



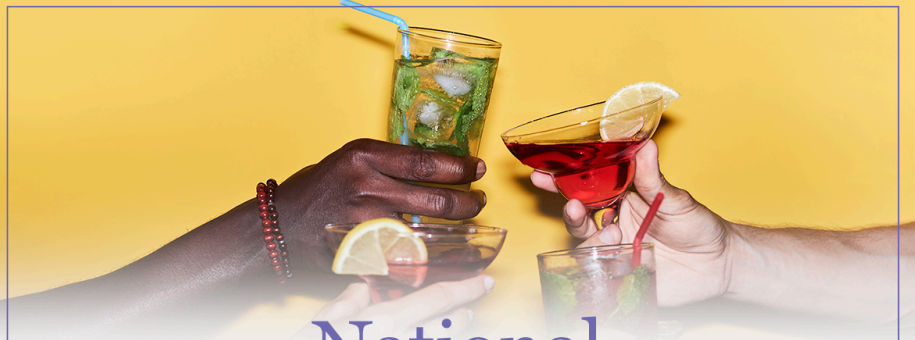
INSPIRED
SENIOR LIVING

March 2026

The Concorde



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 Go4Life Walking (LOB) 1 10:30 Roll O' Trump (AR) 1:45 Gospel Song Recordings (AR) 2:00 Yearning for Yarn Club (L) 3:00 Sunday Funday - Shuffleboard Bowling (L) 6:30 Sunday Night Movie - What to Expect When You're Expecting! (LOB)	8:30 Go4Life Walking (LOB) 2 9:30 Chair Fitness Exercise via Video (AR) 10:15 Scotties Cornish Curling! (AR) 1:30 Afternoon Games - Crokinole, Uno, Crib, Jenga, etc. (L) 2:00 Meet me at the Moma (AR) 3:00 Pet Therapy Dog Visit (L) 6:00 Euchre (Card Game) (AR)	8:30 Go4Life Walking (LOB) 3 9:00 Men's Coffee Group (L) 10:30 Fit Minds (AR) 1:30 Java Music Club (AR) 2:00 Yearning for Yarn Club (L) 3:00 Afternoon Game - Balloon Pop Game (AR)	8:30 Go4Life Walking (LOB) 4 9:30 Gentle Stretch Excercise w/ Manpreet (AR) 10:30 Roll O' Trump (AR) 2:00 Bingo! (AR) 3:15 Story telling w/ Colleen (AR) 6:00 Evening Game Night (L)	Living Loving Local featuring Maple 5 8:30 Go4Life Walking (LOB) 9:00 Shopping Shuttle *Sign Up (LOB) 1:30 Bible Study (AR) 2:00 Shuffleboard! (L) 2:30 Gentle Chair Yoga by Manpreet (AR) 3:30 Afternoon Comedy Series: Man on the Inside! (AR)	8:30 Go4Life Walking (LOB) 6 9:30 Drumfit Cardio (AR) 10:00 Yearning for Yarn Club (L) 10:30 Mind Games: Jeopardy (AR) 11:30 Friday Mingle Lunch (BAC) 2:00 Music with Jeremy Messenger (L) 3:00 Happy Hour in the Lounge (L)	8:30 Go4Life Walking (LOB) 7 9:30 Gentle Stretch Excercise w/ Manpreet (AR) 10:15 Nails by Bella (AR) 10:30 Activity Booklet (Word Search & Crossword) (HWY) 2:00 Bingo! (AR) 3:30 I Love Lucy (AR) 6:00 Evening Game Night (L)
8:00 Daylight Savings Begins (BW) 8 8:30 Go4Life Walking (LOB) 10:30 Roll O' Trump (AR) 1:45 Gospel Song Recordings (AR) 2:00 Yearning for Yarn Club (L) 3:00 Sunday Funday - Yahtzee (AR) 6:30 Sunday Night Movie - Rumor Has It! (LOB)	9:30 Chair Fitness Exercise via Video (AR) 9 10:15 Scotties Cornish Curling! (AR) 1:30 Afternoon Games - Crokinole, Uno, Crib, Jenga, etc. (L) 2:00 Meet me at the Moma (AR) 3:00 Pet Therapy Dog Visit (L) 6:00 Euchre (Card Game) (AR)	National Tea Day (C) 10 8:30 Go4Life Walking (LOB) 9:00 Men's Coffee Group (L) 10:00 Tax Returns - Onsite Returns Completed (L) 10:30 Fit Minds (AR) 2:00 Food & Resident Forum with Managers (AR) 2:30 Yearning for Yarn Club (L)	International Women's Day 11 8:30 Go4Life Walking (LOB) 10:00 5th Avenue Jewellery (L) 10:30 Roll O' Trump (AR) 2:00 Bingo! (AR) 3:00 Celebrate Tea Delight Day (L) 6:00 