>3:15 Cribbage Games (WRR)</p> <p>7:00 Saturday Movie Night: Resident's Choice (WRR)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17 9:00 In-Suite Seated Fitness (398) 9:30 In-Suite Non Denominational Church Service (398) 1:30 Bridge Games (WRR) 2:00 Go4Life Walking Group (MIL) 2:30 New puzzles on the Fit Minds board! (A)	18 8:45 Sit & Be Fit (A) 9:30 Sit & Be Fit (A) 10:00 Banking Outing (MIL) 10:00 Dental Hygienist {Sign-up Required} (WRR) 12:30 Shopping Trip to Superstore (MIL) 1:30 Bridge Games (WRR) 3:00 Strengthen & Stretch (A) 3:30 Dominoes (WRR) 7:00 Monday Night Documentary (398)	19 8:45 Zumba w/ Virginia (A) 9:00 Mobile Lab (WRR) 9:30 Zumba w/ Virginia (A) 10:15 Tech Support (A) 1:30 Artful Enrichment (A) 1:30 CO-OP Walker Clinic (WRR) 2:00 Bistro Karaoke Sing-Along! (B) 6:30 Mahjong (Sign-up Required) (WRR)	20 8:45 Sit & Be Fit (A) 9:30 Sit & Be Fit (A) 10:30 Coffee & Chat w/ Glen (2) 2:00 Bingo! (A) 3:15 Cribbage Games (WRR) 6:30 Bridge Games (WRR) 7:00 Travelogue: The Mediterranean (398)	21 Cruise Week Begins 8:45 Mediterranean Stand & Be Fit (A) 9:30 Mediterranean Stand & Be Fit (A) 10:30 Pick Up Your Passports! (LB) 2:00 Paint Like Picasso: Wine & Paint Event {Sign Up Required} (B) 3:00 Strengthen & Stretch (A) 4:15 Opening Gala Dinner (D) 7:00 In-Suite Tai Chi (398)	22 8:45 Moroccan DrumFit (A) 9:30 Moroccan DrumFit (A) 10:30 Travelogue: Morocco (WRR) 11:30 Cocktail Bar: Mojitos (D) 1:30 Cruise Ship Colouring (WRR) 2:00 Happy Hour in Morocco! With Belly Dancer Nico (B) 6:30 Card Games (WRR) 6:30 Mahjong (Sign-up Required) (A)	23 8:45 Yoga in Italy (A) 9:30 Yoga in Italy (A) 10:15 Travelogue: Italy (WRR) 1:30 Verve National Mediterranean Open House! (RTR) 7:00 Saturday Movie Night: Under the Tuscan Sun (WRR)
24 9:00 In-Suite Seated Fitness (398) 9:30 In-Suite Non Denominational Church Service (398) 10:30 Travelogue: Turkiye (WRR) 1:30 Deck Games: Bridge (WRR) 2:30 Chef's Cruise Week Cooking Demo (D) 2:30 New Cruise Week puzzles on the Fit Minds board! (A)	25 8:45 Sit & Be Fit in Greece (A) 9:30 Sit & Be Fit in Greece (A) 10:00 Banking Outing (MIL) 10:30 Greek Marathon Building Walk (LB) 11:30 Cocktail Bar: Ouzo (D) 12:30 Shopping Trip to Walmart & Dollarama (MIL) 1:30 Deck Games: Bridge (WRR) 3:00 Strengthen & Stretch (A) 3:30 Deck Games: Dominoes (WRR) 7:00 Monday Night Documentary: Greece (398)	26 8:45 Zumba in Croatia (A) 9:00 Mobile Lab (WRR) 9:30 Zumba in Croatia (A) 10:15 Tech Support (A) 10:30 Cruise Week Scavenger Hunt (A) 11:30 Cocktail Bar: Cherry Liqueur (D) 1:30 Art with Alex (A) 2:00 Bistro Karaoke Sing-Along! (B) 6:30 Mahjong (Sign-up Required) (WRR) 7:00 Travelogue: Croatia (398)	27 8:45 Sit & Be Fit in France (A) 9:30 Sit & Be Fit in France (A) 10:30 Make Your Own Charcuterie Board {Sign Up Required} (A) 11:30 Cocktail Bar: Champagne (D) 2:00 Monthly Resident Birthday Party with Entertainment: Richard the Magician (D) 4:15 Closing Gala Dinner (D) 6:30 Bridge Games (WRR) 7:00 Travelogue: France (WRR)	28 Cruise Week Ends 8:45 Stand & Be Fit (A) 9:30 Stand & Be Fit (A) 10:30 Resident Forum (L) 12:30 Hand In Your Passports! (LB) 2:00 Scrabble (WRR) 3:00 Strengthen & Stretch (A) 7:00 In-Suite Tai Chi (398)	29 Good Friday	30 8:45 Morning Yoga (A) 9:30 Morning Yoga (A) 10:15 Pet Visits with Spudders (A) 2:00 Bingo! (A) 3:15 Cribbage Games (WRR) 7:00 Saturday Movie Night: Resident's Choice (WRR)

Easter Sunday 31 9:00 In-Suite Seated Fitness (398) 9:30 In-Suite Non Denominational Church Service (398) 11:15 Easter Sunday Luncheon (D) 1:30 Bridge Games (WRR) 2:00 Go4Life Walking Group (MIL) 2:30 New puzzles on the Fit Minds board! (A)



Locations Legend	
Activity Room (A)	3rd Floor Loft (L)
Wild Rose Room (WRR)	2nd Fl Lounge (2)
In Suite (398)	Lobby (LB)
Meet in Lobby (MIL)	Library (2nd Floor) (LIB)
Dining Room (D)	Room to Room (RTR)
Bistro (B)	

Calendar Legend
Outing
Special Program
Cruise Week
Living, Loving, Local
Signature Program
Highlight