

# March 2026

# Harmony Hill Activity Calendar



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1	2	3	4	5	6	7
<p>10:00 Chair Yoga 10:00 Kingsview United Church <b>11:00 Hot Chocolate Social</b> <b>2:00 Trivia and Treats</b> 2:30 Rummoli \$ 3:30 Jeopardy <b>7:00 Harmony Hill Choir Rehearsal</b></p>	<p>9:30 Active Fitness 10:30 Moderate Fitness <b>10:30 Trivia with Betty</b> 1:15 Hand Dexterity 2:00 Bingo \$ 2:30 Book Club <b>3:00 Art with Mary*</b> <b>3:30 Java Music</b> 7:00/7:30 Bridge 7:30 Mexican Train Dominos</p>	<p>9:30/10:30 Falls Prevention Fitness 10:30 Ball Drumming <b>11-3 Vendor: Gemini Jewelry</b> <b>2:00 Music Trivia Afternoon</b> "Back to the 60s" 2:00 Card Bingo \$ <b>2:30 Bible Study</b> <b>3:00 Social Time \$</b> <b>7:30 Progressive Euchre Tournament \$*</b></p>	<p>9:30 Active Fitness 10:30 Moderate Fitness <b>10-1 Sewing with Susan</b> <b>10:30 Card Game: Kings in The Corner</b> <b>2 - 4 Library Visits</b> <b>2:30 Swing Easy Band</b> <b>7:00-9:00 Social Time \$</b> 7:30 Rummoli \$</p>	<p>9:30/10:30 Falls Prevention Fitness 1:15 Hand Dexterity 2:00 Card Bingo \$ <b>2:00 Walmart*</b> <b>3:00 Potato Chips Bonanza</b> <b>Social Time \$</b></p>	<p>9:30 Active Fitness <b>10:00 White Feather*</b> 10:30 Moderate Fitness <b>10:30 Tea &amp; Chats *</b> <b>Cob's Scones</b> <b>1:00 Jack &amp; Frieda's Kitchen*</b> 2:00 Bingo \$ 3:15 Bean Bag Baseball <b>7:30 Pub Night with Sean R \$</b></p>	<p><b>10:00 Coffee and Board Games</b> 10:30 Ball Drumming <b>11:00 Giant Tiger*</b> 2:00 Card Bingo \$ 3:15 Word Games 3:30 Cedar Park Church <b>7:00-9:00 Social Time \$</b> 7:30 Movie: Mamma Mia! Here We Go Again. Prime</p>
<p><b>International Women's Day</b> Daylight Savings Time (Clocks Move Forward) 10:00 Kingsview United Church <b>10:00 Women's Day Social with Sam on Violin*</b> <b>2:00 Trivia and Treats</b> 2:30 Rummoli \$ 3:30 Jeopardy <b>7:00 Harmony Hill Choir Rehearsal</b></p>	<p>9:30 Active Fitness 10:30 Moderate Fitness 2:00 Bingo \$ <b>3:00 Watercolor with Vicky: All seasons' cards*</b> 3:30 Computer Help* 3:30 Documentary: "Hidden Ireland" Prime 7:00/7:30 Bridge 7:30 Mexican Train Dominos</p>	<p>9:30/10:30 Falls Prevention Fitness 10:30 Ball Drumming <b>2:00 Indoors Walk &amp; Stretch</b> <b>2:00 Line Dancing</b> <b>3:00 Social Time \$</b> <b>7:30 7 Game Bingo \$</b></p>	<p>9:30 Active Fitness 10:30 Moderate Fitness <b>10-1 Sewing with Susan</b> <b>11-2 Vendor: Fifth Avenue</b> <b>10:00 Walmart*</b> 2:00 Bingo \$ <b>2:30 Cooking Demo with* Chef Nelson - Crepes</b> <b>3:30 Group Crossword</b> <b>7:00-9:00 Social Time \$</b> 7:30 