



INSPIRED SENIOR LIVING

March 5 – 11

Hawthorn Park



INSPIRED SENIOR LIVING WITH

Sunday 5	Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10	Saturday 11
<p>9:00 Go4Life Walking Club (MF)</p> <p>9:30 Coffee Time in the Bistro (BIST)</p> <p>10:00 Virtual Catholic Mass on the T.V. in the Theatre (T)</p> <p>10:45 Piano Music with Beryl (CH)</p> <p>1:30 Chair Yoga with Heather (O)</p> <p>2:00 Sunday Sing-a-Long (LO)</p> <p>7:00 Sunday Movie Night (T)</p>	<p>9:00 Go4Life Walking Club (MF)</p> <p>9:30 Coffee Time in the Bistro (BIST)</p> <p>10:00 Group Swim-independent swim with other residents (P)</p> <p>10:00 Gym Dandies *Time Change today! (O)</p> <p>2:15 Monday Movie Matinee (T)</p> <p>7:00 Bingo Game (Bring \$.50 cents for the first card/\$.25 cents for each card after) (O)</p>	<p>9:00 Go4Life Walking Club (MF)</p> <p>9:30 Coffee Time in the Bistro (BIST)</p> <p>9:30 Morning Meditation in the Theatre (T)</p> <p>10:00 5th Avenue Jewelry Display-10:00-4:00 (LO)</p> <p>1:30 Balance for Life in the Oakroom (O)</p> <p>1:30 Bridge in the Library (LI)</p> <p>2:00 Dice 10,000 Game (LO)</p> <p>3:00 Toonie Tuesday Pub Afternoon (LO)</p>	<p>International Women's Day!</p> <p>9:00 Go4Life Walking Club (MF)</p> <p>9:30 Coffee Time in the Bistro (BIST)</p> <p>9:30 Gym Dandies (O)</p> <p>10:00 Dog Therapy! * With Dawn and Angel (LO)</p> <p>10:15 Aquafit in the Pool (P)</p> <p>2:00 Horse Race Game in the Lounge (Bring \$0.25 cents per race - we play 10 races total) (LO)</p> <p>3:00 Celebrating all the Women in the building! Happy Hour & Social with Freida! (LO)</p> <p>7:00 Wednesday Movie Night (T)</p>	<p>9:00 Go4Life Walking Club (MF)</p> <p>9:30 Coffee Time in the Bistro (BIST)</p> <p>9:30 Shopping Shuttle to Walmart *Sign-up (MEE)</p> <p>9:45 Java Music Club (O)</p> <p>10:00 Group Swim-independent swim with other residents *Our volunteer Muriel is swimming too! (P)</p> <p>1:30 Golf Putting Game (O)</p> <p>3:00 Bingo Game (O)</p> <p>3:00 Busy Fingers Craft Circle (LO)</p>	<p>9:00 Go4Life Walking Club (MF)</p> <p>9:30 Coffee Time in the Bistro (BIST)</p> <p>9:30 Gym Dandies (O)</p> <p>10:00 Group Swim-independent swim with other residents (P)</p> <p>10:00 Block Party- Meet your Neighbours! Second floor * See Posters (SF)</p> <p>1:30 Fit Minds (LI)</p> <p>1:30 Wii Bowling with Heather! (O)</p> <p>2:30 Afternoon Matinee "The Crown" Series (T)</p> <p>3:00 Friday Social and Pub Afternoon (LO)</p> <p>7:00 Bingo Game (Bring \$.50 cents for the first card/\$.25 cents for each card after) (O)</p>	<p>9:00 Go4Life Walking Club (no staff today for the walk) (MF)</p> <p>9:30 Coffee Time in the Bistro (BIST)</p> <p>1:45 Card Bingo Game (Bring \$0.75 cents to play) *room change (LO)</p> <p>3:00 Crib in the Lounge (LO)</p> <p>3:00 Saturday Afternoon Pool/Billiards Group (LI)</p> <p>7:00 Saturday Night Movie (T)</p>

Hawthorn Park Hair Salon
Open Wed-Fri

Helena Day Spa
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Hello March

May the early spring
Awaken your soul and
Remind you to
Celebrate the season with the
Hope and Joy it brings

OurMindfulLife.com



Locations Legend

- Oakroom (O)
- Lounge (LO)
- Main Floor (MF)
- Bistro (BIST)
- Theatre (T)
- Pool (P)
- Library (LI)
- Coffee House (CH)
- Meet by bus (MEE)
- Second Floor (SF)