

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

March 2023

ALPINE SUMMIT SENIORS LODGE

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| | <p>1</p> <p>10:00 Exercise 11:00 Catholic Church Service 1:00 Horse Races</p> | <p>2</p> <p>10:00 Tai-Chi 11:00 Pentecostal Church Service 1:30 Reading at the Library</p> | <p>3</p> <p>10:00 Exercise 10:45 The Crown Season 5 2:00 BINGO 3:00 Happy Hour</p> | <p>4</p> <p>10:00 Chair Yoga 11:00 Table Top Curling 1:30 Art Time 3:00 Mexican Bingo</p> |
| <p>5</p> <p>6:30pm Spa Time Mini-manicure & Shoulder Rubs</p> | <p>6</p> <p>10:00 Exercise 10:45 Coffee Time 11:30 Meet Shelby 2:00 Cribbage 5:30 Alzheimer's Society Presentation <small>Purim Begins</small></p> | <p>7</p> <p>10:45 Museum Coffee Hour 1:30 Movie Presentation</p> | <p>8</p> <p>International Women's Day 10:00 Exercise 11:00 Catholic Church Service 1:30 Sing-a-long 3:00 Tele Rehab sign up required</p> | <p>9</p> <p>10:00 Tai-Chi 11:00 Scripture and song BUS Outing</p> |
| <p>12</p> <p>DAYLIGHT SAVINGS 3:30 Matt Grier Concert 6:00 Oscars <i>Lydia's Birthday</i> <small>Daylight Saving Time Begins</small></p> | <p>13</p> <p>10:00 Exercise 10:45 Coffee Time 2:00 Cribbage 6:00 Music Night with Marie</p> | <p>14</p> <p>10:00 One on One 1:30 Movie Presentation</p> | <p>15</p> <p>10:00 Exercise 11:00 Catholic Church Service 1:00 Horse Races 3:00 Tele Rehab sign up required</p> | <p>16</p> <p>10:00 Tai-Chi 1:30 Reading at the Library</p> |
| | <p>19</p> <p>10:00 Exercise 10:45 Coffee Time 2:00 Cribbage <small>Spring Begins</small></p> | <p>21</p> <p>10:00 One on One 10:30 Marilyn on the Harp 1:30 Movie Presentation</p> | <p>22</p> <p>10:00 Exercise 11:00 Catholic Church Service 1:00 Horse Races 3:00 Tele Rehab sign up required <small>Ramadan Begins</small></p> | <p>23</p> <p>10:00 Tai-Chi 11:00 United Church Service BUS Outing</p> |
| <p>26</p> <p><i>Tom's Birthday</i></p> | <p>27</p> <p>10:00 Exercise 10:45 Coffee Time 2:00 Cribbage</p> | <p>28</p> <p>10:00 One on One 1:30 Movie Presentation</p> | <p>29</p> <p>10:00 Exercise 11:00 Catholic Church Service 1:00 Horse Races 3:00 Darts</p> | <p>30</p> <p>10:00 Tai-Chi <i>10:45 Residents Meeting</i> 2:00 Games with Kids from Out of School Care</p> |
| <p>10</p> <p>Rylee Here! 10:00 Exercise 11:00 Stretching 1:00 Hand Strengthening 2:00 BINGO 3:00 Happy Hour <i>John's Birthday</i></p> | <p>11</p> <p>10:00 Chair Yoga 11:00 Table Top Curling 1:30 Art Time 3:00 Mexican Bingo</p> | <p>17</p> <p>St Patrick's Day 10:00 Exercise Irish Lunch 2:00 Lucky Me Tea Party 3:00 Happy Hour <small>St. Patrick's Day</small></p> | <p>18</p> <p>10:00 Chair Yoga 11:00 Table Top Curling 1:30 Art Time 3:00 Mexican Bingo</p> | <p>24</p> <p>10:00 Exercise 10:45 The Crown Season 5 2:00 BINGO 3:00 Happy Hour</p> |
| <p>31</p> <p>10:00 Exercise 10:45 Drumming with Matricia 2:00 BINGO 3:00 Happy Hour</p> | | | | |