

March 2020 – Main AB Neighbourhood

Recreation Activity Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: center;">Happy Birthday to you!</p> <p>Mar. 2nd – Maria B. Mar. 20th – Nano U. Mar. 3rd – Mike B. Mar. 23rd – Don B. Mar. 10th – Norman C. Mar. 25th – Tina P.</p>					
2	3	4	5	6	7
10:45 Hymn Sing and Reflection (Aud) 2:00 Reminiscing 3:30 Sagara on 2B (Garden Tower maintenance) 	10:00 Music Circle 10:30 Doodle Dog Drop-in (Sunny Nook) 11:00 Gardening 101 1:30 News Review 2:30 Sagara on 2AB (Gardening 101)	10:30 Anglican Communion (Reflection Room) 2:00 Monthly Birthday Party with Barry Hoffman (Auditorium) 	10:30 Ukrainian Catholic Liturgy (Auditorium) 1:30 Seated Yoga (Aud) * 3:30 Card Games 7:00 Pub Night with Larry Renn (Auditorium)	10:30 Roman Catholic Mass (Auditorium) Sagara at an Educational Workshop	9:30 News Review 10:00 Reminiscing 2:00 Karaoke singing 3:30 Neighbourhood Time <div style="border: 1px solid blue; padding: 5px; text-align: center;"> Sunday, March 8th 3:00 Clareview Bible Church (Auditorium) </div>
9	10	11	12	13	14
10:45 Hymn Sing and Reflection (Aud) 2:00 Concerts in Care, featuring Mikolaj Warszynski & Zuzana Šimurdová (Aud) Sagara off	10:00 Curling 10:30 Doodle Dog Drop-in (Sunny Nook) 11:00 Gardening 101 2:30 Sagara on 2AB (Gardening 101)	9:30 Morning Greetings 10:00 Sing a long 10:30 Anglican Communion (Reflection Room) 1:30 Java Time 3:00 Board Games	10:00 Pictionary 10:30 Ukrainian Catholic Liturgy (Auditorium) 1:30 Seated Yoga (Aud) * 3:30 Neighbourhood Time 7:00 Pub Night with "Gallowglass" (Aud)	10:00 Balloon Volleyball & Music 10:30 Roman Catholic Mass (Auditorium) 2:00 Sagara on 3AB (Table Games) 3:30 Neighbourhood Time	2:00 Saturday entertainment with "The Country Cousins" (Auditorium) Sagara off



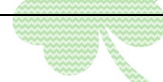




* Registered Program

Best wishes to Cindy (MAB Recreation Therapy Assistant) as she takes on a new role in the YADS day program until February 2021 – thank you for all of your hard work!!!
Welcome to Sagara, our new Therapy Assistant for Main AB!

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Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21
9:30 News Review 10:45 Hymn Sing and Reflection (Aud) 2:00 Creative Colour 4:00 Sagara on 2B (Garden Tower maintenance) 	St. Patrick's Day 10:00 St. Patrick's Day Fun 10:30 Doodle Dog Drop-in (Sunny Nook) 1:45 Scenic drive out trip *	10:30 Anglican Communion (Reflection Room) 1:30 Java Time 3:00 Hand Massage and Nail Care 6:30 Short Stories	10:30 Ukrainian Catholic Liturgy (Auditorium) 1:30 Seated Yoga (Aud) * 3:00 Neighbourhood Time 7:00 Pub Night with Brian Maxwell (Auditorium)	2:00 Afternoon Matinee: "Lassie" (Aud) 	3:00 Happy Hour (Aud)  Sagara off
 23 9:30 News Review 10:45 Hymn Sing and Reflection (Aud) 2:00 Bocce Ball 4:00 Sagara on 2B (Garden Tower maintenance)	24 10:00 Bowling 10:30 Doodle Dog Drop-in (Sunny Nook) 1:30 Gardening 101 2:30 Sagara on 2AB (Gardening 101)	25 10:30 Anglican Communion (Reflection Room) 10:30 Spring Dance with Dave Tomnuk (Aud) Cost: \$3.00 	26 1:30 Seated Yoga (Aud) * 3:00 Neighbourhood Time 7:00 Pub Night with Philippe Marleau (Auditorium)	27 10:30 Roman Catholic Mass (Auditorium) 2:00 Armchair Travels	28  10:00 Curling 2:00 Neighbourhood Bingo 3:30 Sing a long
30 10:45 Hymn Sing and Reflection (Aud)  Sagara off	31 10:00 Board Games 10:30 Doodle Dog Drop-in (Sunny Nook) 1:30 Reminiscing 4:00 Sagara on 2B (Garden Tower maintenance)				

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Best wishes to Cindy (MAB Recreation Therapy Assistant) as she takes on a new role in the YADS day program until February 2021 – thank you for all of your hard work!!! Welcome to Sagara, our new Therapy Assistant for Main AB!