



GOLDENLIFE.CA

# MARCH




ACTIVITIES . CELEBRATIONS . EVENTS . RECREATION

## Monthly Activity Calendar

a GoldenLife Community

OCEAN FRONT  
*Village*



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Activities Room Legend</b> GE – Golden Eye MG – Merganser KF - Kingfisher HQ – Harlequin FR – Family Dining Room CR – Craft Room IL – Independent Living			1 9:30 Laundry Helpers-KF  11:00 Movement to Music-KF  1:30 Scenic Drive  4:00 1:1 Therapeutic Visits	2 9:30 Breakfast Visits-KF 10:30 Beef's and Bouquets-KF  2:00 H'Appy Hour Family Welcome-KF Name that Tune  4:00 1:1 Therapeutic Visits	3 10:00 Laundry Helpers-KF  11:00 Table top Activities  2:00 Balloon Ball  4:00 1:1 Therapeutic Visits	4 10:30 Sensory Cart Visits  2:00 Dancing with the Stars-KF 2:30 Bingo-HQ  4:00 1:1 Therapeutic Visits
5 9:30 Morning Visits  10:00 You Tube - Sunday Church Service-HQ 10:30 Chair Exercises-KF 2:00 YouTube Concert-HQ  4:00 1:1 Therapeutic Visits	6 9:30 Laundry Helpers-KF  10:00 Chair Yoga 10:30 1:1 Walking Program 2:00 Active Game Resident Choice  4:00 1:1 Therapeutic Visits	7 9:30 Breakfast Visits-HQ  10:00 Drum Fit-HQ 10:30 Discussion Group-KF  2:00 Creative Arts-KF 2:30 Card Games -HQ 4:00 1:1 Therapeutic Visits	8 9:30 Laundry Helpers-KF  10:00 Movement to Music-KF 10:30 1:1 Walking Program  2:00 Baking-KF  4:00 1:1 Therapeutic Visits	9 9:30 Breakfast Visits-KF 10:30 Resident Work Shops  2:00 H'Appy Hour Family Welcome-KF Special Entertainment By: Not 2 Shabby! Vivian and Steve Ruskin	10 9:30 Laundry Helpers-KF  10:30 Discussion Group  2:00 Active Game - KF Resident Choice  4:00 1:1 Therapeutic Visits	11 10:30 Sensory Cart Visits  2:00 Dancing with the Stars-KF 2:30 Bingo-HQ  4:00 1:1 Therapeutic Visits
12 9:30 Morning Visits  10:00 You Tube - Sunday Church Service-HQ 10:30 Chair Exercise-KF 2:00 Disney Musical  4:00 1:1 Therapeutic Visits	13 9:30 Laundry Helpers-KF  10:00 Chair Yoga 10:30 1:1 Walking Program  2:00 Active Game Resident Choice 4:00 1:1 Therapeutic Visits	14 9:30 Breakfast Visits-KF 10:00 Discussion Group-KF  11:30 Bacon And Egg'ers Lunch-FR IL 2:00 Table Top Activities-HQ 2:30 1:1 Walking Program-KF 4:00 1:1 Therapeutic Visits	15 9:30 Laundry Helpers-KF 10:00 Movement to Music-KF 10:00 Resident & Family Council- Boardroom  2:00 Time for Ukulele Group-KF 4:00 1:1 Therapeutic Visits	16 9:30 Breakfast Visits-KF 10:30 Resident Work Shops  2:00 H'Appy Hour Family Welcome-KF Name that Tune 4:00 1:1 Therapeutic Visits	17 9:30 Laundry Helpers-KF 10:30 Chair Yoga-HQ 11:00 1:1 Walking Program 2:00 St Patrick's Day Party  4:00 1:1 Therapeutic Visits	18 10:30 Sensory Cart Visits 2:00 Dancing with the Stars-KF 2:30 Bingo-HQ  4:00 1:1 Therapeutic Visits
19 9:30 Morning Visits  10:00 You Tube - