

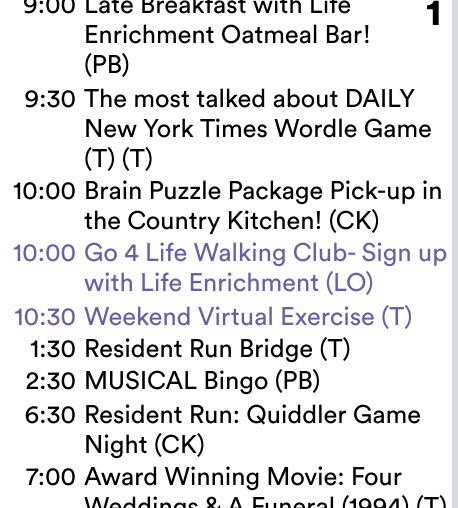


INSPIRED
SENIOR LIVING

Cruisin into March 2025

Carp Commons Retirement Village



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 SATURDAY MAR 08 International Women's Day	 MONDAY MAR 17 St. Patricks Day	 SATURDAY MAR 22 Cruise Week Open House	 1			9:00 Late Breakfast with Life Enrichment Oatmeal Bar! (PB) 9:30 The most talked about DAILY New York Times Wordle Game (T) (T) 10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK) 10:00 Go 4 Life Walking Club- Sign up with Life Enrichment (LO) 10:30 Weekend Virtual Exercise (T) 1:30 Resident Run Bridge (T) 2:30 MUSICAL Bingo (PB) 6:30 Resident Run: Quiddler Game Night (CK) 7:00 Award Winning Movie: Four Weddings & A Funeral (1994) (T)
9:00 Exercise Class with Steven Ristow from the (LHIN) (CK) 2 9:30 Church Service - St. Paul's United Church (Off-site, Walking Distance) (VILL) 9:30 Exercise Class with Steven Ristow from the (LHIN) (2AR) 10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK) 10:30 Church Service- St. James Anglican (Off-site, walking distance) (VILL) 10:30 Non- Denominational TV Church Service and Hymn Sing (T) 1:00 Afternoon Movie Matinee (T) 2:00 Resident Run: Rummikub in the Bar! (PB) 3:00 Piano Sunday with Allan Ryan (MP) 7:00 Sunday Night Classics: On the Beach (1959) (T)	Hair Salon with Kelly\$ (SS) 3 10:00 Outing: Swimming at Richcraft Recreation Centre\$ (RSVP) 10:30 Strength & Endurance Exercise Class with Steven (CK) 11:00 Canadian Canuckle & Wordle (T) 2:00 * B-I-N-G-O! * (PB) 2:45 Hand and Foot Card Game: Learn to Play (CK) 3:00 Happy Hour on the Life Enrichment Team and Billiards (PB) 4:15 Tech Help with Life Enrichment (RSVP with LE) (STS) 6:30 Learn to Play Pool with Locks (PB) 6:30 Resident Run: Evening Bridge (CK) 7:00 Documentary Movie Night: Goodnight Oppy (2022) (T)	10:00 Carp Commons Men's Group! (B) 4 10:30 Gentle Exercise Class (Low Impact) (CK) 11:15 Strength & Stretch (Assisted Living) (2AR) 1:30 Resident Run Bridge (PB) 2:00 Artful Enrichment Art Presentation: Through Her Eyes (Women's Month Art Presentation) (T) 2:00 Learn to play: Auction 45 Card Game (PB) 3:00 Ladies Chit Chat Friendship Group (CK) 3:00 Taste and Traditions of Italy: The Everyday Guide to Wines of Italy (Session 1 of 6) (T) 3:45 Let's Dance with a Zumba Class! (CK) 4:00 Go 4 Life Walking Club (Sign up with Life Enrichment) (LO) 7:00 Drama Movie Night: Inherit the Wind (1960) (T)	9:15 The most talked about DAILY New York Times Wordle Game (T) 5 9:45 Guided Meditation w/Susan (T) 10:30 The Flour Power Baking Club (CK) 10:30 The Knotty Knitters and Crocheting Coffee Social Group (LL) 2:00 Drumfit Exercise Class! (T) 3:00 Live Entertainment with Peter Foret (CK) 4:00 Half Price Happy Hour Social and Billiards: Signature Drink Maple Cocktails (PB) 6:30 Resident Run: Evening Euchre (CK) 7:00 Movie Night: Your Pick! (T)	9:30 Outing: Walmart Shopping, Fernbank\$ (RSVP) 6 10:00 Anglican Church Service with Mary-Cate (In-person) (T) 10:30 Strength & Endurance Exercise Class with Steven (CK) 10:30 Exercise Class (Assisted Living) (2AR) 11:00 