Rummoli \$</p>	<p>9:30/10:30 Falls Prevention Fitness <b>10:00 Oshawa Centre*</b> <b>10:30 Coffee Hour with green grapes &amp; kiwi fruit</b> <b>11-1 Vendor: Lions Club</b> <b>Bunny Fundraiser</b> <b>12:00 Men's Lunch @ Portly Piper*</b> 1:15 Hand Dexterity 2:00 Card Bingo \$ <b>2:30 Food Committee Meeting</b> <b>3:00 Social Time \$</b></p>	<p>9:30 Active Fitness 10:30 Moderate Fitness <b>10:30 Decorating for St. Patrick's Day</b> <b>2:00 Bistro 238*</b> <b>2:00 Super Bingo \$</b> <b>7:30 Pub Night with Emilio \$</b></p>	<p><b>10:00 Coffee and Board Games</b> 10:30 Ball Drumming 2:00 Bingo \$ 3:30 Cedar Park Church 3:30 Scattergories <b>7:00-9:00 Social Time \$</b> 7:30 Movie: The Thursday Murder Club. Netflix</p>
<p><b>10:00 Tai Chi</b></p> <p>10:00 Kingsview United Church <b>11:00 Shamrocks Shakes*</b> <b>2:00 Trivia and Treats</b> 2:30 Rummoli \$ 3:30 Jeopardy <b>7:00 Harmony Hill Choir Rehearsal</b></p>	<p>9:30 Active Fitness 10:30 Moderate Fitness <b>10:30 Trivia with Betty</b> 1:15 Hand Dexterity 2:00 Bingo \$ <b>3:30 Java Music</b> 3:30 Computer Help* 7:00/7:30 Bridge 7:30 Mexican Train Dominos</p>	<p><b>St. Patrick's Day</b> 9:30/10:30 Falls Prevention Fitness 10:30 Ball Drumming <b>10:00-12:30 Alzheimer's Society Table</b> <b>12:30 - 1:30 Alzheimer's Presentation "Healthy Brains"</b> <b>2:30 Bible Study</b> <b>2:30 St Patrick's Day Party with Jeannette \$</b> <b>7:30 Progressive Euchre Tournament \$*</b></p>	<p>9:30 Active Fitness 10:30 Moderate Fitness <b>12-2 Vendor: Lady Black Dress Approved Jewelry</b> 2:00 Bingo \$ <b>3:15 Card Game: Kings in The Corner</b> <b>3:30 Sing Along with Joan and Shirl</b> <b>7:00-9:00 Social Time \$</b> 7:30 Rummoli \$</p>	<p>9:30/10:30 Falls Prevention Fitness <b>10:30 Spring Craft: Paper* Tulips Making</b> 1:15 Hand Dexterity <b>1:30 The Rosary Prayer</b> <b>2:00 Catholic Church Mass Virtual</b> 2:00 Card Bingo \$ <b>3:00 Opa! Greek Social \$ Time</b></p>	<p><b>First Day of SPRING</b> 9:30 Active Fitness <b>10:00 Walmart*</b> 10:30 Moderate Fitness <b>10:30 Spring Natural Scent* Sachets Making</b> <b>11 - 2 Vendor: Linda's Natural Remedies</b> <b>12:30 Baxter's Landing*</b> 2:00 Bingo \$ <b>3:15 Men vs Women Bean Bag Baseball</b> <b>7:30 Pub Night with Joe Time \$</b></p>	<p><b>10:00 Coffee and Board Games</b> 10:30 Ball Drumming <b>11:00 Banks &amp; Dollarama*</b> 2:00 Card Bingo \$ 3:15 Word Games 3:30 Cedar Park Church <b>7:00-9:00 Social Time \$</b> 7:30 Movie: The Intern. Netflix</p>
<p><b>15</b></p>	<p><b>16</b></p>	<p><b>17</b></p>	<p><b>18</b></p>	<p><b>19</b></p>	<p><b>20</b></p>	<p><b>21</b></p>

