



INSPIRED
SENIOR LIVING

March 2025

Gardenside



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 TUESDAY MAR 04 Shrove Tuesday	 SATURDAY MAR 08 International Women's Day	 MONDAY MAR 17 St. Patrick's Day	 WEDNESDAY MAR 19 National Let's Laugh Day	 FRIDAY MAR 21 Elimination of Racial Discrimination Day		10:00 Piano Music with Mabon (GAR) 1 11:00 Sit and Stretch Exercise (GAR) 11:30 Fit Minds - Morning Word Games (GAR) 2:00 Horseshoes in the Round (GAR) 3:30 Afternoon Crosswords (GAR)
9:00 Nails by Angie "The Candy Shop" - Manicures and Pedicures available (\$45)- Sign up at reception (CRM) 2 10:00 Read Aloud Audience Participation Story (GAR) 11:00 Morning Sing A Long (GAR) 2:30 Bird House Decoupage (GAR) 4:00 One on One visits (GAR)	10:00 Sit and Stretch Exercise (GAR) 3 10:30 Balloon Badminton (GAR) 11:30 Would You Rather Game (GAR) 2:00 Name That Tune 'Sing A Long' with Hot Drinks (GAR) 3:30 Sensation Spa (GAR)	10:00 Gentle Exercises (GAR) 4 10:45 Fit Minds- March Quiz (GAR) 2:30 March Birthday & Welcome Tea - Mardi Gras (GDR) 3:45 Celebrate the Sound of Music's 60th Anniversary - First half of Movie (GAR) 6:00 Sound of Music - Second half of movie (GAR) 6:30 Evening Manicures (GAR)	10:15 Morning Excercise (GAR) 5 11:00 Morning Word Games (GAR) 2:00 Bingo (GAR) 3:30 Helping Hands (GAR)	10:00 Armchair Yoga (GAR) 6 10:30 Roll - O - Trump (GAR) 11:30 Pandora's Box : News and Views (GAR) 2:00 Artfull Enrichment - Paint Pouring (GAR) 3:30 Happy Hour Drink Social (GAR)		International Womens Day 8 10:00 Piano Music with Mabon (GAR) 11:00 Balloon Badminton (GAR) 2:00 Presentation by David Darling on National Womens day (DR) 2:30 Talk and Taste: All About Maple, the Taste of Spring (GAR) 4:00 Java Music Club with Wendy J (GAR)
10:00 Gentle Movement (GAR) 9 10:45 Giant Crosswords (GAR) 2:00 Bingo (GAR) 3:30 Roll-O-Trump (GAR)	10:00 Active Games on The Port of Monaco (GAR) 10 11:00 The Best of Monaco- Facts & Discussion Group (GAR) 2:00 Art of Monaco- Themed Coloring + Drink Social (GAR) 3:30 Casino Penny Ante (GAR) 6:45 Evening Movie - Casa Blanca (GAR)	10:00 Exercises on The Port Of Morocco (GAR) 11 11:00 Marvelous Moroccan Fun Facts & Trivia (GAR) 2:00 Moroccan Street Food Guide with snacks (GAR) 3:30 Photo Tour of Morocco and drink social - with Wendy J (GAR) 6:30 Evening Manicures (GAR) 6:30 Travel with Rick Steeve to Morrocco! (GAR)	10:00 Chair Dance Exercises with Mona (Classic French Music) (GAR) 12 10:40 Minute to Win it - Ping Pong Toss (GAR) 11:30 Morning Word Games - Cruise Week Edition (GAR) 2:00 Armchair Travel to France - With Wine and Cheese Paring (GAR) 3:30 Let's Build the Eiffel Tower! (GAR) 6:45 Travel to France with Rick Steeves (GAR)	10:00 Sit and Stretch Exercise with Egyptian Music (GAR) 13 10:30 Snippets of Ancient Egypt Trivia + Travelouge videos (GAR) 11:30 Minute to Win It Games (GAR) 2:00 Lean to spell your name in Egyptian Hieroglyphics (GAR) 3:30 Egyptian stlyle bracelet making (GAR) 6:45 Travel with Rick Steeves to Egypt (GAR)	10:00 Music Therapy Session 1 with Lorri - Cruise Week Edition (GAR) 14 10:30 Catholic Communion and Prayers (CRM) 11:00 Music Therapy Session 2 with Lorri - Cruise Week Edition (GAR) 2:00 Grecian Flower Arranging (GAR) 3:30 Greek Style Happy Hour with snacks (GAR) 4:00 Room to Room Plant Care (CTY) 6:45 Travel with Rick Steeves to Greece (GAR)	10:00 Piano Music with Mabon (GAR) 15 11:00 Slovenian Caves Virtual Tour and Discussion - Postojna Cave (GAR) 2:00 Classical Art Bookmarks (GAR) 3:30 Learn about Beekeeping + Honey Taste Testing (GAR)