Jeopardy Labs - 30 min Program (T) 2:00 *Fitminds Stay Sharp Brain Health* (ACW) 2:30 P-O-K-E-N-O (Mix Between Bingo and Poker) (PB) 3:00 Scrabble Games! (PB) 3:00 Afternoon Baked Goods by the Flour Power Baking Club (PB) 3:30 Resident Singing Group: Music Organizer: Joanne, Choir Leader: Locks and Mary: Piano (CK) 4:00 Tech Help with Life Enrichment(RSVP with LE) (STS) 6:30 Resident Run Game Night: Wizard (CK) 7:00 Romance Movie: Begin Again (2013) (T)	10:15 Memory Care Scenic Country Drive 10:15am-11:30am (RSVP) 7 10:30 Chair Yoga (CK) 2:30 Presentation for International Woman's Day: FASHION Coco Chanel by (Dr. David Chandross) (T) 3:00 Learn to Play Euchre! (PB) 3:00 Wine and Say Cheese Social (PB) 3:00 Digital Concert: David Robertson conducts Beethoven's "Pastoral" Concert(Feb 15 2025) (T) 4:00 Go 4 Life Walking Club (Sign up with Life Enrichment) (LO) 7:00 Friday Night You Pick Movie Night! (T)	9:00 Late Breakfast with Life Enrichment Oatmeal Bar! (PB) 8 9:30 The most talked about DAILY New York Times Wordle Game (T) (T) 10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK) 10:00 Go 4 Life Walking Club- Sign up with Life Enrichment (LO) 10:30 Weekend Virtual Exercise (T) 1:30 Resident Run Bridge (T) 2:30 MUSICAL Bingo (PB) 6:30 Resident Run: Quiddler Game Night (CK) 7:00 Award Winning Movie: The Arrival (2016) (T)
Day Light Savings Time *Spring Forward* 9 9:00 Exercise Class with Steven Ristow from the (LHIN) (CK) 9:30 Church Service - St. Paul's United Church (Off-site, Walking Distance) (VILL) 9:30 Exercise Class with Steven Ristow from the (LHIN) (2AR) 10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK) 10:30 Church Service- St. James Anglican (Off-site, walking distance) (VILL) 10:30 Non- Denominational TV Church Service and Hymn Sing (T) 1:00 Afternoon Movie Matinee (T) 2:00 Resident Run: Rummikub in the Bar! (PB) 3:00 Meet me at the MoMA: Presentation and Discussion on Artist Angela Grossmann (T) 3:30 Meet me at the MoMA: Painting Session on Artist Angela Grossmann (ACW) 7:00 Sunday Night Classics: The Pride and the Passion (1957) (T)	Hair Salon with Kelly\$ (SS) 10 10:00 Outing: Swimming at Richcraft Recreation Centre\$ (RSVP) 10:30 Strength & Endurance Exercise Class with Steven (CK) 11:00 Canadian Canuckle & Wordle (T) 2:00 * B-I-N-G-O! * (PB) 2:45 Hand and Foot Card Game: Learn to Play (CK) 3:00 Happy Hour on the Life Enrichment Team and Billiards (PB) 4:15 Tech Help with Life Enrichment (RSVP with LE) (STS) 6:30 Learn to Play Pool with Locks (PB) 6:30 Resident Run: Evening Bridge (CK) 7:00 Documentary Movie Night: Living Proof (2017) (T)	9:30 Outing: Shopping at Carlingwood Mall (RSVP) 11 10:00 Carp Commons Men's Group! (B) 10:30 Gentle Exercise Class (Low Impact) (CK) 11:15 Strength & Stretch (Assisted Living) (2AR) 1:30 Resident Run Bridge (PB) 2:00 Crafters Corners: Clover Clay Flower Frog (ACW) 2:00 Learn to play: Auction 45 Card Game (PB) 3:00 Ladies Chit Chat Friendship Group (CK) 3:00 Taste and Traditions of Italy: The Everyday Guide to Wines of Italy (Session 2 of 6) (T) 3:45 Let's Dance with a Zumba Class! (CK) 4:00 