













# March 2024

## Activities and Spiritual Care Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p><b>“In March winter is holding back and spring is pulling forward. Something holds and something pulls inside of us too.”</b> — Jean Hersey</p>		<p style="text-align: right;"><b>Bangladeshi Heritage Month</b> <span style="float: right;">1</span></p> <p>10:00 Calendar Handout (RR) 3:00 Physio Exercise Class (CA)</p>	<p>10:00 SPA Time (CA) <span style="float: right;">2</span> 2:00 Bingo (AR)</p> 
<p>10:30 Sunday Hymn Sing (AR) <span style="float: right;">3</span> 2:00 Movie Time (CA)</p>	<p style="color: orange;">Ramadan Kareem</p>  <p style="text-align: right;">4</p>	<p>10:00 Chair Yoga (CA) <span style="float: right;">5</span> 2:00 Café (CAF)</p>	<p>10:00 Hymn Sing with Bodene (MDR) <span style="float: right;">6</span> 2:00 Friendly Visits (RR)</p>	<p>10:00 Meditation (CA) <span style="float: right;">7</span> 2:00 Soda Bread Workshop with Conny (MDR)</p>	<p style="text-align: right;"><b>International Women's Day &amp; Maha Shivarati</b> <span style="float: right;">8</span></p> <p>10:00 Meditation (CA) 2:00 Entertainment with Across the Pond (MDR) 3:00 Physio Exercise Class (CA)</p> 	<p>2:00 Bingo (AR) <span style="float: right;">9</span></p> 
<p style="color: green;">Ramadan Begins</p> <p>10:30 Sunday Hymn Sing (AR) <span style="float: right;">10</span></p>	<p>10:00 Chair Yoga (CA) <span style="float: right;">11</span> 2:00 Sing Along (CA)</p>	<p>10:45 Entertainment with Brian (CA) <span style="float: right;">12</span> 2:00 Smile Theatre - The Detective Disappears (MDR)</p>	<p>10:00 Hymn Sing with Bodene (MDR) <span style="float: right;">13</span> 2:00 No Afternoon Programs</p>	<p>2:00 Café (CAF) <span style="float: right;">14</span> 6:00 Family Feud (CA)</p>	<p>3:00 Physio Exercise Class (CA) <span style="float: right;">15</span></p>	<p>10:00 SPA Time (CA) <span style="float: right;">16</span> 2:00 Bingo (AR)</p> 
<p style="color: green;">St. Patrick's Day</p> <p>10:30 Sunday Hymn Sing (AR) <span style="float: right;">17</span> 2:00 Toronto City Church (AR)</p> 	<p>2:00 St. Patrick's Day Party with The Sparklettes (MDR) <span style="float: right;">18</span></p> <p style="text-align: center;">  </p>	<p style="color: green;">Spring Equinox</p> <p>10:00 Word Games (CA) <span style="float: right;">19</span> 2:00 Café (CAF)</p>	<p>10:00 Hymn Sing with Bodene (MDR) <span style="float: right;">20</span> 2:00 Afternoon Social (CA)</p>	<p>10:00 Reader's Circle (CA) <span style="float: right;">21</span> 2:00 Colouring (CA)</p>	<p>10:00 Residents' Council Meeting (AR) <span style="float: right;">22</span> 2:00 Scarborough Philharmonic Orchestra Chamber Music (MDR) 3:00 Physio Exercise Class (CA)</p> 	<p style="color: green;">Purim Begins at Sundown</p> <p>2:00 Bingo (AR) <span style="float: right;">23</span></p> 
<p style="color: green;">Palm Sunday</p> <p>10:30 Sunday Hymn Sing (AR) <span style="float: right;">24</span></p> 	<p style="color: green;">Holi</p> <p>10:00 Flower Arranging (CA) <span style="float: right;">25</span> 2:00 Creative Corner (CA)</p> 	<p>10:00 Chair Yoga (CA) <span style="float: right;">26</span> 2:00 Birthday Party with Vivianna (MDR)</p> 	<p>10:00 Hymn Sing with Bodene (MDR) <span style="float: right;">27</span> 2:00 Colouring (CA)</p>	<p>2:00 Café (CAF) <span style="float: right;">28</span> 6:00 Movie Time (CA)</p>	<p style="color: green;">Good Friday</p> <p>3:00 Physio Exercise Class (CA) <span style="float: right;">29</span></p>	<p>10:00 Sing Along (CA) <span style="float: right;">30</span> 2:00 Bingo (AR)</p> 
<p style="color: green;">Easter Sunday</p> <p>10:30 Sunday Hymn Sing (AR) <span style="float: right;">31</span> 2:00 Movie Time (CA)</p> 	<p><u>Locations Legend</u></p> <p>Common Area (CA) Activity Room (AR)</p> <p>Main Dining Room (MDR)</p>		<p>Café (CAF) Resident's Room (RR)</p>	