

Hearing & Balance Clinic

Coming to Adelaide Place on April 14th

Call 705 340-5050 to book your appointment

AVAILABLE SERVICES:

- COMPLIMENTARY HEARING TESTS EVERY 5 YEARS
- COMPLIMENTARY CLEAN & CHECK HEARING AIDS
- COMPLIMENTARY HEARING AID DISCUSSION
- HEARING AID & BATTERY SALES
- WAX REMOVAL
- VERTIGO / DIZZINESS ASSESSMENT



Brent Robinson
Registered Audiologist



Anne Marie Sinasac-Roy
Doctor of Audiology

Fees apply to some services: DVA, WSIB, ADP - Ontario



Health & Safety protocols in place:
mandatory masks, screening,
disinfection between patients

CALL BEFORE YOU COME - 705-340-5050

www.LindsayEarClinic.com



March

81 Albert St. South. Lindsay, Ontario K9V 3H5

*Celebrated
this
Month...*

Purim Begins
March 2nd

**International
Women's Day**
March 8th

**Daylight
Savings Time**
March 8th

**Wear Green
for St.
Patrick's Day!**
March 17th

Spring Equinox
March 20th

Earth Hour
@8:30p.m. on
March 28th

**Bank
Transportation**
March 4 & 18

Shopping Trips
*See Calendar-
Call 8155 for
details*

Adelaide Place Tax Statements:

Each year, Adelaide Place prepares a tax statement for you to be able to use for your income tax filing. **Your letter is available NOW at the front desk for you to collect.** It outlines the amount spent on rent, and a second section that can be used for income taxes if you have a completed disability tax credit form (see below) on file with the government. This section breaks down how much of your services goes towards wages within certain parts of your fees to Adelaide Place. Your accountant will be able to assist you in advising what you can and cannot claim.

Disability Tax Credit: The Disability Tax Credit is available through the federal government. It is a non-refundable tax credit that helps people with disabilities, or their supporting family member, reduce the amount of income tax they may have to pay. It is an application process that includes a form that your Health Care Provider must complete. It then gets submitted to the Federal Government for review and approval. If you have a completed/approved disability Tax Credit Certificate on file with the government, it means you can claim more on your income tax for a tax relief. If you have a severe and prolonged impairment, you may apply for the credit. If you are approved, you may claim the credit at tax time and reduce the amount of income tax you may have to pay, this credit can help to offset some of the extra costs related to a disability or impairment. The application form, and further information on it, can be found at www.canada.ca

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Call 8155 to hear the daily program schedule, including changes to program timing or locations (due to inclement weather for example). Leave a message to sign up for programs and outings, ask questions, or speak to someone in the Recreation Department!

Upcoming Special Events

- Nail Painting with Jaiden** - March 9th drop in between 3-4:00p.m.
- Pressed Flowers Sun Catchers Craft** – March 13th at 10:45a.m.
- St. Patrick's Day Party with John Turner** – March 17th at 3:00p.m.
- New Resident Social, All Are Welcome** – March 23rd at 3:00p.m.
- Resident Satisfaction Survey Results** – March 31st at 1:00p.m.
- Travel to the Galapagos with Vic Orr!** – March 31st at 3:00p.m.

Check your recreation calendar for program locations.

Thank You for Supporting Cupcake Day!

We would like to extend a HUGE thank you to everyone who participated and helped make our Cupcake Day as HUGE SUCCESS!! For everyone who baked cupcakes, purchased cupcakes, donated money, and brought their pets down for the photobooth, we are truly thankful. It was so wonderful to see so many furry friends putting smiles on our faces! With your generous support Adelaide Place was able to raise \$2000 for the Humane Society of Kawartha Lakes! This money will go toward helping many deserving animals find their fur-ever home.

smiles to you

Meet our team



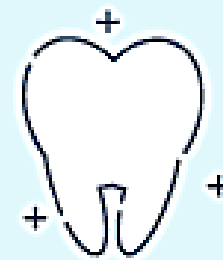
Trudi Martin-Tate, RDH
Registered
Dental Hygienist



Russell Tate, DD
Denturist



Dental Cleaning and Polishing



Trudi, our Dental Hygienist can assist you in:

- Scaling and Polishing
- Tooth Whitening
- Tooth Desensitizing
- Temporary Fillings

(705) 775-5575



**No travel. No stress.
We come to you.**

**We accept insurance
and CDCP**

Wondering if dentures could be right for you?

