## March 2024

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| "Praise be to the God and Father of our Lord Jesus Christ! In His great mercy, He has given us new birth into a living hope through the resurrection of Jesus Christ from the dead." -\| Peter |:3 |  |  |  |  | $\begin{aligned} & 1 \\ & 9: 00 \text { Hybrid Fitness \$ } \end{aligned}$ | 2 |
| 3 | $\begin{aligned} & 4 \\ & \text { 9:00 Functional Fitness \$ } \\ & \text { 10:00 Chair Fitness \$ } \end{aligned}$ | $\begin{aligned} & 5 \\ & \text { 1:30 Introduction to Line } \\ & \text { Dancing * } \end{aligned}$ | $\begin{aligned} & 6 \\ & 9: 00 \text { Functional Fitness \$ } \\ & \text { 10:00 Chair Fitness \$ } \end{aligned}$ | $\begin{aligned} & 7 \\ & \text { I:30 Hymns \& Praise with } \\ & \text { Darlene } \end{aligned}$ | 8 <br> 9:00 Hybrid Fitness \$ <br> 2:00 Rebalance Rehab <br> Education Session- Sleep | 9 |
| $10$ <br> Daylight Saving Time Begins- Set your clocks ahead one hour | $\begin{aligned} & \hline \text { II } \\ & \text { 9:00 Functional Fitness \$ } \\ & \text { 10:00 Chair Fitness \$ } \end{aligned}$ | 12 <br> 10:00 Board Games with John Calvin Christian School Grade 7 Students * (Summit Dining Room) <br> 2:00 The Noteables * \$ | $\begin{array}{\|l\|} \hline \text { 13 } \\ \text { 9:00 Functional Fitness \$ } \\ \text { 10:00 Chair Fitness \$ } \end{array}$ | 14 <br> 10:00 Pet Therapy Dogs Visit I:30 Hymns \& Praise with Darlene | $\begin{array}{\|l\|} \hline 15 \\ 9: 00 \text { Hybrid Fitness \$ } \\ \text { 1:30 Classic Cello \& Piano * \$ } \end{array}$ | 16 |
| 17 SAINT PATRICK'S | $\begin{aligned} & \text { 18 } \\ & \text { 9:00 Functional Fitness \$ } \\ & \text { 10:00 Chair Fitness \$ } \end{aligned}$ | $\begin{aligned} & \text { 19 } \\ & \text { 1:30 Introduction to Line } \\ & \text { Dancing * } \end{aligned}$ | $\begin{aligned} & \text { 20 } \\ & \text { 9:00 Functional Fitness \$ } \\ & \text { 10:00 Chair Fitness \$ } \end{aligned}$ | $21$ <br> I0:00 Resident Information Session <br> I:30 Hymns \& Praise with Darlene | $22$ <br> 9:00 Hybrid Fitness \$ | 23 |
| 24 <br> 2:30 Sunday Service Provided by River of Life Church | 25 <br> 9:00 Functional Fitness \$ <br> 10:00 Chair Fitness \$ | $\begin{aligned} & \text { 26 } \\ & \text { 2:00 Alzheimer Society } \\ & \text { Education Session * } \end{aligned}$ | $\begin{aligned} & 27 \\ & \text { 9:00 Functional Fitness \$ } \\ & \text { 10:00 Chair Fitness \$ } \end{aligned}$ | $\begin{aligned} & 28 \\ & \text { 10:00 Pet Therapy Dogs Visit } \\ & \text { 1:30 Easter Hymns and Praise } \\ & \text { with Darlene } \end{aligned}$ | 29 GOOD FRIDAY <br> 2:30 Stations of the Cross (Starting in Selkirk MultiPurpose Room) | 30 |
| 31 EASTER | ABBREVIATION KEY: <br> \$=Cost associated with <br> *=Sign-up required for e <br> Events/programs occur | elkirk Multipurpose room, un | less noted otherwise |  |  |  |

