

March 2020 – 3AB Neighbourhood

Recreation Activity Calendar





If you have any questions regarding the activities on your unit, please speak with Amy, Recreation Therapy Assistant at 780-371-6555 or Keeley, Recreation Therapist, at 780-371-6554.



Happy Birthday to you!

Mar. 1st – Irene P.
 Mar. 5th – Christina V.
 Mar. 7th – Raymond G.
 Mar. 8th – Wayne J.

Mar. 13th – Elena E.
 Mar. 16th – Kam-Ming C.
 Mar. 18th – Lorraine S.
 Mar. 26th – Edna B.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2</p> <p>10:45 Hymn Sing and Reflection (Aud)</p> 	<p>3</p> <p>10:30 Arm Chair Travels with Norquest students</p> <p>10:30 Doodle Dog Drop-in (Sunny Nook)</p> <p>1:30 Gardening 101</p> <p>1:30 Art Class (Aud) *</p> <p>3:00 Favourite Music & Song Requests</p>	<p>4</p> <p>10:30 Anglican Communion (Reflection Room)</p> <p>2:00 Monthly Birthday Party with Barry Hoffman (Auditorium)</p> 	<p>5</p> <p>9:00 – 12:00 Music Therapy Visits with John ♪</p> <p>10:30 Ukrainian Catholic Liturgy (Auditorium)</p> <p>1:30 Java Time</p> <p>1:30 Seated Yoga (Aud) *</p> <p>3:00 Amy Superstore shopping</p> <p>7:00 Pub Night with Larry Renn (Auditorium)</p>	<p>6</p> <p>10:30 Roman Catholic Mass (Auditorium)</p>  <p>Amy at an Educational Workshop</p>	<p>7</p> <p>10:30 Neighbourhood Time</p> <p>2:00 Music with Al & Frank</p> <p>3:30 Amy on 2AB (discussion group)</p> <div style="border: 1px solid blue; padding: 5px; text-align: center;"> <p>Sunday, March 8th 3:00 Clareview Bible Church (Auditorium)</p> </div>
<p>9</p> <p>10:45 Hymn Sing and Reflection (Aud)</p> <p>2:00 Concerts in Care, featuring Mikolaj Warszynski & Zuzana Šimurdová (Aud)</p> <p>4:00 Music fun with Elodie</p> <p>Amy on vacation</p>	<p>10</p> <p>10:30 Doodle Dog Drop-in (Sunny Nook)</p> <p>1:30 Art Class (Aud) *</p> <p>Amy on vacation</p>	<p>11</p> <p>10:30 Anglican Communion (Reflection Room)</p> <p>1:30 Hand Care with Liz</p> <p>Amy on vacation</p>	<p>12</p> <p>9:00 – 12:00 Music Therapy Visits with John ♪</p> <p>10:30 Ukrainian Catholic Liturgy (Auditorium)</p> <p>1:30 Seated Yoga (Aud) *</p> <p>2:00 iPad music with Beata</p> <p>7:00 Pub Night with "Gallowglass" (Aud)</p> <p>Amy on vacation</p>	<p>13</p> <p>10:30 Roman Catholic Mass (Auditorium)</p> <p>2:00 Table Games with Sagara</p>  <p>Amy on vacation</p>	<p>14</p> <p>2:00 Saturday entertainment with "The Country Cousins" (Auditorium)</p> <p>Amy on vacation</p>

* Registered Program

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;">16</p> <p>10:45 Hymn Sing and Reflection (Aud)</p>  <p>Amy on vacation</p>	<p style="text-align: right;">17</p> <p>St. Patrick's Day</p> <p>10:30 Arm Chair Travels with Norquest students</p> <p>10:30 Doodle Dog Drop-in (Sunny Nook)</p> <p>1:30 Gardening 101</p> <p>1:30 Art Class (Aud) *</p> <p>3:00 Resident's choice</p>	<p style="text-align: right;">18</p> <p>10:30 Anglican Communion (Reflection Room)</p> <p>2:00 Amy on 2AB (Table Games)</p> <p>3:30 Hand Massage and Nail Care</p> <p>6:30 Evening Visits</p>	<p style="text-align: right;">19</p> <p>9:00 – 12:00 Music Therapy Visits with John 🎵</p> <p>10:30 Ukrainian Catholic Liturgy (Auditorium)</p> <p>1:30 Seated Yoga (Aud) *</p> <p>1:30 Java Time</p> <p>3:00 Neighbourhood Time</p> <p>7:00 Pub Night with Brian Maxwell (Auditorium)</p>	<p style="text-align: right;">20</p> <p>10:30 Roman Catholic Mass (Auditorium)</p> <p>1:30 Coffee & scenic drive out trip *</p> <p>2:00 Afternoon Matinee: "Lassie" (Auditorium)</p>	<p style="text-align: right;">21</p> <p>3:00 Happy Hour (Aud)</p>  <p>Amy off</p>
<p style="text-align: right;">23</p> <p>10:45 Hymn Sing and Reflection (Aud)</p> <p>Amy on vacation</p>	<p style="text-align: right;">24</p> <p>10:30 Doodle Dog Drop-in (Sunny Nook)</p> <p>10:30 Greetings</p> <p>11:00 Gardening 101</p> <p>1:30 Art Class (Aud) *</p> <p>1:45 Baking</p> <p>3:00 Refreshments</p>	<p style="text-align: right;">25</p> <p>10:30 Anglican Communion (Reflection Room)</p> <p>2:00 Spring Dance with Dave Tomnuk (Aud) Cost: \$3.00</p> 	<p style="text-align: right;">26</p> <p>9:00 – 12:00 Music Therapy Visits with John 🎵</p> <p>1:30 Seated Yoga (Aud) *</p> <p>1:30 Java Time</p> <p>3:00 Neighbourhood Time</p> <p>7:00 Pub Night with Philippe Marleau (Auditorium)</p>	<p style="text-align: right;">27</p> <p>10:30 Roman Catholic Mass (Auditorium)</p> <p>2:00 Bingo (Auditorium) (\$1.00)</p>	<p style="text-align: right;">28</p> <p>10:30 Amy on 2AB (morning visits)</p> <p>1:45 Horse Racing</p> <p>3:15 Refreshments</p>
<p style="text-align: right;">30</p> <p>10:45 Hymn Sing and Reflection (Aud)</p>  <p>Amy off</p>	<p style="text-align: right;">31</p> <p>10:00 Morning Walks</p> <p>10:30 Doodle Dog Drop-in (Sunny Nook)</p> <p>1:30 Art Class (Aud) *</p> <p>2:00 Music with Al & Frank</p> <p>3:00 Neighbourhood Time</p>				