Go 4 Life Walking Club (Sign up with Life Enrichment) (LO) 7:00 Drama Movie Night: The Stranger (1946) (T)	9:15 The most talked about DAILY New York Times Wordle Game (T) 12 9:45 Guided Meditation w/Susan (T) 10:00 Vendor: Anna's Travelling Shop (GF) 10:30 The Flour Power Baking Club (CK) 10:30 The Knotty Knitters and Crocheting Coffee Social Group (LL) 2:00 Drumfit Exercise Class! (T) 3:00 Live Entertainment with Jumpin Jimmy! (CK) 4:00 Half Price Happy Hour Social and Billiards: Signature Drink Maple Cocktails (PB) 6:30 Resident Run: Evening Euchre (CK) 7:00 Movie Night: Your Pick! (T)	10:30 Strength & Endurance Exercise Class with Steven (CK) 13 10:30 Exercise Class (Assisted Living) (2AR) 11:00 Outing: Lunch Outing at East Side Marios (RSVP) 11:00 Name that Tune! *NEW* (T) 2:00 *Fitminds Stay Sharp Brain Health* (ACW) 2:30 P-O-K-E-N-O (Mix Between Bingo and Poker) (PB) 3:00 Scrabble Games! (PB) 3:00 Afternoon Baked Goods by the Flour Power Baking Club (PB) 3:30 Resident Singing Group: Music Organizer: Joanne, Choir Leader: Locks and Mary: Piano (CK) 4:00 Tech Help with Life Enrichment(RSVP with LE) (STS) 6:30 Resident Run Game Night: Wizard (CK) 7:00 Comedy Movie: You're Cordially Invited 2025) (T)	10:15 Memory Care Scenic Country Drive 10:15am-11:30am (RSVP) 14 10:30 Chair Yoga (CK) 1:30 March Euchre Tournament 1:30pm-3:30pm (PB) 2:00 Digital Concert: André Rieu - Dancing Through the Skies (Live in Dresden) (New Feb 2025) (T) 3:00 Wine and Say Cheese Social (PB) 4:00 Go 4 Life Walking Club (Sign up with Life Enrichment) (LO) 7:00 Friday Night You Pick Movie Night! (T)	9:00 Late Breakfast with Life Enrichment Oatmeal Bar! (PB) 15 9:30 The most talked about DAILY New York Times Wordle Game (T) (T) 10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK) 10:00 Go 4 Life Walking Club- Sign up with Life Enrichment (LO) 10:30 Weekend Virtual Exercise (T) 1:30 Resident Run Bridge (T) 2:30 MUSICAL Bingo (PB) 6:30 Resident Run: Quiddler Game Night (CK) 7:00 Award Winning Movie: The Natural (1984) (T)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 Exercise Class with Steven Ristow from the (LHIN) (CK) 16 9:30 Church Service - St. Paul's United Church (Off-site, Walking Distance) (VILL) 9:30 Exercise Class with Steven Ristow from the (LHIN) (2AR) 10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK) 10:30 Church Service- St. James Anglican (Off-site, walking distance) (VILL) 10:30 Non- Denominational TV Church Service and Hymn Sing (T) 1:00 Afternoon Movie Matinee (T) 2:00 Resident Run: Rummikub in the Bar! (PB) 3:00 Piano Sunday with Allan Ryan (MP) 7:00 Sunday Night Classics: Irma la Douce (1963) (T)	Hair Salon with Kelly\$ (SS) 17 Happy St. Patricks Day! *WEAR GREEN* 10:00 Outing: Swimming at Richcraft Recreation Centre\$ (RSVP) 10:30 Strength & Endurance Exercise Class with Steven (CK) 11:00 Canadian Canuckle & Wordle (T) 2:00 St.Patricks Day COIN * B-I-N-G-O! * (PB) 2:45 Hand and Foot Card Game: Learn to Play (CK) 3:00 Irish Pub Hour and Green Beer for St.Patty's (PB) 4:15 Tech Help with Life Enrichment (RSVP with LE) (STS) 6:30 Learn to