Contact us today for a free consultation!



(705) 775-5575

www.smilestoyou.com



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	Bruce S Jess G	Rick W	Bianca F
8 Bev. Mac Brian M Kara T	9	10 Bruce D Robert B	11 Mike W Grace J	12	13 Audrey W Frank P Kay W	14 Eleanor W
15 Irene U	16 Sylvia R	17 Ernie K Mark Y	18 Yvonne S	19 Hope C	20	21 Hans M
22 Monique B Peter G	23 Audrey P	24	25 Jean G Mary M	26 Joan S Cory N	27	28
29 Alyson L	30	31 Ashley G Temilade A	Colour Legend: Retirement Community Senior Living Community Team Members			

Appliance Care Reminder for Residents

Help keep your in-suite appliances running safely & efficiently!
Please review the following tips:

Washing Machines

- Laundry detergents vary by brand, and most people use far more than they need.
- Clothing in our community is generally not heavily soiled, so using less than the recommended amount of detergent can prevent buildup in the machine.

Dryers

- Cleaning the lint trap after every use helps your dryer run more efficiently and reduces the risk of overheating.
- Our maintenance team also services and cleans the main dryer vents every 3 months to ensure everything stays in safe working condition.

Dishwashers

- If your dishes are not drying properly, try adding a dish-drying agent (rinse-aid) which helps improve drying performance and reduces water spots.

If you have any questions or need assistance with your appliances, our team is always here to help!

Wellness Updates (Extension 8185)

Fireside Chat with Erica: Vaccinations New Date! Friday, March 6th at 1:00p.m. in the Senior Living Community Lounge, by the fireplace.

Foot Care & Blood Pressure Clinic at Adelaide: Call the Wellness Dept. for information about the cost or to book your appointment with Marie, Footcare Nurse.

Monthly Blood Pressure Clinic is on March 26th - Sign up through the Wellness Team



HOMESTEAD
OXYGEN + MEDICAL EQUIPMENT

10 Moose Rd. (off McLaughlin Rd.) Lindsay
705.328.3015





- Wheelchairs
- Walkers
- Mobility Scooters
- Home Oxygen + CPAP
- Bathroom Safety
- Hospital Beds
- Lift Chair Recliners
- Braces & Supports
- Compression Stockings
- Aids to Daily Living & More!

10% off* regular priced item with this ad

*discount does not apply to third party funded items

www.homesteadoxygen.ca

Coming up at the Academy Theatre!

Music of the Night: The Concert Tour on March 20th at 7:30p.m.

A Concert Celebration of Andrew Lloyd Webber's Greatest Hits! This concert celebration of Andrew Lloyd Webber comes back to **Lindsay** (last here in 2024) having toured across Canada to sold out audiences from Victoria to Halifax! With a live band and many incredible and celebrated singers, with selections from Phantom of the Opera, Evita, Cats, Jesus Christ Superstar, Sunset Blvd, and more! The show starts at 7:30p.m. so we will leave around 6:45p.m. If you are on late dinner seating, we can arrange for you to eat at the earlier seating, if needed. The show's producer contacted us to personally invite us and offered a special discounted rate! **Tickets are just \$55! Call now to reserve a ticket, they're selling out fast!**

SWING SENSATION!! on Sunday, March 29th at 2:00p.m.

Ross Wooldridge, Canada's Clarinet King, leads this 17-piece orchestra which is an action packed Big Band Era retrospective of the greatest hits of **Glenn Miller, Benny Goodman, Artie Shaw, Les Brown, Charlie Barnet, Tommy Dorsey** and many other famous bandleaders from the '30s and '40s, and is guaranteed to have the audience tapping their toes in delight mega hits such as *In the Mood, Let's Dance, Opus #1, Skyliner, Begin the Beguine, Stardust*, and of course, the Swing Era anthem, *Sing Sing Sing!* The show starts at 2p.m. so we will leave around 1:20p.m. If you are on the late lunch seating, we can arrange for you to eat at the earlier seating, if needed. **Tickets are \$53. Call now to reserve your ticket, before they're gone!**

Your Aquafit Instructor She does it all!

Even though we can't currently use the pool for Aquafit classes, you have two extra opportunities to meet the instructor in March!

Join Simranjeet, from Kinnected Chain, for a Zumba Gold Class on March 11th at 3:30p.m. in the Activity Room.

