
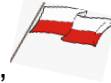
















Monday	Tuesday	Wednesday
	<p>Day Program Hours 9:30 am – 3:30 pm</p> <p>*Exercise program daily **Programming details subject to change</p>	<p>1 Balloon Volleyball Film clips: “Cool Runnings” Art Activity: Finish paintings March Trivia</p>
<p>6 Brainteasers Music Therapy with Jessamy 10:30 Classic TV: “MASH” Floor Curling</p> 	<p>7 On this Day Rick Steeves: “Krakow &amp; Warsaw” Tour Through...POLAND! Flavours: pretzels, gingerbread &amp; chocolate-covered plums</p>  	<p>8 Music Therapy with Jessamy 10:30 Octaband Exercise Guided Meditation <b>JEOPARDY</b></p> 
<p>13 Baking activity: Apple Rum Cake Tai Chi Rest/Classical Music Moment Moneyball Game</p> 	<p>14 Outburst Game Music Therapy with Jessamy 10:30 Pi Day: Tasting and Trivia Golf Putt</p>  	<p>15 Gold coin toss relay Indoor Horseshoes Rick Steeves: “South Ireland” Wheel of Fortune: St. Paddy’s Edition</p>  
<p>20 March Trivia Music Therapy with Jessamy 10:30 Art Activity: Group Mural Table Games</p> 	<p>21 10-pin bowling “Moving Art” Nature Show The Price is Right: 1960’s!</p> 	<p>22 Music Therapy with Jessamy 10:30 Classic TV: “The Golden Girls” Table Games Flavours: Licorice Tasting (Netherlands)</p>   <i>Albert bday</i>
<p>27 Tour Through....EGYPT Bean Bag Toss Rick Steeves: “Egypt’s Nile” Crossword Puzzle</p> 	<p>28 Music Therapy with Jessamy 10:30 Chair Yoga Art Activity: Group Mural Table Games</p> 	<p>29 The Price is Right: 1960s! Drumming Exercise Nature Series “Animal: Apes” Golf putt/bean bag toss</p> 



## Adult Day Program

### **On this Day**

An interactive activity where we go back in time and explore events that occurred on this day. Music, photos and trivia included.

### **Music Notes**

Explore a song, musician/composer, or style of music, and learn about its history and meaning.

### **Sports Corner**

News and trivia exploring the world of sports.

### **Tour Through...**

Travel with us to locations around the world – without leaving the comfort of our living room! Explore the landscapes and culture through photos, video, music and food samples!

### **Tech Corner**

Examine technological advances of the past, present and future.

### **Cooking/Baking**

Explore recipes – new and familiar. Learn about the ingredients and history of the dish and sample the finished product!

### **Flavours Taste Testing**

Experience exotic flavours, international snacks, and old familiar favourites with this taste-testing extravaganza.

### **Physical Activities**

Bean bag toss, golf putt, basketball, floor curling, 10-pin bowling, indoor horseshoes, chair yoga, drumming, tai chi and daily exercises every day before lunch!

### **Cognitive Activities**

Brainteasers, crosswords, news updates, trivia, Jeopardy, Name that Tune, The Price is Right, Family Feud, Pictionary, Wheel of Fortune and much more!

### **Art Activities**

Drawing, painting, sculpting, crafts, jewelry making and more with step-by-step instructions and modelling that everyone can follow.