

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



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March 2025



 www.cedarhursthome.ca		<h1>March 2025</h1>					Welcome to March! Word Games Gentle Stretches You be the Judge Bowling Power Moves Shuffleboard
Weekend News Junk Yard Detective Morning Fitness Individual Cognitive Therapy Bowling Tournament Stretches Table Games	2 Chronicles Scattergories Exercises Rizzo's Visit Individual Cognitive Therapy Bio: Alexander Graham Bell Love to Move Ball Games	3 Breakfast Club Cranium Crunches Stretches Individual Cognitive Therapy All About: Pancake Tuesday Ping Pong Toss Fitness Class Card Games <small>Mardi Gras</small>	4 Morning Mingle Chromotherapy Stretch & Flex Board Games Ash Wednesday Discussion Total Fitness Happy Hour	5 Greetings Rizzo's Visit Balloon Volleyball Individual Cognitive Therapy Stretch & Flex Fun & Fitness Soccer & Games	6 Table Topics Two to Choose Tai Chi Individual Cognitive Therapy Lucky Roll Invention of the Umbrella Afternoon Fitness Roller Ball	7 Highlights Shout It Out Sit & Fit Individual Cognitive Therapy Table Games Active Games Let's Get Moving Music Appreciation	
Breakfast Club Spot the Difference Seated Stretches Individual Cognitive Therapy Balloon Batting All About Day Light Saving Total Fitness Snakes & Ladders <small>Daylight Saving Time Begins</small>	9 Monday News Puzzles Power Moves Individual Cognitive Therapy Rizzo's Visit Balloon Tennis Relaxation Movements Table Games	10 Chronicles Fun with Words Gentle Exercises Air Hockey Fruits of Labor: Grapes Fun & Games Who Am I?	11 Rise and Shine Chat Odd One Out Strength & Stretch All About Nutrition Month In the Kitchen: Fruit Smoothie Sit & Fit Table Games	12 In the News Rizzo's Visit Movement to Music Tabletop Curling Power Moves Active Games <small>Purim B</small>	13 Friday Chronicles Detective Tai Chi Individual Cognitive Therapy All About: Four Leaf Clover Crafts' Corner Move & Groove Have a Laugh or Two	14 Saturday News Anagram Low Impact Exercise Individual Cognitive Therapy Artist Corner: Henri Matisse Painting Club Healthy Stretches Ladder Ball	
Coffee & Chatter Mix & Match Fitness Aerobics Individual Cognitive Therapy Basketball Exercise Club Happy Hour	16 Happy Saint Patrick's Day Scattergories Lucky Fitness Rizzo's Visit Individual Cognitive Therapy Travelogue: Ireland Bowling Table Games <small>St. Patrick's Day</small>	17 Morning Greetings Word Search Fun & Fitness Individual Cognitive Therapy Snakes & Ladders Active Games Strength & Stretch Shuffleboard	18 Highlights Roll for Words Exercises Table Hockey Yoga Stretches Lucky Roll	19 Welcome to Spring! Rizzo's Visit Let's Get Moving Individual Cognitive Therapy All About: Spring Equinox Stretch & Flex Happy Hour <small>Spring Begins</small>	20 Happy Friday Reading Club Tai Chi Individual Cognitive Therapy Bowling Travelogue: Japan Exercise Club Karaoke	21 News & Views Categories Healthy Stretches Photography Club Table Games Let's Move Card Games	
Good Mornings Sunday Fitness Ageless Spirit Mini Golf This or That? Love to Move Happy Hour	23 Monday Catchups Fun with Words Total Stretch Individual Cognitive Therapy Rizzo's Visit Stargazing: Glenn Miller Fitness Club Dominoes	24 Tuesday Chronicles Ying & Yang Movement to Music What Am I? Arts & Crafts Riddle Me This!	25 Coffee & Chatter Cranium Crunches Love to Move Table Games Wine Down Wednesday Total Fitness What Comes Next?	26 Rise & Shine Chat Rizzo's Visit Power Movements Scattergories Roller Ball Meditate & Stretch Board Games	27 Morning Mingle Junkyard Detectives Tai Chi Individual Cognitive Therapy Ladder Ball Passport Friday: Spain Exercise Club Card Games	28 News & Views Chromotherapy Dance Fitness Individual Cognitive Therapy Balloon Volleyball You Be the Judge Move & Groove Where in the World?	
Hello Sunday Word Search Stretch & Flex Individual Cognitive Therapy Ping Pong Toss Jeopardy Simple Stretch Spa Cart	30 Morning Greetings Word Puzzle Fitness Club Individual Cognitive Therapy Rizzo's Visit Shuffleboard Ladder Ball Sing Along	31 	<p><i>“March brings breezes loud and shrill, stirs the dancing daffodil.”</i></p>				

“The timing and length of the activities may change as they are driven by residents’ interest and engagement. “Individual visits also occur”.