She will also lead a Guided Meditation class in the Theatre on the 24th at 10:30am. Absolutely **ZERO Experience Necessary!!**

FREE INCOME TAX CLINICS

You qualify if...

- ✓ **Maximum Income - 1 person \$40,000**
Maximum Income - 2 people \$55,000
- ✓ **Simple tax situation**
Bring T4, T5007, childcare and medical receipts, rent receipt or property tax slip

Our volunteers can help for FREE!

- ✓ **Every Tuesday and Thursday in March & April, 2026**
- ✓ **9:30 - 12:00 and 1:00 - 3:30**

The Salvation Army Community Ministries
30 Peel St., Lindsay • outside east entrance

Call 705-324-7111 ext 25
LindsayCC.FamilyServices@salvationarmy.ca

Appointment required for multiple years.
Walk-in for one year returns only • First-come, first-served.
Check for other locations in Kawartha Lakes.

Organized by

Giving Hope Today


The CVITP
Community
Volunteer Income
Tax Program is a
program of the
Canada Revenue
Agency.

Earth Hour - March 28th @8:30p.m.

Giving power to take action & conserve our planet-

Earth Hour is a worldwide movement organized by the World Wildlife Fund, serving as a stark reminder of the twin crises we face—climate change and nature loss. Nature is disappearing at an alarming rate, and this past year was officially the hottest on record, marking the end of the hottest decade and witnessing unprecedented ocean temperatures. The urgency to act has never been greater. In response, supporters over **118 countries and territories collectively dedicated nearly 3 million hours** last year, demonstrating that individual and collective action can create real impact.

The event is held annually, encouraging individuals, communities, and businesses to turn off non-essential electric lights, for one hour, from 8:30 to 9:30 p.m. on the last Saturday of March.

How can you participate? For safety reasons, Adelaide Place is not able to turn off all the power to the building. If you would like to join the Earth Hour movement, you are encouraged to turn off the main lights in your suite for one hour. You can also avoid using other types of power, such as your television, computer, radio, etc.

Of course, the more we do for our planet the better, and turning off the lights is just one step to show we care and will hopefully lead us to do more in the future.

Afternoon Tea at Heritage Christian School

On April 17th, Heritage Christian School is hosting a Tea with an art auction of local artists and students, live piano music and beautiful décor. The event runs from 2pm-4pm. Tickets are \$45 per person. Please call the recreation department at ext 8155 if you are interested in attending or have any questions about the event.



POPULAR MUSIC FROM THE 60S AND 70S Tuesday March 24th, at 3:00p.m.

This program presents popular songs from the 60s and 70s when music took some very new directions - Folk, Motown, Latin Rock, Soft Rock and British Pop.

The Beatles arrived along with Stevie Wonder, Bob Dylan, Aretha Franklin, Elton John, Joan Baez and Billy Joel.

Those decades also included James Taylor, Van Morrison, John Lennon, Burton Cummings, Don McLean, Peter, Paul and Mary, Glen Campbell and Neil Diamond.

We hope you enjoy hearing again, or perhaps discovering for the first time, some of the songs that were an important part of the growth of popular music in the 60s and 70s.