Play Pool with Locks (PB) 6:30 Resident Run: Evening Bridge (CK) 7:00 Documentary Movie Night: Heal (2017) (T)	10:00 Carp Commons Men's Group! (B) 18 10:30 Gentle Exercise Class (Low Impact) (CK) 11:15 Strength & Stretch (Assisted Living) (2AR) 1:30 Resident Run Bridge (PB) 2:00 Food for Thought Meeting with Rob, Darren and Kim (T) 2:00 Crafters Corners: Making Eiffel Tower Centre Pieces for the Open House (ACW) 2:00 Learn to play: Auction 45 Card Game (PB) 3:00 Ladies Chit Chat Friendship Group (CK) 3:00 Taste and Traditions of Italy: The Everyday Guide to Wines of Italy (Session 3 of 6) (T) 3:45 Let's Dance with a Zumba Class! (CK) 4:00 Go 4 Life Walking Club (Sign up with Life Enrichment) (LO) 7:00 Drama Movie Night: Somewhere in Time (1980) (T)	9:15 The most talked about DAILY New York Times Wordle Game (T) 19 9:45 Guided Meditation w/Susan (T) 10:30 The Flour Power Baking Club (CK) 10:30 The Knotty Knitters and Crocheting Coffee Social Group (LL) 2:00 Drumfit Exercise Class! (T) 3:00 Live Entertainment with Garry Matthews (CK) 4:00 Half Price Happy Hour Social and Billiards: Signature Drink Maple Cocktails (PB) 6:30 Resident Run: Evening Euchre (CK) 7:00 Movie Night: Your Pick! (T)	Port: Monaco 20 All Aboard the Mediterranean Cruise! (PB) Cruise Week Theme Day: Tacky Tourist Day! 9:30 Outing: Walmart Shopping, Fernbank\$ (RSVP) 9:30 Wake Up in Sunny Monaco: Come get an All Natural Healthy Cold Pressed Citrus Juice (PB) 10:00 United Church Service with Rev. Neil Wallace(In-person) (T) 10:30 Strength & Endurance Exercise Class with Steven (CK) 10:30 Exercise Class (Assisted Living) (2AR) 1:30 Deck Game: P-O-K-E-N-O (Mix Between Bingo and Poker) (PB) 2:30 Monaco Grand Prix Car Race between the Departments (MP) 3:00 Mediterranean Cruise Week Kick OFF with Live Belly Dancer Peformance in Monaco! (PB) 3:30 Mojito de Monaco Cocktails at the Bar! (PB) 4:00 Tech Help with Life Enrichment(RSVP with LE) (STS) 6:30 Casino de Monte-Carlo with Casino Tables and Slot Machine (CK) 8:00 Movie Night: Casino Royal (T)	Port: Morocco 21 Cruise Week Theme Day: Tie-Dye Fri-Dye! 10:15 Memory Care Scenic Country Drive 10:15am-11:30am (RSVP) 10:30 Chair Yoga on the Cruise! (CK) 10:30 Mediterranean Scavenger Hunt *Pick up at Reception* Extra Stamps Awarded for Participation and Winning* (GF) 2:00 Lianne Harris History Presentation: Bella Italia (T) 2:00 Making Morocco Mosaic Coasters (CK) 3:00 Marrakech Old Fashioned in the Bar and Cheese Social! (PB) 3:00 Deck Game: Euchre! (CK) 4:00 Go 4 Life Walking Club (Sign up with Life Enrichment) (LO) 7:00 Morocco Movie: Babel (2006) (T)	Port: Paris France 22 Cruise Week Theme Day: Vive La France! Wear your Parisian Striped Tops! 9:00 Café de Flore: Crepes & Croissants for Breakfast in the Country Kitchen (PB) 10:00 Go 4 Life Walking Club- Sign up with Life Enrichment (LO) 10:00 Paris France Brain Boosters! Fill them out and return them back to reception for extra stamps! (CK) 10:30 Weekend Virtual Exercise (T) 1:00 National Majestic Mediterranean Odyssey Open House 1:00pm-4:00pm (GF) 3:00 Artful Painting Workshop: Mediterranean Coast (ACW) 6:30 Deck Game: Resident Run: Quiddler (CK) 7:00 France Movie: Midnight in Paris (2011) (T)
