

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# March 2018

## Apotex 5 Therapeutic Recreation Programs

|                                                                                                                                                                                 |                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                        |                                                                                                       |                                                                                                                                                                                                                                 |                                                                                                                                                      |                                                                                                                                                                              |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Concert in Winter Garden 4</b><br><b>1:30 p.m.</b><br>                                      | <b>5</b><br>Gentle Fitness<br>10:00- EI, 10:30- GS<br>1:30 – Sing-along (rec room)<br><br>2:45- Gentle Fitness (RF)<br>3:30 Caring Clowns<br><br>6:30- Stretch and Strength (GS)                              | <b>6</b><br>Movement for Health<br>10:00-EI, 10:30-RF<br><br>Chair Dancing<br>2:15 p.m. rec room<br>Residents Choice: Music<br>1:00-EI, 3:30- RF<br><br><u><b>Paw lovers Program</b></u><br>6:30-EI, 7:00 GS<br>    | <b>7</b><br>9:30-Ipad program (EI)<br><br>10:00-News and Views (GS)<br><br>1:30 - Slice, Dice & Stir  | <b>8</b><br><u><b>Purim</b></u><br><u><b>See off-floor for synagogue services</b></u><br><br><u><b>1:30- Purim Party in Rec Room</b></u><br> | <b>9</b><br>10:30-Trivia Discussion (EI)<br>10:30- Community Get Together (RF)<br><br>10:30-Reminiscence Poetry (GS)<br><br>1:45 - Welcoming Shabbat | <b>3</b><br><u><b>SHABBAT SHALOM</b></u><br><br><u><b>Brain Fitness</b></u><br>1:00- EI<br>1:30- R/F<br>2:00- G/S                                                            |
| <b>Concert in Winter Garden 11</b><br><b>1:30 p.m.</b><br>                                     | <b>12</b><br>Gentle Fitness<br>10:00- EI, 10:30- GS<br><br>1:30 – Sing-along (rec room)<br>3:00- Gentle Fitness (RF)<br><br>6:30- Stretch and Strength (GS)<br><br><small>Daylight Saving Time Begins</small> | <b>13</b><br>Chair Dancing<br>2:15 p.m. rec room<br><br>Residents Choice: Music<br>1:00-RF, 3:30- GS<br><br><u><b>Paw lovers Program</b></u><br>6:30-RF, 7:00 GS<br>                                                | <b>14</b><br>Movement for Health<br>10:00-EI, 10:30-RF<br><br>1:30 - Slice, Dice & Stir               | <b>15</b><br>9:30-Morning Manicures<br><br>Moving to Music<br>10:00- EI, 10:30- RF,11:00- GS<br><br>Residents Choice<br>1:15- EI, 1:45- RF 2:15- GS                                                                             | <b>16</b><br>10:30-Trivia Discussion (EI)<br>10:30- Community Get Together (RF)<br><br>1:45 - Welcoming Shabbat                                      | <b>17</b><br><u><b>SHABBAT SHALOM</b></u><br><br><br><br><small>St. Patrick's Day</small> |
| <b>Concert in Winter Garden 18</b><br><b>1:30 p.m.</b><br>                                   | <b>19</b><br>Gentle Fitness<br>10:00- EI, 10:30- GS<br><br>1:30 – Sing-along (rec room)<br>3:00- Gentle Fitness (RF)<br><br>6:30- Stretch and Strength (GS)                                                   | <b>20</b><br>Chair Dancing<br>2:15 p.m. rec room<br><br>Residents Choice: Music<br>1:00-EI, 3:30- RF<br><br><u><b>Paw lovers Program</b></u><br>6:30-EI, 7:00 GS<br>                                              | <b>21</b><br>Movement for Health<br>10:00-EI, 10:30-RF,<br><br>1:30 - Slice, Dice & Stir              | <b>22</b><br>Moving to Music<br>10:00- EI, 10:30- RF,11:00- GS<br><br>Residents Choice<br>1:15- EI, 1:45- RF 2:15- GS                                                                                                           | <b>23</b><br>10:30-Trivia Discussion (EI)<br>10:30- Community Get Together (RF)<br><br>10:30-Reminiscence Poetry (GS)<br>1:45 - Welcoming Shabbat    | <b>24</b><br><u><b>SHABBAT SHALOM</b></u><br><br>                                       |
| <b>Concert in Winter Garden 25</b><br><b>1:30 p.m.</b><br><br><br><small>Palm Sunday</small> | <b>26</b><br>Gentle Fitness<br>10:00- EI, 10:30- GS<br><br>1:30 – Sing-along (rec room)<br>3:00- Gentle Fitness (RF)<br><br>6:30- Stretch and Strength (GS)                                                   | <b>27</b><br>Movement for Health<br>10:00-EI, 10:30-RF<br><br>Chair Dancing<br>2:15 p.m. rec room<br>Residents Choice: Music<br>1:00-GS, 3:30- EI<br><br><u><b>Paw lovers Program</b></u><br>6:30-GS, 7:00 RF<br> | <b>28</b><br>9:30-Ipad program (GS)<br><br>10:00-News and Views (RF)<br><br>1:30 - Slice, Dice & Stir | <b>29</b><br>Moving to Music<br>10:00- EI, 10:30- RF,11:00- GS<br><br>Residents Choice<br>1:15- EI, 1:45- RF 2:15- GS                                                                                                           | <b>30</b><br><br><br><u><b>Passover</b></u><br>Please see flyers for Seder information<br><br><small>First Day of Passover<br/>Good Friday</small>   | <b>31</b><br><br><br><u><b>Passover</b></u><br>Please see flyers for Seder information                                                                                       |

If you have any questions or concerns, please contact Amber Cockburn, Recreationist ext. 6325 or Sabina Ntim, Recreationist ext. 5169.