

March 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 2:30 Choir Performance *
2	3 9:00 Functional Fitness \$ 10:00 Chair Fitness \$	4 10:00 Self-Management BC- Chronic Conditions Workshop*	5 9:00 Functional Fitness \$ 10:00 Chair Fitness \$ 2:30 Andy Kyte Concert * \$	6 1:30 Hymns & Praise with Darlene	7 10:00 Hybrid Fitness \$ 1:30 Movie Matinee- Wonder	8
9	10 9:00 Functional Fitness \$ 10:00 Chair Fitness \$ 2:00 Musical Entertainment by Aron & Frances Loewen * \$	11 10:00 Self-Management BC- Chronic Conditions Workshop* 2:00 Carpet Bowling	12 9:00 Functional Fitness \$ 10:00 Chair Fitness \$ 5:00 Community Dinner- German Themed Foods * \$	13 10:00 Pet Therapy Dogs Visit 1:30 Hymns & Praise with Darlene	14 10:00 Hybrid Fitness \$	15
16	17 SAINT PATRICK'S DAY 9:00 Functional Fitness \$ 10:00 Chair Fitness \$ 1:30 Irish Dancing Performance * \$	18 10:00 Group Walk 1:30 Movie Matinee- Fiddler on the Roof	19 9:00 Functional Fitness \$ 10:00 Chair Fitness \$ 11:30 Catholic Mass Provided by St. Mary's Parish	20 FIRST DAY OF SPRING 1:30 Hymns & Praise with Darlene	21 10:00 Hybrid Fitness \$ 2:00 Rebalance Rehab Education Session- Sleep, Stress & Socializing	22
23 2:30 Sunday Service Provided by River of Life Church	24 9:00 Functional Fitness \$ 10:00 Chair Fitness \$	25 1:30 Puzzle Competition *	26 9:00 Functional Fitness \$ 10:00 Chair Fitness \$	27 10:00 Cinnamon Bun Social * \$ (Summit Dining Room) 10:00 Pet Therapy Dogs Visit 1:30 Hymns & Praise with Darlene	28 10:00 Hybrid Fitness \$ 2:00 Carpet Bowling	29
30	31 9:00 Functional Fitness \$ 10:00 Chair Fitness \$	\$= Cost Associated with Event *= Sign-up Required for Event All events/programs happen in Selkirk Multi-Purpose Room unless noted otherwise.				