

# MARCH MOVIES

- March 1<sup>st</sup>: And So It Goes (Michael Douglas) 7 pm
- March 2<sup>nd</sup>: Just Like Heaven (Reese Witherspoon) 2 pm & 7 pm
- March 3<sup>rd</sup>: Fool's Gold (Kate Hudson) 2 pm & 7 pm
- March 4<sup>th</sup>: Woman in Gold (Helen Mirren) 2 pm & 7 pm
- March 6<sup>th</sup>: Beyond the Sea (Kate Bosworth) 7 pm
- March 8<sup>th</sup>: In the Line of Fire (Clint Eastwood) 7 pm
- March 9<sup>th</sup>: Love Blossoms (Victor Webster) 2 pm & 7 pm
- March 10<sup>th</sup>: Ever After (Drew Barrymore) 2 pm & 7 pm
- March 11<sup>th</sup>: Casanova (Heath Ledger) 2 pm & 7 pm
- March 13<sup>th</sup>: The Last Song (Greg Kinnear) 7 pm
- March 15<sup>th</sup>: The Marrying Man (Kim Basinger) 7 pm
- March 16<sup>th</sup>: The Iron Claw (Zac Efron) 2 pm & 7 pm
- March 17<sup>th</sup>: Leap Year (Amy Adams) 2 pm & 7 pm
- March 18<sup>th</sup>: Freedom Writers (Hilary Swank) 2 pm & 7 pm
- March 20<sup>th</sup>: The Tender Bar (Ben Affleck) 7 pm
- March 21<sup>st</sup>: Surviving Picasso (Anthony Hopkins) 7 pm
- March 22<sup>nd</sup>: Under the Tuscan Sun (Diane Lane) 7 pm
- March 23<sup>rd</sup>: Letters to Juliet (Amanda Seyfried) 7 pm
- March 24<sup>th</sup>: Mamma Mia (Meryl Streep) 7 pm
- March 25<sup>th</sup>: My Big Fat Greek Wedding (Nia Vardalos) 7 pm
- March 26<sup>th</sup>: Out to Sea (Jack Lemmon) 7 pm
- March 27<sup>th</sup>: A Good Year (Russel Crowe) 7 pm
- March 29<sup>th</sup>: Little Italy (Emma Roberts) 7 pm
- March 30<sup>th</sup>: Maid in Manhattan (Jennifer Lopez) 2 pm & 7 pm
- March 31<sup>st</sup>: The Thomas Crown Affair (Pierce Brosnan) 2 pm & 7 pm





# EMPLOYEE OF THE MONTH

## Aira & Joseph

Please join us in congratulating Joseph & Aira from our Dining Team as our Employees of the Month. Thank you for all your hard work and dedication. 😊



## International Women's Day

Come celebrate International Women's Day on **Friday, March 8<sup>th</sup> at 3 pm in the Bistro with Pianist Matthew Bacik!** Enjoy a selection of specialty teas and delicious pastries. 😊

## Exercise Classes

### Stay-Fit-Fee Group Exercises

Stay-Fit-Fee Exercise Classes are held in the Gym on: **Tuesdays at 9:30 am & Thursdays at 9:30 am**



Lifemark Exercise Classes will now be held in the Gym on Thursdays & Fridays at the times

listed below:

**Thursdays**

**1 pm, 2 pm & 3 pm**

**Fridays**

**9:15 am, 10 am & 11 am**

## access abilities

Your ability store. Our passion.

**Thursday, March 21<sup>st</sup> at 1:30-2:30 pm in the library.**

Access Abilities will be coming to Palermo Village to assist with the maintenance of your walkers and wheelchairs.

Safety Check- **Complimentary**

Walker Cleaning- **\$10 per person**

Wheelchair Cleaning- **\$20 per person**

Parts needed- **will quote price prior to fixing.**



### REMINDER:

Income Tax time is fast approaching, and we will be having the services of a CPA available in March to come into the building and help.

If you are interested, please let any of our Council Members know and they will be in touch with more information.



**Thursday, March 14<sup>th</sup>**

**Come sample some delicious flavours of chips in honour of National Potato Chip Day!**



The food celebrated for the month of March is **Maple!** Enjoyed as a delicious accompaniment to enhance the flavours of pancakes, waffles, French toast, oatmeal, or granola, its unique, subtle flavour has been appreciated by culinary experts throughout the world!

Maple Syrup contains manganese which boosts energy, zinc which aids the immune system, calcium which strengthens bones and teeth and riboflavin which helps to aid metabolism.

The LLL Dinner is happening on **Friday, March 1<sup>st</sup> (Regular Seating)** &

the LLL Social will be happening on

**Monday, March 11<sup>th</sup> from 3-4 pm in the Bistro**

**Thursday, March 28<sup>th</sup> at 7:00 pm in the Bistro**



**Join us for a choral and dance presentation with Soli Deo Gloria School of Dance and the Performing Arts remembering the death and resurrection of our Lord.**



## St. Patrick's Day

**Friday, March 15<sup>th</sup>**

Let's celebrate St. Patrick's Day together and enjoy the musical talents of Singer & Saxophonist Shannon Graham. Treat yourself to a Shamrock Smoothie during our St. Patty's Day Social **starting at 2:30 pm** in the Bistro!

**Don't forget to wear Green today!**

## Lifemark Information Session

**Friday, March 15<sup>th</sup> at 10 am in the Theatre**

Please join Alex from Lifemark to learn more about Falls Prevention & Exercise Classes happening every Thursday afternoon and Friday morning in the gym.

**Monday, March 18<sup>th</sup> at 7:00 pm in the Bistro**

## Lianne Harris Presentation

### The Luck O' The Irish

Mysterious, superstitious, religious, tenacious, ingenious, courageous and indomitable.

Before pubs and St. Patrick, beyond leprechauns and shamrocks, take a journey into the history of the people and land of Ireland.

Presented by Lianne Harris