Port: Egypt 23 Cruise Week Theme Day: Wear your Embroidery Tops, Shawls & Scarves! 9:00 Exercise Class with Steven Ristow from the (LHIN) (CK) 9:30 Church Service - St. Paul's United Church (Off-site, Walking Distance) (VILL) 9:30 Exercise Class with Steven Ristow from the (LHIN) (2AR) 10:00 Egypt Brain Puzzles and Package Pick Up (CK) 10:30 Church Service- St. James Anglican (Off-site, walking distance) (VILL) 10:30 Non- Denominational TV Church Service and Hymn Sing (T) 1:00 Egyptian Matinee Movie: "Unknown: The Lost Pyramid" (T) 2:00 Egyptian Pyramid Building Competition *Pyramid Golden Prizes Awarded* (PB) 3:00 Egyptian Raspberry Hibiscus Iced Tea Mocktails in the Bar (PB) 7:00 Travel Documentary: Egyptian History and the Pyramids (T)	Hair Salon with Kelly\$ (SS) 24 Port: Greece Greek Theme Day: WHITE PARTY! Wear White! 10:00 Outing: Morning Swim in the Greek Islands at Richcraft Recreation Centre\$ (RSVP) 10:30 Strength & Endurance Exercise Class with Steven (CK) 11:00 Greek Gods and Greek Goddesses Presentation and Greek Trivia (T) 11:00 Find the 10 Greek Mythology Statue Sculptures (Instructions will be given at the 11:00am Program) (CCW) 2:00 Deck Game by the Ocean: Cruise Travel B-I-N-G-O! * (PB) 2:00 Music in Greece: Classical Composer Music Listen and Learn afternoon with Katherine Addleman: Pianist (CK) 2:45 Deck Game: Hand and Foot Card Game: Learn to Play (CK) 3:00 Ouzo Odyssey and Lemonade in the Bar with Olives and Pita Greek Dip Social (PB) 3:30 Live Game on the Cruise: Staff and Resident Toilet Paper Toga Competition (PB) 6:30 Learn to Play Pool with Locks (PB) 6:30 Deck Game: Resident Run: Evening Bridge (CK) 7:00 Greek Movie: My Big Fat Greek Wedding (2002) (T)	Port: Slovenia 25 Cruise Week Theme Day: Sunhats and Flag Colours White, Blue & Red! 9:30 Outing: Walmart Shopping Fernbank\$ (RSVP) 10:00 Carp Commons Men's Group! (B) 10:30 Gentle Exercise Class (Low Impact) (CK) 11:00 Slovenian Caves Virtual Tour: Explore the Famous Postojna Caves (T) 1:30 Deck Game: Resident Run Bridge (PB) 2:00 Special Guest: Louis (Woodwork Spoons and Performance on the Cruise) (CK) 3:00 Slovenia Chef Demo with Rob (CK) 3:30 Schnapps of the Alps Cocktails in the Bar! (PB) 3:45 Let's Dance with a Zumba Class! (CK) 4:00 Go 4 Life Walking Club (Sign up with Life Enrichment) (LO) 7:00 Travel Documentary: Seven Days in Slovenia (2023) (T)	Port: Italy 26 Cruise Week Theme Day: Wear your Beach Attire! 9:30 Cafe Italiano with Italian Espresso and Cannoli's at the Bar for Breakfast! (PB) 9:45 Sounds of the Ocean Meditation on the Cruise w/Susan (T) 10:30 The Knotty Knitters and Crocheting Coffee Social Group (LL) 10:30 Italian Baking Club on the Cruise! (CK) 11:00 Italian Word in a Word Game! (T) 2:00 Beach Theme Drumfit Class on the Cruise (T) 3:00 Beach Volleyball at the Beach in Slovenia (PB) 4:00 Viva Italia Spritz in the Bar! (PB) 6:30 Deck Game: Resident Run Evening Euchre (CK) 7:00 Italy Movie: Letters to Juliet (2010) (T)	Port: Back in Canada 27 Cruise Week Theme Day: Wear Red and White! 