10:00 Gentle Exercises On The Port of Italy to Italian Music (GAR) 16 11:00 Italian Food Quiz (GAR) 11:30 Catholic Mass - Virtual (GAR) 2:00 Live Music with Patricia Coletta (FL) 3:30 Viva Italy- Italian Gelato Ice Cream Social (GAR)	St. Patrick's Day! Back in Canada 17 10:00 Gentle Exercises (GAR) 10:00 Hand in passports to Life Enrichment. (DR) 11:00 Finish the Story (GAR) 2:00 St.Patrick's day Party with Live music by Michael Duff (DR) 4:00 Who is Building the Vancouver Art Gallery Now? Game (GAR)	10:00 Sit and Stretch Exercise (GAR) 18 10:30 Let's Play Bocce! (GAR) 11:30 Fit Minds - Morning Word Games (GAR) 3:00 Shamrock Shake Social (GAR) 4:00 All About Spring! (GAR) 6:00 Daniel O'Donnell - Stand by Me virtual concert (GAR) 6:30 Evening Manicures (GAR)	National Let's Laugh Day 19 10:00 Bowling Fun! (GAR) 11:00 New Game- Connect 4 (GAR) 2:00 Bingo (GAR) 3:30 Red Skelton Comedy Hour (Virtual)- Popcorn Served! (GAR)	First Day of Spring! 20 10:00 Ball Exercises (GAR) 11:00 Let's Play Penny Ante (GAR) 2:00 Meet Me At the MoMA an Art Presentation about Betty Woodman (GAR) 3:00 Sculpture Painting (GAR)	10:00 Music Therapy Session 1 with Lorri (GAR) 21 10:30 Catholic Communion and Prayers (CRM) 11:00 Music Therapy Session 2 with Lorri (GAR) 2:00 Live music by Roberto Risman (GAR) 3:30 Afternoon Exercises (GAR)	10:00 Piano Music with Mabon (GAR) 22 11:00 If You Could- Hypothetical Questions (GAR) 2:30 Saturday Bingo Fun! (GAR) 3:30 Helping Hands (GAR)
10:00 Gentle Exercises (GAR) 23 11:00 Short & Funny Stories (GAR) 11:30 Catholic Mass - Virtual (GAR) 2:00 Odd One Out Quiz- Fit Minds (GAR) 3:00 1 on 1 visits (RES)	10:00 Gentle Exercises (GAR) 24 11:00 Too Good To Be True- Pyramid & Ponzi Schemes (GAR) 2:00 New Game- Connect 4 (GAR) 3:00 Java Music Club (GAR) 4:00 1 on 1 visits (RES)	10:00 Sit and Stretch Exercise (GAR) 25 10:30 Carpet Bowling (GAR) 11:20 Fit Minds - Morning Word Games (GAR) 3:00 Artfull Enrichment - Straw Cherry Blossom Tree Painting (GAR) 6:30 Evening Manicures (GAR)	10:00 Sit and Stretch Exercise (GAR) 26 10:30 Horseshoes in the Round (GAR) 11:30 Morning Word Games (GAR) 2:00 Bingo (GAR) 3:30 Afternoon Trivia (GAR)	10:00 Roll-O-Trump (GAR) 27 11:00 Short Story Time (GAR) 2:00 Armchair Travel: Black Forest, Germany (GAR) 3:30 Cake & Coffee Social (GAR)	10:00 Music Therapy Session 1 with Lorri (GAR) 28 10:30 Catholic Communion and Prayers (CRM) 11:00 Music Therapy Session 2 with Lorri (GAR) 2:00 Live Music by Mike Kinal (FL) 3:30 Afternoon Exercises (GAR) 4:15 In Room Plant Care & Visits (RES)	10:00 Piano Music with Mabon (GAR) 29 11:00 Word Games - Spring Theme (GAR) 2:30 Let's Play Cornhole! (DR) 4:00 Warm Drink Social (GAR)
10:00 Sunday Sit and Stretch (GAR) 30 10:30 Let's Play Bocce! (GAR) 11:30 Sunday Morning Random Trivia (GAR) 2:00 Java Music Club with Mona (GAR) 3:30 Let's Make Paper Flowers (GAR)	10:00 Gentle Exercises (GAR) 31 11:00 Spring Has Sprung- Flower Trivia (GAR) 2:00 New Game- Connect 4 (GAR) 3:30 1 on 1 visits (RES)		Locations Legend Gardenside Lounge (GAR) Carnation Room (CRM) Residents Room (RES) Dogwood Room (DR) Fireside Lounge (FL) Gardenside Dining Room (GDR) Meet in Lobby (MEE) Courtyard (CTY)		Calendar Legend Outing Special Program Cruise Week Living, Loving, Local Signature Program	