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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23

24

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10:00 Chair Yoga  
10:00 Kingsview United Church  
**11:00 Iced Coffee Social**  
**2:00 Trivia and Treats**  
2:30 Rummoli \$  
3:30 Jeopardy  
**7:00 Harmony Hill Choir Rehearsal**

AR 9:30 Active Fitness  
TH 10:30 Moderate Fitness  
2:00 Bingo \$  
BL **3:00 Watercolor with\***  
BL **Vicky: All seasons' cards**  
GH 3:30 Documentary: "Vision of Greece" Prime  
TH 7:00/7:30 Bridge  
TH 7:30 Mexican Train Dominos

AR April Calendar available at Concierge  
AR 9:30/10:30 Falls  
HSq Prevention Fitness  
GH 10:30 Ball Drumming  
TH **2:00 Indoor Walk & Stretch**  
BL **2:00 String-a-Longs**  
GH **3:00 Social Time \$**  
GH **7:30 7 Game Bingo \$**

AR **10:00 Meeting our Pen Pal's!**  
AR **10:00 Aquafit**  
TH **10:00 Walmart\***  
LB **1:30-3:30 Alzheimer's Table**  
HSq 2:00 Bingo \$  
HSq **3:30 Town Hall with all Managers**  
BL **7:00-9:00 Social Time \$**  
GH 7:30 Rummoli \$

AR 9:30/10:30 Falls Prevention Fitness  
P **10:00 & 11:30 Ajax Casino\***  
GH 1:15 Hand Dexterity  
BL **2:30 March Birthday Party with Rick**  
BL **3:30 Social Time \$**



AR Sign up for April Programs at 10:00 a.m. in the AR  
BL **Blue Jays Home Opener**  
BL **Wear your Jersey/Blue & White**  
GH 9:30 Active Fitness  
AR 10:30 Moderate Fitness  
BL **11-3 Vendor: Traditions**  
HSq 2:00 Super Bingo \$  
AR **3:00 Red Lobster\***  
AR 3:30 Computer Help\*  
HSq **7:30 Pub Night with \$ Brian G.**

BL **10:00 Coffee and Board Games**  
TH 10:30 Ball Drumming  
HSq **2:00 Cultural \***  
AR **Connections: China & Chinese Dancers Performance**  
BL **7:00-9:00 Social Time \$**  
TH 7:30 Movie: The Last Laugh. Netflix




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10:00 Chair Yoga  
10:00 Kingsview United Church  
**11:00 Smoothies\***  
**2:00 Trivia and Treats**  
2:30 Rummoli \$  
3:30 Jeopardy  
**7:00 Harmony Hill Choir Rehearsal**

AR 9:30 Active Fitness  
TH 10:30 Moderate Fitness  
BL 1:15 Hand Dexterity  
BL 2:00 Bingo \$  
GH **3:15 Bird House\* Painting**  
TH 3:30 Computer Help\*  
TH **7:00 Town Hall Fraud Awareness**

AR **Plaid Day**  
Wear Plaids   
AR 9:30/10:30 Falls  
AR Prevention Fitness  
TH 10:30 Ball Drumming  
TH **2:00 Music Trivia**  
TH **Afternoon "Back to the 70s"**  
AR 2:00 Card Bingo \$  
BL **3:00 Plaid Social Time \$**  
BL **7:30 Progressive Euchre Tournament \$\***



Color Coded Legend  
Evening program  
Outing  
Resident Led Program  
Special Program  
Vendor/New Program



Locations of Programs

**Main Floor**

B- Bistro  
CY - Courtyard  
L- Library  
LB- Lobby  
P- Pool  
PDR- Private Dining Room

**Second Floor of Orchard Building**

AR – Activity Room  
BL – Bar Lounge  
BR – Billiards Room  
DF – Dance Floor  
GH – Green House  
HSq – Around the staircase 2nd floor  
TH – Chapel/Theatre



\*(asterisk) – There is a sign-up sheet for this program. Please sign up in the AR  
\$ (dollar sign) – Program requires payment

**Hello Spring**



Harmony Hill Store on the main level is open:  
Monday-Friday 2:00pm-3:30pm.  
Saturdays 9:30am-11:30am  
Closed statutory Holidays



Please note: The programs are subject to change based on availability of the staff, entertainers, supplies, and weather conditions. Thank you for your continued support & understanding.

By signing up for activities, we kindly ask that you commit to attending for the full duration.



Please be reminded there is a \$10 cancellation policy if you do cancel 48 hours in advance. Please call #564 or #555 and leave a voicemail if we do not answer. This does not apply to external ticketed events. Once you have signed up you are responsible for the cost of the ticket.