March Recreation Calendar

Senior Living
Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15 Tuck Shop 1-3pm Church Transportation Weekly Puzzle in the Café 10:30 Coffee Social (CL) 10:30 Spiritual Reflection (TH) 2:00 Spiritual Hymn Sing and Inspirational Service (TH) Paralympics Closing Ceremony (L1) 3:00 Sing Along with Grace (AR) 7:15 The Banshees of Inisherin (TH)	16 Trip to Dollarama/Food Basics 9:45 Strength Exercise (AR) 10:30 Coffee Social (CL) 10:45 Paraffin Wax Hand Therapy (AR) 1:45 Bingo! 50¢/card (PR) 2:00 Series: House of Guinness 2:15 Gentle Seated Exercise (AR) 3:00 Word Games (AR) 7:00 Farkle (AR) 7:15 Daniel O'Donnell - The Rock 'n' Roll Show (TH)	17 St. Patrick's Day Medical Transportation 9-4p.m 9:45 Strength Exercise (AR) 10:30 Coffee Social (CL) 10:30 St. Mary's Catholic Service (TH) 2:00 Euchre & Scrabble (AR) 2:00 Euchre (PR) 2:15 Chair Yoga (TH) 3:00 St. Patrick's Day Party with John Turner (L1) 7:00 Irish Cream & Trivia Social(AR) 7:15 The Last Right (TH)	18 Tuck Shop 1-3pm Bank Transportation 9:45 Strength Exercise (AR) 10:30 Coffee Social (CL) 10:45 Name that Tune (AR) 1:30 Knit Witts (DL) 1:45 Bingo! 50¢/card (PR) 1:45 TV Series: This Is Us (TH) 2:00 Pokeno (AR) 3:15 Music and Exercise (AR) 3:15 Virtual DrumFit (L2) 7:15 The Last of the Blonde Bombshells (TH)	19 Tuck 8:30-10:30am Trip to Giant Tiger 9:45 Strength Exercise (AR) 10:30 Coffee Social (CL) 10:45 Paraffin Wax Hand Therapy (AR) 2:15 Tai Chi (TH) 3:00 Historian Ian McKechnie: Local History and Family Roots (AR) 7:15 Kiss Me Goodbye (TH)	20 Tuck Shop 1-3pm Academy Theatre: Music Of The Night \$ 9:45 Strength Exercise (AR) 10:30 Coffee Social (CL) 10:45 Axe Throwing (AR) 2:00 Documentary: Ireland's Greatest Robberies: Martin Cahill & The Beit Art Heist 2:15 Seated Stretch Exercise(AR) 3:15 Darts! (AR) 7:00 Skip-Bo (AR) 7:15 Broadcast News (TH)	21 10:30 News and Coffee Social (AR) 11:15 15-min Express Stretch Exercise! (AR) 2:00 Bingo (AR) 3:15 Music and Trivia (AR) 3:15 Sing Along (L2) 7:15 Working Girl! (TH)
22 Tuck Shop 1-3pm Church Transportation Weekly Puzzle in the Café 10:30 Coffee Social (CL) 10:30 Spiritual Reflection (TH) 2:00 Spiritual Reflection (TH) 2:15 Floor Shuffleboard (AR) 3:15 Name That Tune (AR) 7:15 Green Card (TH)	23 Trip to Lindsay Mall 9:45 Strength Exercise (AR) 10:30 Coffee Social (CL) 10:45 Paraffin Wax Therapy (AR) 1:45 Bingo! 50¢/card (PR) 2:00 Series: House of Guinness 2:15 Gentle Seated Exercise (AR) 3:15 New Resident Social – All Are Welcome! (AR) 7:00 Farkle (AR) 7:15 Concert: Elton John Live	24 Medical Transportation 9-4p.m 9:45 Strength Exercise (AR) 10:30 Coffee Social (CL) 10:30 Guided Meditation (TH) 2:00 Euchre & Scrabble (AR) 2:00 Euchre (PR) 2:15 Chair Yoga (TH) 3:00 Cam's Pop Music Program- Mocktails, Cocktails and Music(L1) 7:00 Cranium Crunches (AR) 7:15 Mighty Macs (TH)	25 Tuck Shop 1-3pm 9:45 Strength Exercise (AR) 10:30 Coffee Social (CL) 10:45 Name that Tune (AR) 1:30 Knit Witts (DL) 1:45 Bingo! 