

Sunday

Monday



















Tuesday

Wednesday

Thursday

Friday

Saturday

<p>1</p> <p>10:00 Non-Denominational Church Service (AR) 2:30 Tai Chi with Check (4th)</p>  <p><i>*AR booked from 1-5pm*</i></p>	<p>2</p> <p>10:00 Exercises (ML) 10:30 Brain Games (ML) 2:00 Short Stories (LB) 3:15 Latin Dancing (AR) 7:00 Poker (AR)</p> <p>9:30-12:00pm AR booked</p> 	<p>3</p> <p>10:00 Exercises (AR) 10:00 50/50 Sales (ML) 10:30 Fall Prevention (AR) 2:10 Bowling (ML)</p> 	<p>4</p> <p>10:00 Exercises (AR) 10:30 Jeopardy (AR) 10:30 Residents' Council Meeting (BR) 2:30 Town Hall Meeting (ML) 3:30 Sing for Wellness (AR) 7:00 Bingo (AR)</p> 	<p>5</p> <p>Trip to Ajax Casino & Lunch 9:30-5pm Sign Up at Reception</p> <p>10:00 Exercises (ML) 10:30 Fall Prevention (LB) 2:00 Knitting Club (BR) 3:30 Ecumenical Worship (BR) 7:00 Euchre Club (AR)</p> <p><i>*Quilters' Group in AR from 10-4pm*</i></p>	<p>6</p> <p>10:00 R.C. Mass (AR) 11:00 Washer Toss with Kayleena (AR) 2:10 Bingo (AR) 3:30 Hot Cocoa Social (ML)</p> <p>Massage Therapy 9-12pm – Sign up</p>	<p>7</p> <p>10:00 Piano Sing Along with Ron (ML) 10:40 Drum Circle (AR) 2:10 Bingo (AR)</p>  <p>Daylight Savings Begins Tomorrow – Remember to set your clocks ahead 1 hour before bed.</p>
<p>8</p> <p>Spring Forward with Daylight Saving Time!</p>  <p>10:00 Non-Denominational Church Service (AR) 2:30 Tai Chi with Check (4th) 3:00 GKM Service (BR)</p> <p><i>Daylight Saving Time Begins</i></p>	<p>9</p> <p>10:00 Exercises (AR) 10:30 Brain Games (AR) 2:00 Story of Joyous Purim (LB) 3:15 Latin Dancing (AR) 7:00 Poker (AR)</p> <p><i>Purim Begins</i></p>	<p>10</p> <p>10:00 Exercises (AR) 10:30 Fall Prevention (AR) 2:30 Baking: Hamentashen Let's trot out triangle fruit filled cookies for Purim 6:45 Movie Night: Suffragette (ML) Starring Carey Mulligan & Meryl Streep</p>	<p>11</p> <p>10:00 Exercises (AR) 10:30 Jeopardy (AR) 2:30 Cocktails with Jo! (ML) 7:00 Bingo (AR)</p> 	<p>12</p> <p>PODIATRIST CLINIC</p> <p>10:00 Exercises (AR) 10:30 Fall Prevention (AR) 2:00 Knitting Club (AR) 2:30 Wine Tasting / Vendor Sales (ML) 3:30 Ecumenical Worship (BR) 7:00 Euchre Club (AR)</p>	<p>13</p> <p>Breakfast Special (AR) 8:30am – Limited Spots Sign up at Reception</p> <p>10:30 Drum Circle (AR) 2:10 Bingo (AR) 6:30 Karaoke with Jen & Richie (ML)</p>	<p>14</p> <p>10:00 R.C. Mass (AR) 10:30 Piano Sing Along with Ron (ML) 11:00 Washer Toss with Kayleena (AR) 2:10 Bingo (AR)</p> 
