

March 2020 Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 🚶 Go4Life Walking Club 1 10:30 ☕ Coffee & Puzzles in the Lounge 10:30 🚶 Roll-O-Trump 1:30 🧠 Crib in Lounge	9:30 🧘 Chair Yoga 2 1:30 🧠 Monday Bingo! 6:30 🎬 Documentary Film	Decorating for Cruise Week 3 9:30 🚶 Go4Life Walking Club 2:30 🚶 Parkinson's Exercise 6:15 😊 Bookworms	9:30 🚶 Strength & Balance Class 4 10:30 🐕 Dog visit with "Fat Toni" and her handler Carol 10:30 🚶 Roll-O-Trump 1:30 🗣 Resident's Forum 2:00 🧠 Bridge in Lounge 6:00 🎵 Rockin Robbie the DJ	9:30 🚶 Go4Life Walking Club 5 9:30 🚌 Shopping Shuttle: Cherry Lane Mall *sign-up 1:30 😊 Meet Me at the MOMA: Paint & Sip (first glass of wine FREE) 3:30 🎮 Pokeno 6:00 😊 Evening Piano with Dee 6:30 🎬 Thursday Night Movie	Cruise Week Begins - Port: Montego Bay, Jamaica 6 9:30 🧠 Fit Minds 10:30 🚶 Go4Life Walking Club on the indoor track at the SOEC *sign-up 3:00 🍹 Cruise Welcome Party with cocktails and hors d'oeuvres at the Tiki Bar 4:30 🍷 Gala Dinner - Formal Night 6:30 🎭 Entertainment by "Judy and the Diamonds"	Port: Grand Turk - Turks & Caicos 7 9:30 🚶 Sunrise Aerobics with Caribbean Music 10:30 🍹 Tropical Fruit Smoothies on the Lido Deck 10:45 🎬 Documentary on Turks & Caicos & Pirates 3:00 🚶 Bowling Tournament in "Turks & Caicos" 6:30 🎬 Movie under the stars - Pool Deck
Port: Havana - Cuba 8 9:30 🚶 Go4Life Walking Club 10:30 ☕ Coffee & Puzzles in the Lounge 10:30 🚶 Roll-O-Trump on the Lido Deck 11:30 🍷 Caribbean Brunch Buffet *Invite your family & friends 2:00 🎤 Travel Show Walking tour of Cuba 3:00 🌞 St. Saviors Anglican Church Service	Port: Cozumel, Mexico 9 9:30 🚶 Yoga on the beach in Mexico 10:30 🎬 UNESCO film on sights of "Mexico" 11:30 🍷 Captain's Lunch- with skipper and her crew 1:30 🧠 Bingo in Cancun! 3:00 🚶 Salsa Lessons on the pool deck 6:30 🎬 Movie under the stars - Pool Deck	Port: Nassau - Bahamas 10 9:30 🚶 Go4Life Walking Club 11:00 🍷 Cooking Up Connections with Seniors Wellness Society 11:15 🚌 Shore Excursion: Salty's Beach House for lunch 1:00 🍷 Chefs Demo at the Tiki Bar 2:00 🎤 Bahama Sight seeing video 2:30 🚶 Parkinson's Exercise 3:30 🍹 Pirate Lingo with cocktails and hors oeuvres at the Tiki Bar 6:15 🎬 Napkin folding demonstration	Port: Bridgetown - Barbados 11 Tacky Tourist Day- Dress Up 9:30 🚶 Shore Excursion: Swimming 9:30 🎤 What to do in Barbados Video 10:30 🚶 Roll-O-Trump on the Lido deck 11:00 🎤 Kitchen Galley Tour- meet in the dining room 2:00 🍷 Bajan Style afternoon tea 2:00 🧠 Bridge in Lounge 6:00 🎵 Rockin Robbie the DJ - takes us to the caribbean	All Day At Sea 12 9:30 🚶 Go4Life Walking Club 9:30 🚌 Shore Excursion: Winners & Superstore *sign-up 10:30 🎤 St. Lucia Video 3:30 🎮 Formal Night - Photo Booth 4:30 🍷 Cruise Gala Dinner - Formal Night 6:00 😊 Evening Piano with Dee 6:30 🎬 Casino Evening	Port: St. Lucia - Disembark 13 9:30 🧠 Fit Minds 10:30 🚶 Go4Life Walking Club on the indoor track at the SOEC *sign-up 2:00 🍷 Farewell Happy Hour with Destiny and Silver Sage Wine tasting 6:30 🧠 Bingo	9:30 🚶 Move & Mingle 14 10:30 🧠 Life Long Learning-Dreams, Anxiety 3:00 🚶 Bowling 6:30 🎬 Saturday Night Movie