Evening Game Night (L)	8:30 Go4Life Walking (LOB) 12 9:00 Shopping Shuttle *Sign Up (LOB) 1:30 Bible Study (AR) 2:00 Shuffleboard! (L) 3:00 Puzzle Time (L)	8:30 Go4Life Walking (LOB) 13 9:30 Drumfit Cardio (AR) 10:00 Yearning for Yarn Club (L) 10:30 Mind Games: Jeopardy (AR) 11:30 Friday Mingle Lunch (BAC) 2:00 Music with Lost Dog Band (L) 3:00 Happy Hour in the Lounge (L)	8:30 Go4Life Walking (LOB) 14 9:30 Gentle Stretch Excercise w/ Manpreet (AR) 10:15 Nails by Bella (AR) 10:30 Activity Booklet (Word Search & Crossword) (HWY) 2:00 Bingo! (AR) 3:00 National Potato Chip Tasting (L) 3:30 I Love Lucy (AR) 6:00 Evening Game Night (L)
8:30 Go4Life Walking (LOB) 15 10:30 Roll O' Trump (AR) 1:45 Gospel Song Recordings (AR) 2:00 Yearning for Yarn Club (L) 3:00 Sunday Funday - Bouncing Basket Ball (AR) 6:30 Sunday Night Movie - The Intern! (LOB)	8:30 Go4Life Walking (LOB) 16 9:30 Chair Fitness Exercise via Video (AR) 10:15 Scotties Cornish Curling! (AR) 1:30 Afternoon Games - Crokinole, Uno, Crib, Jenga, etc. (L) 2:00 Meet me at the Moma (AR) 3:00 Pet Therapy Dog Visit (L) 6:00 Euchre (Card Game) (AR)	St. Patrick Day - Wear Your Green ! (L) 17 8:30 Go4Life Walking (LOB) 9:00 Men's Coffee Group (L) 10:30 Fit Minds (AR) 1:30 Java Music Club (AR) 2:00 Yearning for Yarn Club (L) 3:00 Drink Up, It's a Great Day to be Irish! Join us for a Beer \$\$ & Pretzel (L)	8:30 International Women's Day Breakfast - Sign Up Required (DR) 18 8:30 Go4Life Walking (LOB) 10:30 Roll O' Trump (AR) 2:00 Bingo! (AR) 3:00 Gentle Stretch Excercise w/ Manpreet (AR) 6:00 Evening Game Night (L)	8:30 Go4Life Walking (LOB) 19 9:00 Shopping Shuttle *Sign Up (LOB) 1:30 Bible Study (AR) 2:00 Shuffleboard! (L) 2:30 Gentle Chair Yoga by Manpreet (AR) 3:30 Afternoon Comedy Series: Man on the Inside! (AR)	First Day of Spring 20 8:30 Go4Life Walking (LOB) 9:30 Drumfit Cardio (AR) 10:00 Yearning for Yarn Club (L) 10:30 Mind Games: Jeopardy (AR) 11:30 Friday Mingle Lunch (BAC) 2:00 Music with Beth Ann (L) 3:00 Happy Hour in the Lounge (L)	8:30 Go4Life Walking (LOB) 21 9:30 Gentle Stretch Excercise w/ Manpreet (AR) 10:15 Artful Enrichment Cuddle Cloth Creations (AR) 10:15 Nails by Bella (AR) 10:30 Activity Booklet (Word Search & Crossword) (HWY) 2:00 Bingo! (AR) 3:30 I Love Lucy (AR) 6:00 Evening Game Night (L)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 Go4Life Walking (LOB) 22 10:30 Roll O' Trump (AR) 1:45 Gospel Song Recordings (AR) 2:00 Yearning for Yarn Club (L) 3:00 Sunday Funday - Kings In The Corner (Card Game) (AR) 6:30 Sunday Night Movie - Benji! (LOB)	8:30 Go4Life Walking (LOB) 23 9:30 Chair Fitness Exercise via Video (AR) 10:15 Scotties Cornish Curling! (AR) 1:30 Afternoon Games - Crokinole, Uno, Crib, Jenga, etc. (L) 2:00 Meet me at the Moma - Clay Lighthouses - Sign Up Required (AR) 3:00 Pet Therapy Dog Visit (L) 6:00 Euchre (Card Game) (AR)	National Cocktail Day 24 8:30 Go4Life Walking (LOB) 9:00 Men's Coffee Group (L) 10:00 Tax Returns - Onsite Returns Completed (L) 10:30 Fit Minds (AR) 1:30 Java Music Club (AR) 2:00 Yearning for Yarn Club (L) 3:00 Happy Hour - Join Us For a Wonderful Cocktail!\$\$ (L)	8:30 Go4Life Walking (LOB) 25 9:00 Hearing Life (BIS) 9:30 Gentle Stretch Exercise w/ Manpreet (AR) 10:30 Roll O' Trump (AR) 2:00 Bingo! (AR) 3:15 Story telling w/ Colleen (AR) 6:00 Evening Game Night (L)	8:30 Go4Life Walking (LOB) 26 9:00 Shopping Shuttle *Sign Up (LOB) 1:30 Bible Study (AR) 2:00 Shuffleboard! (L) 2:00 Church Knitting Group - All residents welcome to join! (L) 3:00 Alzheimer Presentation - Living in a Dementia Friendly Community. (AR) 6:00 The 80's Ladies in Concert!! (L)	8:30 Go4Life Walking (LOB) 27 9:30 Drumfit Cardio (AR) 10:00 Yearning for Yarn Club (L) 10:30 Mind Games: Jeopardy (AR) 11:30 Friday Mingle Lunch (BAC) 2:00 Birthday Party and Music with Sam (L) 3:00 Happy Hour in the Lounge (L)	8:30 Go4Life Walking (LOB) 28 9:30 Gentle Stretch Excercise w/ Manpreet (AR) 10:15 Nails by Bella (AR) 10:30 Activity Booklet (Word Search & Crossword) (HWY) 2:00 Bingo! (AR) 3:30 I Love Lucy (AR) 6:00 Evening Game Night (L)
8:30 Go4Life Walking (LOB) 29 10:00 Personal Touch Fashions - Shopping in the Lounge (L) 10:30 Roll O' Trump (AR) 1:45 Gospel Song Recordings (AR) 2:00 Yearning for Yarn Club (L) 3:00 Sunday Funday - Uno Smackdown (AR) 6:30 Sunday Night Movie - Enola Holmes! (LOB)	8:30 Go4Life Walking (LOB) 30 9:30 Chair Fitness Exercise via Video (AR) 10:15 Scotties Cornish Curling! (AR) 1:30 Afternoon Games - Crokinole, Uno, Crib, Jenga, etc. (L) 2:00 Meet me at the Moma (AR) 3:00 Pet Therapy Dog Visit (L) 6:00 Euchre (Card Game)	8:30 Go4Life Walking (LOB) 31 9:00 Men's Coffee Group (L) 10:30 Fit Minds (AR) 11:30 Lunch Outing: Wild Ginger (C) 1:30 Java Music Club (AR) 2:00 Yearning for Yarn Club (L) 3:00 Afternoon Games - Soccer Game (AR)			 National Cocktail Day	



Calendar Legend

Outing
Special Program
Cruise Week
Living, Loving, Local
Signature Program

Locations Legend

Skaha Activity Room (AR)
Piano Lounge (L)
Lobby (LOB)
Back Courtyard (BAC)

Hallway (HWY)
Community (C)
Building Wide (BW)
Dining Room (DR)
Bistro (BIS)