

Sunday

Monday

Tuesday

Wednesday














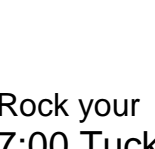







Thursday

Friday

Saturday

March 2023

SEAFORTH RETIREMENT COMMUNITY

<p>10:00 Communion with Mary Flannery</p> <p>2:00 Sunday Social</p>	<p>10:30 10:30 Stronger Seniors Zoom-link lead exercise program 2:00 Fun & Games 7:00 Manicure</p>  <p>urim Begins</p>	<p>10:30 10:30 Stronger Seniors Zoom-link lead exercise program 2:00 Reading Group 7:00 Tuck Cart</p> 	<p>10:30 10:30 Stronger Seniors Zoom-link lead exercise program 2:00 Ice Cream Cones</p>  <p>7:00 Eye Glass Cleaning</p>	<p>10:30 10:30 Stronger Seniors Zoom-link lead exercise program 2:00 YAH Meeting 7:00 Walker Cleaning</p> 	<p>10:30 10:30 Stronger Seniors Zoom-link lead exercise program 10:45 Rosary with Mary Helen 2:00 Care Giver Appreciation Day Thank you notes 6:45 BINGO</p> 	<p>10:00 News and Views 7:00</p> <p>Movie Night</p> 
<p>2:00 Church Service with Phil Kuttain</p> <p>7:00 The Oscars</p>  <p>Daylight Saving Time Begins</p>	<p>10:30 10:30 Stronger Seniors Zoom-link lead exercise program</p>  <p>2:00 <i>Music with Marie & Joseph</i></p>	<p>10:30 10:30 Stronger Seniors Zoom-link lead exercise program 2:00 St.Patricks Day Craft 7:00 Eye Glass Cleaning</p>	<p>10:30 10:30 Stronger Seniors Zoom-link lead exercise program 2:00 Church Service with Pastor Ken Whiting 2:00 Potato Chip Day</p>  <p>Wear your PJ's</p>	<p>9:45 10:30 Stronger Seniors Zoom-link lead exercise program 10:00 Mass with Father Ken 2:00 Hear CANADA On-Site Specialist 7:00 Walker Cleaning</p> 	<p>10:00 10:30 Stronger Seniors Zoom-link lead exercise program 10:45 Rosary with Mary Helen 2:00 St. Patrick's Day Party 6:45 BINGO</p>  <p>St. Patrick's Day</p>	<p>10:00 News and Views 7:00</p> <p>Movie Night</p> 
<p>10:00 Communion with Mary Ryan</p> <p>2:00 Sunday Social</p>	<p>10:30 10:30 Stronger Seniors Zoom-link lead exercise program 2:00 <i>First Day if Spring Celebration</i></p>  <p>Spring Begins</p>	<p>10:30 10:30 Stronger Seniors Zoom-link lead exercise program 2:00 Reading Group</p>  <p>Rock your socks! 7:00 Tuck Cart</p>	<p>10:30 10:30 Stronger Seniors Zoom-link lead exercise program 2:00 Church Service with Pastor Brian Hymers 2:00 Ice Cream Cones</p>  <p>Ramadan Begins</p>	<p>10:30 10:30 Stronger Seniors Zoom-link lead exercise program 2:00 CHATS WITH CAROLYN</p> 	<p>10:00 10:30 Stronger Seniors Zoom-link lead exercise program 10:45 Rosary with Mary Helen 6:45 BINGO</p> 	<p>10:00 News and Views 2:00 Remember When...</p>
<p>10:00 Communion with Mary Barnes</p> <p>2:00 Sunday Social</p>	<p>10:30 10:30 Stronger Seniors Zoom-link lead exercise program 2:00 Fun & Games 7:00 Manicures</p> 	<p>10:30 10:30 Stronger Seniors Zoom-link lead exercise program 2:00 Reading Group 7:00 Eye Glass Cleaning</p>	<p>10:30 10:30 Stronger Seniors Zoom-link lead exercise program 2:00 Women's History Month</p>  <p>Enjoy Historical Stories</p>	<p>0:30 10:30 Stronger Seniors Zoom-link lead exercise program 7:00 Walker Cleaning</p> 	<p>10:00 10:30 Stronger Seniors Zoom-link lead exercise program 10:45 Rosary with Mary Helen 6:45 BINGO</p> 	<p>10:00 News and Views 2:00 Remember When...</p>

DUE TO UNFORSEEN CIRCUMSTANCES PROGRAM CHANGES MAY OCCUR WITHOUT ADVANCED WARNING.