10:30 Strength & Endurance Exercise Class with Steven (CK) 10:30 Exercise Class (Assisted Living) (2AR) 11:00 Vendor: Seasons of Westport (GF) 11:00 How Canadian Are You? Canadian Trivia Session with Prizes! (T) 11:30 Back in Canada! Caesar Bar in the Lobby! (LO) 2:00 *Fitminds Stay Sharp Brain Health* (ACW) 2:30 P-O-K-E-N-O (Mix Between Bingo and Poker) (PB) 3:00 Docking Party and Award Ceremony with Live Entertainment! (PB) 3:00 Italian Baking enjoyed in Canada! (PB) 3:30 Resident Singing Group: Music Organizer: Joanne, Choir Leader: Locks and Mary: Piano (CK) 6:30 Resident Run Game Night: Wizard (CK) 7:00 Canadian Movie: The Grizzlies (2018) (T)	10:15 Memory Care Scenic Country Drive 10:15am-11:30am (RSVP) 28 10:30 Chair Yoga (CK) 2:00 Guest Speaker: Presentation on Planet Mars with Astronomer Frank Hitchens (T) 3:00 Wine and Say Cheese Social (PB) 3:00 Digital Concert: Fabio Luisi conducts Beethoven's Fifth and a Raven Chacon world premiere (T) 3:00 Learn to Play Euchre! (PB) 4:00 Go 4 Life Walking Club (Sign up with Life Enrichment) (LO) 7:00 Friday Night You Pick Movie Night! (T)	9:00 Late Breakfast with Life Enrichment Oatmeal Bar! (PB) 29 9:30 The most talked about DAILY New York Times Wordle Game (T) (T) 10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK) 10:00 Go 4 Life Walking Club- Sign up with Life Enrichment (LO) 10:30 Weekend Virtual Exercise (T) 1:30 Resident Run Bridge (T) 2:30 MUSICAL Bingo (PB) 6:30 Resident Run: Quiddler Game Night (CK) 7:00 Award Winning Movie: Elmer Gantry (1960) (T)
9:00 Exercise Class with Steven Ristow from the (LHIN) (CK) 30 9:30 Church Service - St. Paul's United Church (Off-site, Walking Distance) (VILL) 9:30 Exercise Class with Steven Ristow from the (LHIN) (2AR) 10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK) 10:30 Church Service- St. James Anglican (Off-site, walking distance) (VILL) 10:30 Non- Denominational TV Church Service and Hymn Sing (T) 1:00 Afternoon Movie Matinee (T) 2:00 Resident Run: Rummikub in the Bar! (PB) 3:00 Piano Sunday with Allan Ryan (MP) 7:00 Sunday Night Classics: Mr. Deeds Goes to Town (1936) (T)	Hair Salon with Kelly\$ (SS) 31 10:00 Outing: Swimming at Richcraft Recreation Centre\$ (RSVP) 10:30 Strength & Endurance Exercise Class with Steven (CK) 11:00 Canadian Canuckle & Wordle (T) 2:00 * B-I-N-G-O! * (PB) 2:45 Hand and Foot Card Game: Learn to Play (CK) 3:00 Happy Hour on the Life Enrichment Team and Billiards (PB) 4:15 Tech Help with Life Enrichment (RSVP with LE) (STS) 6:30 Learn to Play Pool with Locks (PB) 6:30 Resident Run: Evening Bridge (CK) 7:00 Documentary Movie Night: Flight/Risk (2022) (T)			Calendar Legend Outing Special Program Vendor Cruise Week Living, Loving, Local Signature Program Highlight	Locations Legend Theatre (T) Country Kitchen (CK) Pub/Bistro (PB) Meet in the Lobby (LO) Outing (RSVP) 2nd Floor Activity Room (2AR) IN THE VILLAGE (VILL) Suite-to-Suite (STS) Art and Craft Workshop (ACW) Salon/Spa (SS) Multipurpose Room (MP) Boardroom (B) Library/Lounge (LL) Ground Floor (GF) Carp Commons Wide (CCW)	