9:30 🚶 Go4Life Walking Club 15 10:30 ☕ Coffee & Puzzles in the Lounge 10:30 🚶 Roll-O-Trump 1:30 🧠 Crib in Lounge 2:00 🧠 Reading with Jan [AR]	9:30 🚶 Get acquainted with the Gym 16 10:30 🎵 Java Music Club 1:30 🧠 Monday Bingo! 2:00 🚌 Countryside Scenic Drive *sign-up 6:30 🎬 Documentary Film	St. Patrick's Day 17 9:30 🚶 Go4Life Walking Club 1:30 🧠 Story Telling with Brian Wilson from the Historical Society 2:30 🚶 Parkinson's Exercise 3:00 🎤 St. Patrick's Day Party with Don McNair 4:30 🍷 Living Loving Local Dinner - Maple 6:15 😊 Bookworms	9:30 🚶 Strength & Balance Class 18 10:30 🚶 Roll-O-Trump 2:00 🧠 Bridge in Lounge 3:00 🧠 Maple Trivia 6:00 🎵 Rockin Robbie the DJ	9:30 🚶 Go4Life Walking Club 19 9:30 🚌 Shopping Shuttle: Walmart *sign-up 1:30 🧠 Meet Me at the MOMA: Lecture 3:30 🎮 Pokeno 6:00 😊 Evening Piano with Dee 6:30 🎬 Thursday Night Movie	9:30 🧠 Fit Minds 20 10:30 🚶 Go4Life Walking Club on the indoor track at the SOEC *sign-up 2:00 🍷 Ice Cream Social 6:30 🧠 Bingo!	9:30 🚶 Move & Mingle 21 10:30 🧠 Life Long Learning-Mysterious Places 3:00 🚶 Bowling 6:30 🎬 Saturday Night Movie
9:30 🚶 Go4Life Walking Club 22 10:30 ☕ Coffee & Puzzles in the Lounge 10:30 🚶 Roll-O-Trump 1:30 🧠 Crib in Lounge 2:00 🧠 Reading with Jan [AR] 3:00 🌞 Bethel Pentecostal Church Service	8:30 🍷 Men's Breakfast Club & Travels with Norman 23 1:30 🧠 Monday Bingo! 2:00 🚌 Countryside Scenic Drive *sign-up 6:30 🎬 Documentary Film	9:30 🚶 Go4Life Walking Club 24 11:00 🍷 Cooking Up Connections with Seniors Wellness Society 1:30 🎤 Resident Food Forum 2:00 🍷 Happy Hour - Beecroft Band Entertains 2:30 🚶 Parkinson's Exercise — 🎤 Manicures 6:15 😊 Bookworms	9:30 🚶 Strength & Balance Class 25 10:30 🚶 Roll-O-Trump 11:00 🛒 Seacret 2:00 🧠 Bridge in Lounge 6:00 🎵 Rockin Robbie the DJ	9:30 🚶 Go4Life Walking Club 26 9:30 🚌 Shopping Shuttle: Cherry Lane Mall *sign-up 1:30 🧠 Meet Me at the MOMA: Paint & Sip (first glass of wine FREE) 1:30 🎤 NEXGEN Hearing Clinic 2:00 🎤 United Church Knitting Group (all residents welcome) 3:30 🎮 Pokeno 6:00 😊 Evening Piano with Dee 6:30 🎬 Thursday Night Movie	9:30 🚶 Go4Life Walking Club 27 2:00 🎤 Birthday Party with Cathy K! 6:30 🧠 Bingo!	9:30 🚶 Move & Mingle 28 10:30 🧠 Life Long Learning-Gods & Aliens 3:00 🚶 Bowling 6:30 🎬 Saturday Night Movie
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