

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Morning Visits Stretch & Flex Creative Writing Entertainment with James Wind it Down	2 Good Mornings Tai Chi Dr. Seuss Day Art with Mackenzie Piano with Rebecca	3 Greetings Sudoku & Crosswords Fitness with Dennis Wheel of Fortune Happy Hour	4 Morning Greetings Sit and Be Fit Passport to West Indies Table Games Choir Group	5 Table Topics Cranium Crunches Fitness with Dennis Nutrition Workshop Wind it Down	6 Greetings Yoga with Sally Scoops and Games National Day of Prayer Balloon Tennis	7 Good Mornings Stretch and Flex What am I? BINGO! Seated Basketball
8 Morning Visits Sit and Be Fit International Women's Day Table Games Balloon Tennis	9 Table Topics Tai Chi You Be the Judge Knitting Club Piano with Rebecca	10 Rise & Smile Word Jumbles Fitness with Dennis Art with Mackenzie Seated Basketball	11 Good Mornings Rhyming Ball Food for Thought Xbox Fun Wind it Down	12 Table Topics Fill in the Blanks Fitness with Dennis Exploring Greenland Bean Bag Toss	13 Morning Greetings Yoga with Sally Science Experiments 101 Indoor Golf Happy Hour	14 Table Topics Stretch & Flex Math Extravaganza! Dominoes & Colouring Trivia Time
15 Rise & Smile Sit and Be Fit Comedy Hour Origami Making Ring Toss	16 Morning News Tai Chi Nutrition Workshop Indoor Golf Piano with Rebecca	17 Rise & Smile Exploring Ireland Fitness with Dennis St. Patrick's Day Party Entertainment with Tina St. Patrick's Day	18 Good Mornings Sit and Be Fit Spiritual Reading Group Art with Mackenzie Ping Pong Toss	19 Greetings Park Outing Fitness with Dennis All about Spring National Let's Laugh Day First Day of Spring	20 Rise & Smile Yoga with Sally Knitting Club Birthday Celebration Entertainment	21 Table Topics Stretch & Flex Dominoes & Colouring World Poetry Day Balloon Tennis
22 Morning Greeting Sit & Be Fit Discussion Group Sculpting Class Wind it Down	23 Rise & Smile Tai Chi Pet Visits with Bobo Wheel of Fortune Piano with Rebecca	24 Good Mornings Knitting Club Fitness with Dennis Passport to Latvia Happy Hour	25 Greetings Cranium Crunches Reading with Norman Xbox Fun Choir Group	26 Morning Visits Riddle Me This Fitness with Dennis Art with Mackenzie Bean Bag Toss	27 Rise & Smile Spiritual Reading Group Explore Dominican Cards and Colouring Bowling	28 Good Mornings Stretch and Flex Creative Writing BINGO! Indoor Golf
29 Morning Visits Sit & Be Fit BINGO! Knitting Club and Dominoes Indoor Golf	30 Greetings Tai Chi Art with Mackenzie National Doctor's Day Piano with Rebecca	31 Rise & Smile Cranium Crunches Fitness with Dennis Casino Table Games Choir Group			www.cedarhursthome.ca	<i>Timing and length of activities are driven by residents' interest and engagement.</i>