<p>15</p> <p>10:00 Non-Denominational Church Service (AR) 2:30 Tai Chi with Check (4th) 3:30 Current Events with Jane (LB)</p>	<p>16</p> <p>HEARING CLINIC</p> <p>10:00 Exercises (AR) 10:30 Brain Games (AR) 2:00 Short Stories (LB) 3:15 Latin Dancing (AR) 7:00 Poker (AR)</p> 	<p>17</p> <p>10:00 Exercises (AR) 10:00 50/50 Sales (ML) 10:30 Fall Prevention (AR) 2:30 St. Patrick's Day Celebration with Paddy & Debbie Cauley (ML)</p>  <p><i>St. Patrick's Day</i></p>	<p>18</p> <p>10:00 Exercises (AR) 10:30 Jeopardy (AR) 2:30 Toronto Mosaic Presentation: Little Tibet (ML) 3:30 Sing for Wellness (AR) 7:00 Bingo (AR)</p>	<p>19</p> <p>10:00 Exercises (AR) 10:30 Fall Prevention (AR) 2:15 Multicultural Show brought to you by our Centennial Students (ML) 3:30 Ecumenical Worship (BR) 7:00 Euchre Club (AR)</p> <p><i>Spring Begins</i></p>	<p>20</p> <p>10:00 Mindful Yoga (AR) 10:30 Drum Circle (AR) 2:10 Bingo (AR) 3:30 Knitting Club</p>  <p>Massage Therapy 9-12pm – Sign up</p>	<p>21</p> <p>10:00 R.C. Mass (AR) 10:30 Piano Sing Along with Ron (ML) 11:00 Washer Toss with Kayleena (AR) 2:10 Bingo (AR)</p>
<p>22</p> <p>10:00 Non-Denominational Church Service (AR) 2:30 Tai Chi with Check (4th) 3:00 GKM Service (AR)</p> 	<p>23</p> <p>10:00 Exercises (AR) 10:30 Brain Games (AR) 2:10 Spring Crafts (AR) 3:15 Latin Dancing (AR) 7:00 Poker (AR)</p>	<p>24</p> <p>Trip to the Royal Ontario Museum - 9:30-5:00pm (\$) Sign up at Reception</p> <p>10:00 Exercises (AR) 10:00 50/50 Sales (ML) 10:30 Fall Prevention (AR) 2:10 Bowling (ML)</p>	<p>25</p> <p>10:00 Exercises (AR) 10:30 Jeopardy (AR) 2:30 February Birthday Party with Cross Town Trio (ML) 3:30 Sing for Wellness (AR) 7:00 Bingo (AR)</p> 	<p>26</p> <p>10:00 Exercises (ML) 10:30 Fall Prevention (LB) 2:00 Taste of Cedarbrook (ML) 3:30 Ecumenical Worship (BR) 7:00 Euchre Club (AR)</p> <p><i>*AR booked from 9-12pm*</i></p> 	<p>27</p> <p>10:00 Mindful Yoga (AR) 10:30 Drum Circle (AR) 2:10 Bingo (AR) 3:00 Wine & Cheese Social for 4th Floor Residents (4th)</p> 	<p>28</p> <p>10:00 R.C. Mass (AR) 10:30 Piano Sing Along with Ron (ML) 11:00 Washer Toss with Kayleena (AR) 6:30 Karaoke with Jen & Richie (ML)</p> <p><i>*BR booked from 2-4pm*</i> <i>*AR booked from 12-5pm*</i></p>
<p>29</p> <p>10:00 Non-Denominational Church Service (AR) 2:30 Tai Chi with Check (4th) 3:30 Bingo (AR)</p> 	<p>30</p> <p>10:00 Exercises (ML) 10:30 Brain Games (ML) 2:00 Short Stories (LB) 3:15 Latin Dancing (2ND) 7:00 Poker (AR)</p> <p><i>*Quilters' Group In AR 10-4pm*</i></p> 	<p>31</p> <p>10:00 Exercises (AR) 10:00 50/50 Sales (ML) 10:30 Fall Prevention (AR) 2:30 Paint Social (AR) Paint, Drink & Have Fun!</p> 	<p>LOCATIONS: Activity Room (AR) Library (LB) Main Lobby (ML) Backyard (BY) Cafe (CF) Board Room (BR) Dining Room (DR) Parking Lot (PL) Wellness Centre (WC) \$=Cost</p> <p style="text-align: center;">March 2020</p> <p style="text-align: center;">Cedarbrook Lodge – Recreation Program</p> <p style="text-align: center;"><i>*ACTIVITIES SUBJECT TO CHANGE*</i></p> 