50¢/card (PR) 1:45 TV Series: This Is Us (TH) 2:00 Pokeno (AR) 3:15 Music and Exercise (AR) 3:15 Virtual DrumFit (L2) 7:15 Waitress (TH)	26 Tuck 8:30-10:30am Trip to Whitney Town Centre and LCBO 9:45 Strength Exercise (AR) 10:30 Coffee Social (CL) 10:45 Paraffin Wax Hand Therapy (AR) 2:15 Tai Chi (TH) 3:00 Thirsty Thursday with Rob Murray (L1) 7:15 Bloodworth (TH)	27 Tuck Shop 1-3pm Academy Theatre: Swing Sensation \$ 9:45 Strength Exercise (AR) 10:30 Coffee Social (CL) 10:45 Bean Bags (AR) 2:00 Documentary: Ancient Ireland- Prehistoric Origins 2:15 Seated Stretch Exercise(AR) 3:15 Darts! (AR) 7:00 Skip-Bo (AR) 7:15 Aurora Teagarden Mysteries: A Bone to Pick (TH)	28 Earth Hour 8:30-9:30pm 10:30 News and Coffee Social (AR) 11:15 15-min Express Stretch Exercise! (AR) 2:00 Dollar Bingo - 1\$ to Play (AR) 3:15 Music and Trivia (AR) 3:15 Sing Along (L2) 7:15: Aurora Teagarden Mysteries: Real Murders(T
29 Tuck Shop 1-3pm Church Transportation Weekly Puzzle in the Café 10:30 Coffee Social (CL) 10:30 Spiritual Reflection (TH) 2:00 Spiritual Reflection (TH) 2:15 Washer Toss (AR) 3:15 Finish the Lyrics (AR) Dinnertime Music with David. T 7:15 The Good House (TH)	30 Trip to Loblaws 9:45 Strength Exercise (AR) 1:45 Bingo! 50¢/card (PR) 2:00 Series: House of Guinness 2:15 Gentle Seated Exercise (AR) 3:00 Word Games (AR) 7:00 Farkle (AR) 7:15 The Rat Pack, Dean Martin, Sammy Davis Jr. & Frank Sinatra, Live and Swingin' on Stage 1965 (TH)	31 Medical Transportation 9-4p.m 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 10:30 St. Paul's Anglican Service (TH) 1:00 Resident Satisfaction Survey Results (L2) 2:00 Euchre & Scrabble (AR) 2:00 Euchre (PR) 2:15 Chair Yoga (TH) 3:00 Travel to the Galapagos with Vic Orr (AR) 7:00 Word Games! (AR) 7:15 Happiness for Beginners(TH)	Retirement Locations AR - Activity Room CL - Café Lounge D1 - Dining Room, 1 st Floor L1 - Retirement Lounge TH – Theatre PL – Pool Senior Living Locations BR - Billiards Room L2 - Lounge, 2 nd Floor D2 - Dining Room, 2 nd Floor PR - Party Room	Colour Coding Legend In The Theatre Special Event! In the Senior Living Community Van Outings In House Shopping or Clinic	All Outings are in BLUE Call 8155 for info. You must sign up at least 48 hours in advance. Timing for trips is determined by the number of people going Trips may be cancelled without notice due to inclement weather or other unforeseen circumstances	Tuck Shop: Call ext. 8200 to speak to a Tuck Volunteer during open hours or hear the most up to date hours if there are any changes. Call Ext. 8155 if you're interested in becoming a Volunteer, or if you have questions about the Tuck Shop



