



















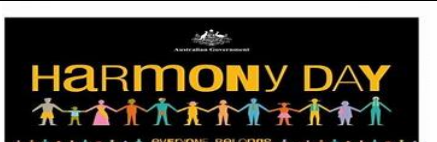








Sunday		Monday		Tuesday		Wednesday		Thursday		Friday	
30		31									
9.15am TV Exercise Session 9.45am Church Services on TV 10.15am Coffee Club 2.pm: Monthly Birthday Celebrations Room Visits		9.30am Exercises with Physio 10.00am Quiz Games 10.30am Chair Zumba 11.am Falls Prevention 1.30pm Bingo 1.45pm Nail/Hand Care M/S Room Visits (Bus Lists)								Hair Dressing appointments available: - Thursdays - Fridays	
2		3		4		5		6		7	
9.15am TV Exercise Session 9.45am Church Services on TV 10.15am Coffee Club 1.30pm Happy Hour (Sports Bar) 2.00pm Happy Hour (Cinema Room) Room Visits		9.30am Exercises with Physio 10.00am Clean Monday 10.30am Chair Zumba 11.am Falls Prevention 1.30pm Bingo 1.45pm Nail/Hand Care M/S Room Visits (Bus Lists)		9.30am Exercises with Physio 9.45am Bus Outing – Scenic 10.00am Coffee Club 11.00am Yoga/Meditate 11.00am Roman Catholic Church 1.30pm Bus Outing – Scenic 2.30pm Precious Pats Dog Therapy Room Visits		9.30am Exercises with Physio 10.00.am Greek Orthodox Church 11.00.am Spiritual Discussion 11.00am Falls Prevention 1.30pm Bingo 2.00pm Rummikub Room Visits / Bus Lists (also assisted Shopping)		9.30am Exercises with Physio 9.45am Bus Outing - Shopping (+ assisted shopping and delivery) 10.00am Quiz Games 11.00am One-one-One 1.30pm Bus Outing – Scenic (MSU) 2.00pm Music with Dylan Room Visits		9.30am Exercises with Physio 10.00am International Women's Day 11.00am Falls Prevention 1.30pm Bingo 1.45pm Nail/Hand Care L1 Room Visits	
9		10		11		12		13		14	
9.15am TV Exercise Session 9.45am Church Services on TV 10.15am Coffee Club 1.30pm Happy Hour (Sports Bar) 2.00pm Happy Hour (Cinema Room) Room Visits		9.30am Exercises with Physio 10.00am Quiz Games 10.30am Chair Zumba 11.00am Falls Prevention 1.30pm Bingo 1.45pm Nail/Hand Care M/S Room Visits (Bus Lists)		9.30am Exercises with Physio 9.45am Bus Outing – Scenic 10.00am Coffee Club 11.00am Yoga/Meditate 1.30pm Bus Outing – Scenic 2.00pm Resident Representative Meeting Room Visits		9.30am Exercises with Physio 10.00.am Greek Orthodox Church 11.00.am Spiritual Discussion 11.00am Falls Prevention 1.30pm Bingo 2.00pm Rummikub Room Visits / Bus Lists (also assisted Shopping)		9.30am Exercises with Physio 9.45am Bus Outing - Shopping (+ assisted shopping and delivery) 10.00am Quiz Games 11.00am One-on-One 1.30pm Bus Outing – Scenic (MSU) 2.00pm Musical Grandpas Room Visits		9.30am Exercises with Physio 10.00am Coffee Club 10:15am One-on-One 11.00am Falls Prevention 2.00pm (St.) Patrick's Day Room Visits	
16		17		18		19		20		21	
9.15am TV Exercise Session 9.45am Church Services on TV 10.15am Coffee Club 1.30pm Happy Hour (Sports Bar) 2.00pm Happy Hour (Cinema Room) Room Visits		9.30am Exercises with Physio 10.00am Quiz Games 10.30am Chair Zumba 11.00am Falls Prevention 1.30pm Bingo 1.45pm Nail/Hand Care M/S Room Visits (Bus Lists)		9.30am Exercises with Physio 9.45am Bus Outing – Scenic 10.00am Coffee Club 11.00am Yoga/Meditate 1.30pm Bus Outing – Scenic 2.00pm Food Forum Room Visits		9.30am Exercises with Physio 10.00.am Greek Orthodox Church 11.00.am Spiritual Discussion 11.00am Falls Prevention 1.30pm Bingo 2.00pm Rummikub Room Visits / Bus Lists (also assisted Shopping)		9.30am Exercises with Physio 9.45am Bus Outing - Shopping (+ assisted shopping and delivery) 11.am Roman Catholic Church 1.30pm Bus Outing – Scenic (MSU) 2.00pm Movies Room Visits		9.30am Exercises with Physio 10.00am Harmony Day - Paul 11.00am Falls Prevention 1.30pm Bingo 1.45pm Nail/Hand Care L1 Room Visits	
23		24		25		26		27		28	
9.15am TV Exercise Session 9.45am Church Services on TV 10.15am Coffee Club 1:30pm: Happy Hour (Sports Bar) 2:00pm Happy Hour (Cinema Room) Room Visits		9.30am Exercises with Physio 10.00am Quiz Games 10.30am Chair Zumba 11.00am Falls Prevention 1.30pm Bingo 1.45pm Nail/Hand Care M/S Room Visits (Bus Lists)		9.30am Exercises with Physio 10.00am Coffee Club 10.45am Bus Outing - Luncheon 11.00am Yoga/Meditate 2.00pm Greek Independence Day Room Visits		9.30am Exercises with Physio 10.00.am Greek Orthodox Church 11.00.am Spiritual Discussion 11.00am Falls Prevention 1.30pm Bingo 2.00pm Rummikub Room Visits / Bus Lists (also assisted Shopping)		9.30am Exercises with Physio 9.45am Bus Outing – Seniors Festival (+ assisted shopping and delivery - separate) 10.00am Quiz Games 11.00am Bus Outing – Scenic (MSU) 1.30pm One-on-One 2:00pm Cooking/Baking Level One Room Visits		9.30am Exercises: Physio 10.00am Coffee Club 11.00am Falls Prevention 1.30pm Bingo 2:00pm Sotiris Room Visits	

