








Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Active Game (2) 1 10:45 Chair Aerobics (1) 2:00 SEAC Service (L) 1:1 Visits	9:30 Chair Aerobics (3) 2 9:30 Drum Fit (2) 10:45 Chair Aerobics (1) 1:30 Tai Chi (2) 3:00 Bingo (1) <small>Purim Begins</small>	9:30 Chair Aerobics (2 & 3) 3 10:45 Chair Aerobics (1) 1:30 Lantern Festival Reminiscing (2) 1:1 Visits	9:30 Chair Aerobics (3) 4 10:45 Chair Aerobics (1) 1:30 Mahjong (3) 1:30 Brain Game (3) 2:45 Our Daily Bread (2)	9:30 Chair Aerobics (2 & 3) 5 10:45 Chair Aerobics (1) 1:30 Singing with Thomas (3) 1:1 Visits	9:30 Chair Aerobics (2 & 3) 6 10:45 Chair Aerobics (1) 1:30 Mahjong (3) 1:30 Baking Program: Cookies (2) 1:1 Visits	Location of Programs: 1 = 1 st Floor Unit 2 = 2 nd Floor Unit 3 = 3 rd Floor Unit L = Main Floor Lobby
 SPRING FORWARD <small>Set your clock an hour ahead</small>	9:30 Chair Aerobics (2) 8 9:30 Drum Fit (3) 10:45 Chair Aerobics (1) 1:30 Tai Chi (3) 3:00 Table Game (1)	9:30 Chair Aerobics (2 & 3) 9 10:45 Chair Aerobics (1) 1:30 Brain Game (2) 1:1 Visits	9:30 Chair Aerobics (3) 10 10:45 Chair Aerobics (1) 1:30 Mahjong (3) 1:30 Dice Game (3) 1:1 Visits	9:30 Chair Aerobics (2 & 3) 11 10:45 Chair Aerobics (1) 1:30 Singing with Thomas (2) 1:1 Visits	9:30 Chair Aerobics (2 & 3) 12 10:45 Chair Aerobics (1) 1:30 Mahjong (3) 1:30 St. Patrick's Day Party (3) 1:1 Visits 	9:30 Chair Aerobics (3) 14 10:45 Ball Game (1) 1:30 Armchair Travel (2) 2:30 Entertainment by ICAN Seniors Association (L)
9:30 Badminton (2) 15 10:45 Chair Aerobics (1) 2:00 ECGO Service (L) 1:1 Visits	9:30 Chair Aerobics (2 & 3) 16 10:45 Drum Fit (1) 1:30 Tai Chi (2) 3:00 Karaoke (1)	9:30 Chair Aerobics (2 & 3) 17 10:45 Chair Aerobics (1) 1:30 St. Patrick's Day Coloring (2) 	1:30 Mahjong (3) 18 1:30 Black Jack (3) 1:1 Visits	9:30 Chair Aerobics (2 & 3) 19 10:45 Chair Aerobics (1) 1:30 Singing with Thomas (3) 1:1 Visits	9:30 Chair Aerobics (2 & 3) 20 10:45 Chair Aerobics (1) 1:30 Mahjong (3) 1:30 Black Jack (2) 3:00 Spring Tree Craft (1) 	
	9:30 Chair Aerobics (2) 22 10:45 Chair Aerobics (1) 1:30 Tai Chi (3) 1:1 Visits	9:30 Chair Aerobics (2 & 3) 23 10:45 Chair Aerobics (1) 1:30 Spring Tree Craft (2) 1:1 Visits	9:30 Chair Aerobics (2 & 3) 24 10:45 Chair Aerobics (1) 1:30 Mahjong (3) 1:30 Spring Tree Craft (3) 1:1 Visits	9:30 Chair Aerobics (2 & 3) 25 10:45 Chair Aerobics (1) 1:30 Singing with Thomas (2) 1:1 Visits	9:30 Chair Aerobics (2 & 3) 26 10:45 Chair Aerobics (1) 1:30 Mahjong (3) 1:30 Birthday Party (3) 1:1 Visits	10:00 Catholic Hymn Sing (L) 28 1:30 Bingo (3) 2:45 Therapeutic Visits
9:30 Chair Aerobics (2) 29 10:45 Active Game (1) 2:00 ECCC Service (L) 1:1 Visits <small>Palm Sunday</small>	9:30 Chair Aerobics (3) 30 9:30 Drum Fit (2) 10:45 Chair Aerobics (1) 1:30 Tai Chi (2) 3:00 Brain Game (1)	9:30 Chair Aerobics (2 & 3) 31 10:45 Chair Aerobics (1) 1:30 Calendar Drop-Off (All Units) 1:1 Visits	 <h1>March 2026</h1> <p>Hello, Spring!</p>			