March Recreation Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tuck Shop Hours	Retirement Community	Senior Living	Make Sure you Sign up	Everyday!	Everyday!	Aquafit
Call ext. 8200 for up-to-date Shop open hours or speak to a Tuck Volunteer during open hours.	AR - Activity Room CL- Café Lounge DL - Retirement Dining Lounge L1 - Retirement Lounge PDR- Private Dining Room TH - Theatre	BR – Billiards Room L2 – Senior Living Lounge, D2 – Senior Living Dining Rm PR - Party Room Terrace closed during Winter	All outings are in BLUE . Residents must call 8155 to sign up for any outing, at least 48 hours in advance	Coffee Social in the SLC Party Room at 10:00a.m. AND in the Retirement Community Café Lounge at 10:30am	In the SLC Party Room: Board Games 2-4pm 7-9pm	Pool is currently closed When classes resume, you must sign up to attend and be able to get into and out of the pool without assistance
1 Tuck Shop 1-3pm	2	3	4 Tuck 1-3pm	5 Tuck 8:30-10:30am	6 Tuck 1-3pm	7
Church Transportation Weekly Puzzle in the Café 10:30 Coffee Social Every Day in the Café Lounge! 10:30 Spiritual Reflection 2:00 Spiritual Reflection (TH) 2:15 Ladder Ball (AR) 3:00 Hymn Sing with Grace (AR) 7:15 The Theory of Everything (TH)	Lucy Gray Alterations 1-4pm (L1) 9:45 Strength Exercise (AR) 10:30 Coffee Social Every Day! 10:45 Hand Wax Therapy (AR) 1:45 Bingo 50¢/card (PR) 2:00 TV Series: House of Guinness (TH) 2:15 Gentle Seated Exercise (AR) 3:00 Word Games (AR) 7:00 Farkle (AR) 7:15 My Favorite Broadway: The Leading Ladies - Full Concert at Carnegie Hall (TH)	Medical Transport 9-4pm 9:45 Strength Exercise (AR) 10:30 Coffee Social Every Day! In the Café Lounge 11:45 Recreation Programs Planning Meeting (L2) 2:00 Euchre & Scrabble (AR) 2:00 Euchre (PR) 2:15 Chair Yoga (TH) 3:15 Mocktail Social (L1) 7:00 Jeopardy! (AR) 7:15 Deep End of the Ocean (TH)	Bank Transportation 9:45 Strength Exercise (AR) 10:30 Coffee Social Every Day! In the Café Lounge 10:45 Name that Tune (AR) 1:30 Knit Witts (DL) 1:45 Bingo 50¢/card (PR) 1:45 TV Series: This Is Us (TH) 2:00 Pokeno (AR) 3:15 Music and Exercise (AR) 3:15 Virtual DrumFit (L2) 7:15 Tumbledown (TH)	9:45 Strength Exercise (AR) 10-11:00 Party Room Closed for Meeting 10:45 Paraffin Wax Hand Therapy (AR) 2:00 Large Print Book Exchange with Kawartha Lakes Library (AR) 2:15 Tai Chi (TH) 3:00 Thirsty Thursday with Darlene and the Shamrockers! (L1) 7:15 The Three Musketeers (TH)	9:45 Strength Exercise (AR) 10:30 Coffee Social Every Day In the Café Lounge 10:45 Bean Bags! (AR) 1:00 Fireside Chats with Erica - Vaccinations (L2) Paralympics Opening Ceremony! (L1) 2:15 Gentle Seated Exercise (AR) 3:15 Darts! (AR) 7:00 Skip-Bo (AR) 7:15 Chicago (TH)	10:30 News and Coffee Social in the Café Lounge 11:00 Fire Safety (L2) 11:15 Fifteen Minute Stretch Exercise! (AR) 1:45 Paralympics (TH) 2:00 Bingo (AR) 3:15 Music and Trivia (AR) 3:15 Sing Along (L2) 7:15 Mother Teresa (TH)
8 Tuck Shop 1-3pm	9	10	11 Tuck 1-3pm	12 Tuck 8:30-10:30am	13 Tuck 1-3pm	14
Daylight Savings begins Church Transportation Weekly Puzzle in the Café 10:30 Spiritual Reflection (TH) 2:00 Spiritual Reflection (TH) 2:15 Finish the Lyrics (AR) 3:00 Paralympics (TH) 7:15 Blue Jay (TH)	Trip to Canadian Tire 9:45 Strength Exercise (AR) 10:30 Coffee Social (CL) 10:45 Hand Wax Therapy (AR) 1:45 Bingo! 50¢/card (PR) 2:00 Series: A Man on the Inside 2:15 Gentle Seated Exercise (AR) 3:00 Drop in Nail Painting (AR) 7:00 Farkle (AR) 7:15 Concert: Stevie Wonder Live!	9:45 Strength Exercise (AR) 10:30 Coffee Social (CL) 10:30 Book Club (PDR) 2:00 Euchre & Scrabble (AR) 2:00 Euchre (PR) 2:15 Chair Yoga (TH) 3:00 Paralympics (TH) 3:15 Mocktail Social (L1) 7:00 Wheel of Fortune (AR) 7:15 Last Letter From Your Lover (TH)	9:45 Strength Exercise (AR) 10:30 Coffee Social (CL) 10:45 Name that Tune (AR) 1:30 Knit Witts (DL) 1:45 Bingo! 50¢/card (PR) 1:45 TV Series: This is Us (TH) 2:00 Pokeno (AR) 3:30 Zumba Gold Exercise Class for Beginners (AR) 3:15 Virtual Drumfit (L2) 7:15 Land of Steady Habits (TH)	Shopper's Drug Mart 9:45 Strength Exercise (AR) 10:30 Coffee Social (CL) 10:45 Paraffin Wax Hand Therapy (AR) Chinese food lunch - By Sign-up Only 2:15 Tai Chi (TH) 3:00 March Birthday Party with Keith KirkPatrick (L1) 7:15 Flora and Son (TH)	9:45 Strength Exercise (AR) 10:30 Coffee Social (CL) 10:45 Pressed Flowers Window Sun Catcher Craft (AR) 2:00 Paralympics – Playing all Afternoon in the Theatre (TH) 2:15 Gentle Seated Exercise (AR) 3:15 Darts! (AR) 7:00 Skip-Bo (AR) 7:15 Dare To Be Wild (TH)	10:30 News and Coffee Social (CL) 11:15 Fifteen Minute Stretch Exercise! (AR) 1:45 Paralympics (TH) 2:00 \$\$ Dollar Bingo (AR) 3:15 Music and Trivia (AR) 3:15 Sing Along (L2) 7:15 Irish Wish (TH)