

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

March 2025

ALPINE SUMMIT SENIORS LODGE

						1 10:00 Yoga Stretch 11:00 Tabletop Curling 1:30 Art Time 3:00 Mexican Bingo
9:30 Coffee Time 2 10:00 United Serv 11:00 Maracas 2:00 Tequila Documentary 4:00 Hand Strengthening	10:00 Seniors 3 Strength - Bands 11:00 Corine on the Piano in the DAL 1:30 Cribbage	4 10:00 Standing Balance 1:30 Movie Presentation <small>Mardi Gras</small>	10:00 Seniors 5 Strength - Weights 2:00 Karaoke 4:00 United Church Ash Wednesday Service	10:00 Tai-Chi 6 11:00 Scripture & Song 1:30 Reading at the Library 3:00 Drumming with Matricia	10:00 Seniors 7 Strength Rotation 11:00 Telerehab (sign up required) 1:30 BINGO 3:15 Happy Hour	8 10:00 Yoga Stretch 11:00 Tabletop Curling 1:30 Art Time 3:00 Mexican Bingo INTL WOMENS DAY
9:30 Coffee Time 9 10:00 United Serv 11:00 Maracas 2:00 Green Smoothie Bar 4:00 Hand Strengthening	10:00 Seniors 10 Strength - Bands 11:00 Dance with Nicole 1:30 Cribbage <i>John's Birthday</i>	11 10:00 Standing Balance 1:30 Movie Presentation <i>Bobby's Birthday</i>	10:00 Weights 12 11:00 Catholic Church Service 2:00 Brain Booster Trivia <i>Lydia's Birthday</i>	13 10:00 Tai-Chi 1:00 Bus Outing <i>Russ' Birthday</i> <small>Purim Begins</small>	10:00 Seniors 14 Strength Rotation 11:00 Telerehab 1:30 BINGO 3:15 Happy Hour <i>Claudines Birthday</i>	15 10:00 Yoga Stretch 11:00 Tabletop Curling 1:30 Art Time 3:00 Mexican Bingo
9:30 Coffee Time 16 10:00 United Serv 11:00 Maracas 2:00 Irish Coffee 4:00 Hand Strengthening	17 10:00 Seniors Strength - Bands Irish Lunch 2:00 St Patrick's Day Tea Party <small>St. Patrick's Day</small>	18 10:00 Standing Balance 1:30 Movie Presentation	10:00 Seniors 19 Strength - Weights 11:00 Catholic Church Service 1:30 Singalong	20 10:00 Tai-Chi 11:00 United Church Service 1:30 Reading at the Library <small>Spring Begins</small>	10:00 Seniors 21 Strength Rotation 10:45 Museum Coffee Hour 1:30 BINGO 3:15 Happy Hour	22 10:00 Yoga Stretch 11:00 Tabletop Curling 1:30 Art Time 3:00 Mexican Bingo
9:30 Coffee Time 23 10:00 United Serv 11:00 Maracas 2:00 Milkshakes 4:00 Hand Strengthening	10:00 Seniors 24 Strength - Bands 11:00 Dance with Nicole 1:30 Cribbage <i>Ken's Birthday</i>	25 10:00 Standing Balance 1:30 Movie Presentation	10:00 Weights 26 11:00 Catholic Church Service 2:00 Banana Split Social <i>Tom's Birthday</i>	10:00 Tai-Chi 27 10:45 Residents Meeting 11:00 Baptist Service in DAL 1:30 Outing to Jasper Park Lodge	10:00 Seniors 28 Strength Rotation 10:45 Harp 1:30 BINGO 3:15 Happy Hour <u>Purdys Deadline</u>	29 10:00 Yoga Stretch 11:00 Tabletop Curling 1:30 Art Time 3:00 Mexican Bingo
9:30 Coffee Time 30 10:00 United Serv 11:00 Maracas 2:00 Cookie Decorating 4:00 Hand Strengthening	10:00 Seniors 31 Strength - Bands 11:00 Corine on the Piano in the DAL 1:30 Cribbage	 <p>Don't forget to move your clocks forward 1 hour on March 9th</p>				