

# March 2025

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

## Subject To Change

There is an appointment sheet for nail care on the ACTIVITY OFFICE window. This is for if you need assistance with cutting your nails.

You will need your own nail clippers

															1:30 Self-Guided Silver Sneakers
2:30 Cribbage	2 10 Standing Balance 11 Uptown Errands 12 Lunch at Dragon Palace 2 Nail Care	3 10 Hand Strength with Flexibility 11 Silver Sneakers 1:30 Picasso Inspired Self Portraits	4 10 Senior Strength 10:30 Music with Laura 1 Silver Sneakers 1:30 Popcorn and a Movie	5 10 Standing Balance 11 Golden Rewards Shop 1 Bingo with 50/50 3 Happy Hour	6 10 Standing Balance 11 Fraud Awareness with Cathy from ATB 1 Bingo with 50/50 3 Happy Hour	7 10:45 Water Movement with Kelly (Rec Center) 1:30 Acrylic Painting with Beth 2:30 Tele Rehab 4 Catholic Services	8 1:30 Self-Guided Silver Sneakers								
2:30 Cribbage	9 10 Standing Balance 11 Words in a Word 1:30 Musical Performance by Mustache Mike	10 10 Hand Strength with Flexibility 11 Resident Meeting 1 Silver Sneakers 2:30 Hand Massage	11 10 Senior Strength 10:30 Uptown Errands 11:45 Lunch at The Bighorn 2 Ice Cream Social 6-8 Letter Writing Club with Cassie	12 10 Standing Balance 11 Silver Sneakers 1 Bingo with 50/50 3 Happy Hour	13 10 Standing Balance 11 Fraud Awareness with Cathy from ATB 1 Bingo with 50/50 3 Happy Hour	14 10:45 Water Movement with Kelly (Rec Center) 1 Ready, Aim, Fire 2:30 Tele Rehab 4 Catholic Services	15 1:30 Self-Guided Silver Sneakers								
2:30 Cribbage	16 9 Trip to Folding Mountain Brewery (Sign-Up by Mar 7) 10 Standing Balance 11 Words That Start with Mar 12 Irish Lunch 1:30 St. Patrick's Day Party	17 10 Hand Strength with Flexibility 11 Silver Sneakers 1:30 Hand Massage/Manicures 3 Meditative Coloring	18 10 Senior Strength 10:30 Music with Laura 1:30 Billiards Club with Phil 2:30 Food with Friends-Appetizers	19 10 Dynamic Walking 11 Silver Sneakers 1 Bingo with 50/50 3 Happy Hour First Day of Spring	20 10 Dynamic Walking 11 Silver Sneakers 1 Bingo with 50/50 3 Happy Hour	21 10:45 Water Movement with Kelly (Rec Center) 1 Crochet Club 2:30 Tele Rehab 4 Catholic Services	22 1:30 Self-Guided Silver Sneakers								
2:30 Cribbage	23 10 Standing Balance 11 Word Scramble 1 Gardening Club- Herb Garden 2:30 Axe Throwing	24 10 Hand Strength with Flexibility 11 Silver Sneakers 1 Library Program 3 Pet Social	25 10 Senior Strength 10:30 Music with Laura 1:30 Billiards Club with Phil 6-8 Letter Writing Club with Cassie	26 10 Standing Balance 11 Silver Sneakers 1 Armchair Travel to Spain with Presentation by Julie Dezan	27 10 Standing Balance 11 Silver Sneakers 1 Armchair Travel to Spain with Presentation by Julie Dezan	28 10:45 Water Movement with Kelly (Rec Center) 1 Hot Topics 4 Catholic Services 6 Open Mic Night	29 1:30 Self-Guided Silver Sneakers								
2:30 Cribbage	30 9 Grande Prairie Mall and Lunch (Sign-Up by Mar 27) 10 Standing Balance 11 Balloon Games 1 Jeopardy 2:30 Hand Massage	31	This month we are exploring the flavors of SPAIN so be sure to come out for Happy Hour!												