



Recreation Choices **March 2019**

Memory Care Calendar McConachie Gardens • Josie Leiter, Director of Recreation, Fitness Centre



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					9:30 Welcome from Managers & Staff MR 10:30 Tiered Exercise Program MR 1:30 Intro to Java Music AL 4:30 New Resident Welcome Wine & Cheese Social DR 7:00 Paint Night AS	9:30 Coffee Connections B 10:00 Intro to Flexibility & Balance MR 1:00 Intro to Walking Club MR 4:30 Wine & Cheese Social DR 7:00 Games/Pool Night P
3	4	5	6	7	8	9
9:30 Coffee Connection B 10:30 Crafts w Arsh AS 1:00 Bingo 2:00 Church Service MR 3:00 Strength & Mobility MR 7:00 Documentary-Minimalism* AL	9:30 Tiered Exercise Assessments FC 10:00 Tiered Exercise Program 1/2 11:00 Intro to Garden Club AS 1:30 Art Therapy AS 3:00 Afternoon Stroll 7:00 Games Night P	10:00 Tiered Exercise Program 1/2 11:00 Mystic Words* 1:30 Musical Memories* 3:00 Qigong MR 7:30 Evening Meditation	10:00 Tiered Exercise Program 1/2 11:00 Mandala Colouring 1:00 Neighbourhood Tour 1:30 Bowling 3:00 Intro to Demo Kitchen DK 6:30 Pet Therapy	10:00 Tiered Exercise Program 1/2 11:00 True or False* 2:00 Java Music Club 3:30 Bingo 7:00 Pub Night - Neil & Nellie Stubs P	10:00 Tiered Exercise Program 1/2 11:00 Sing-a-long 1:00 What Am I? 2:00 Aviation Museum L 6:30 The Lawrence Welk Show*	9:30 Morning Meditation MR 10:30 Flexibility & Balance MR 1:00 Walking Club 2:00 Sing-a-long 3:00 Spa Day-Nails & Hands Wellness Centre 7:00 Games/Pool Night P
10	11	12	13	14	15	16
10:00 Mandala Colouring 11:30 Walking Group 1:30 The Spice is Right* 2:00 Church Service MR 3:00 Strength & Mobility MR 6:30 Evening Meditation	10:00 Tiered Exercise Program 1/2 11:00 Reminiscing 1:00 Humane Society 1:30 Intro to Alcohol Painting AS 3:00 Afternoon Stroll 7:00 Games Night P	10:00 Tiered Exercise Program 1/2 11:00 St. Patrick's Day Craft AS 1:30 Musical Memories* 3:00 Qigong MR 7:30 Evening Meditation	10:00 Tiered Exercise Program 1/2 11:00 Mandala Colouring 12:30 Bowling at Bronx 3:00 Baking 6:30 Pet Therapy	10:00 Tiered Exercise Program 1/2 11:00 Logo Quiz* 2:00 Java Music Club 3:30 Bingo 7:00 Pub Night with Jackson MacKenzie THP	10:00 Tiered Exercise Program 1/2 11:00 Sing-a-long 1:30 Balloon Volley Ball 4:30 Boys & Girls Club 7:00 Bingo P	9:30 Coffee Connection B 10:00 Intro McConachie Choir MR 1:00 Walking Club L 2:00 Flexibility & Balance MR 3:30 Irish Dancing* AL 7:00 Movie Night – Brooklyn AL



Recreation Choices MC March 2019

McConachie Gardens • Josie Leiter, Director of Recreation, Fitness Centre



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18	19	20	21	22	23
10:00 Puzzles 10:30 Horse Races P 1:30 Spot the Difference* 2:00 Church Service MR 3:00 St. Patrick's Day Party with Ben & Charlie DR 7:00 Documentary-Irish History * MR	10:00 Tiered Exercise Program 1/2 11:00 Reminiscing 1:00 Muttart Conservatory 1:30 Art Therapy AS 3:00 Afternoon Stroll 7:00 Games Night P	10:00 Tiered Exercise Program 1/2 11:00 Today in History* 1:30 Musical Memories 3:00 Qigong MR 7:30 Evening Meditation	10:00 Tiered Exercise Program 1/2 11:00 Mandala Colouring 1:30 Bowling Game 3:00 Baking 6:30 Pet Therapy	10:00 Tiered Exercise Program 1/2 11:00 Pop Words* 2:00 Java Music Club 3:30 Bingo 7:00 Pub Night with The Waltons P	10:00 Tiered Exercise Program 1/2 11:00 Sing-a-long 1:00 Country Tour 1:30 Games 3:00 Minute to Win It* MR 4:30 Boys & Girls Club MR 6:30 The Ross Sisters*	9:30 Coffee Connection B 10:30 Flexibility & Balance MR 1:00 Walking Club 2:00 Sing-A-Long DR 3:00 Spa Day-Facials Wellness Centre 7:00 Games/Pool Night MR
24	25	26	27	28	29	30
9:30 Fake News* 10:30 Walking Club 1:30 The Spice is Right* 2:00 Church Service MR 3:00 Strength & Mobility MR 7:00 Evening Meditation	10:30 Tiered Exercise Program 1/2 11:00 Reminiscing 1:00 Greenland Garden Centre 1:30 Alcohol Painting AS 3:00 Afternoon Stroll 7:00 Games Night P	10:30 Tiered Exercise Program 1/2 11:00 4 Pics 1 Word* 1:30 Musical Memories 3:00 Qigong MR 7:30 Evening Meditation	10:00 Tiered Exercise Program 1/2 11:00 Mandala Colouring 12:30 Bowling at Bronx 3:00 Baking 6:30 Pet Therapy	10:00 Tiered Exercise Program 1/2 11:00 What Saying* 2:00 Java Music Club 3:30 Bingo 7:00 Pub Night with Justin Hogg P	10:00 Tiered Exercise Program 1/2 11:00 Sing-a-long 2:00 Birthday Party-with Ron Wunder DR 4:00 What Country* 6:30 Frank Sinatra*	9:30 Morning Meditation MR 10:30 Flexibility & Balance MR 1:00 Walking Club 2:00 McConachie Choir MR 4:00 Hang Man 7:00 Movie Night-The Leisure Seekers MR
31						
10:30 Ladder Ball Tournament MR 11:30 Walking Club 1:30 Bingo 2:00 Church Service MR 3:00 Strength & Mobility MR 7:00 Movie Night MR		ROOM LEGEND AL Assisted Living AS Art Studio B The Dash Bistro DK Demo Kitchen DR Northern Lights Dining Room FC Fitness Centre L Lobby LB Library MC Memory Care MR Multipurpose Room P The Hub - Pub TH The Hanger	IMPORTANT DATES March 1—Wine & Cheese / Paint Night March 2-Wine & Cheese March 17-St. Patrick's Day Event March 29-Birthday Party	CALENDAR LEGEND Highlights Outings * iPad/Apple TV Programs		