


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 11:00 Catholic Mass=T 2:00 Salvation Army Service=T 6:45 Cards=FR	2 9:30 TV Series: Homeland=T 11:00 Gentle Exercise=AR 1-2pm Tuckshop=AR 2:00 Bingo=AR 3:30 Beginner Better Bones Exercise=AR	3 1-4pm Shuttle Van 9:00 Knit & Quilt=AR 10:30 Falls Prevention=AR 6:30 Happy Hour=AR	4 9:30 TV Series: Homeland= T 11:00 Gentle Exercises=AR 2:30 Beginner Chair Drumming=AR 3:30 Beginner Better Balance Exercise=AR 6:45 Western Movie=T	5 9am-12pm Shuttle Van 9:00 CBC TV Series "Still Standing"=T 1-2pm Tuckshop=AR 2:30 Beginner Chair Dance=AR 3:30 Ladder Ball=AR	6 9:30 TV Series: Homeland =T 11:00 Gentle Exercise=AR 2:00 Card Bingo=AR 6:45 Progressive Euchre Tournament=FR	7 2:00 Bingo=AR 6:45 Movie Night=T Turn clocks ahead 1 hour before you go to bed 
8 Daylights Saving 11:00 Catholic Mass=T 2:00 Salvation Army Choir=T 6:45 Ferndale Bible Church=T 6:45 Cards	9 9:30 TV Series: Homeland=T 11:00 Gentle Exercise=AR 1-2pm Tuckshop=AR 2:00 Bingo=AR 3:30 Beginner Better Bones Exercise=AR	10 1-4pm Shuttle Van 9:00 Knit & Quilt=AR 10:30 Falls Prevention=AR 2:00 Resident Council Meeting=T 6:30 Happy Hour=AR	11 9:30 TV Series: Homeland=T 11:00 Gentle Exercise=AR 2:30 Beginner Chair Drumming=AR 3:30 Beginner Better Balance Exercise=AR 6:45 Western Movie=T	12 9am-12pm Shuttle Van 9:00 CBC TV Series "Still Standing"=T 1-2pm Tuckshop=AR 2:30 Beginner Chair Dance=AR 3:30 Cornhole=AR	13 9:30 TV Series: Homeland=T 11:00 Gentle Exercise=AR 2:00 Card Bingo 3:00 Entertainment with Rob Murray=T 6:45 Progressive Euchre Tournament=FR	14 11:00 Chair Yoga with Guided Meditation=T 2:00 Bingo=AR 6:45 Movie Night=T

March 2026



Shuttle Van
 Tuesdays 1-4pm
 Thursday 9am-12pm
 Sign your name on list at front desk

Gentle Exercises
 Mon, Wed, Fri
 11:00am
 Activity Room

Falls Prevention
 Tuesdays 10:30am
 Activity Room

Location Legend:

AR= Activity Room

FR= Friendship Room

T= Theatre Room

L= Library



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
15 11:00 Catholic Mass=T 6:45 Cards=FR	16 9:30 TV Series: Homeland=T 11:00 Gentle Exercise=AR 2:00 Bingo=AR 3:30 Beginner Better Bones Exercise=AR	17 1-4pm Shuttle Van 9:00 Knit & Quilt 10:30 Falls Prevention=AR 2:00 St. Luke's Church=T 6:30 Bar Opens 7:00 St. Patrick's Pub with Donageal Fiddlers=AR 	18 9:30 TV Series: Homeland=T 11:00 Gentle Exercise=AR 1:00 Bus Trip to Walmart Chemong Rd 2:30 Beginner Chair Drumming=AR 3:30 Beginner Better Balance Exercise=AR 6:45 Western Movie=T	19 9am-12pm Shuttle Van 9:00 CBC TV Series "Still Standing"=T 1-2pm Tuckshop=AR 2:30 Beginner Chair Dance=FR 3:30 Giant Jenga Game=FR	20 9:30 TV Series: Homeland=T 11:00 Gentle Exercise=AR 2:00 Card Bingo=AR 3:00 Entertainment with Bill Dickinson=T 6:45 Progressive Euchre Tournament=FR 	21 2:00 Bingo=AR 6:45 Movie Night=T	
22 11:00 Catholic Mass=T 6:45 Cards=FR 6:45 Ferndale Bible Church=T	23 9:30 TV Series: Homeland=T 11:00 Gentle Exercise=AR 2:00 Bingo=AR 1-2pm Tuckshop=AR 3:30 Beginner Better Bones Exercise=AR	24 1-4pm Shuttle Van 9:00 Knit & Quilt 10:30 Falls Prevention=AR 2:00 North Minister United Church=T 6:30 Happy Hour=AR	25 9:30 TV Series: Homeland=T 11:00 Gentle Exercise=AR 2:30 Birthday & New Resident Welcome Party with Barb & John=AR 6:45 Western Movie=T	26 9am-12pm Shuttle Van 9:00 CBC TV Series "Still Standing"=T 1-2pm Tuckshop=AR 2:00 Miniature Display & Discussion with Shirley=AR 3:30 Match Game=AR	27 9:30 TV Series: Homeland=T 11:00 Gentle Exercise=AR 2:00 Card Bingo=AR	28 11:00 Chair Yoga with Guided Meditation=T 2:00 Bingo=AR 6:45 Movie Night=T	
29 11:00 Catholic Mass=T 6:45 Cards=FR	30 9:30 TV Series: Homeland=T 11:00 Gentle Exercise=AR 2:00 Bingo=AR 1-2pm Tuckshop=AR 3:30 Beginner Better Bones Exercise=AR	31 1-4pm Shuttle Van 9:00 Knit & Quilt 10:30 Falls Prevention=AR 6:30 Happy Hour=FR 7:00 East Central Therapy Dog Testing=AR	<h1>March 2026</h1> 				
			Location Legend: AR= Activity Room FR= Friendship Room		T= Theatre Room L= Library		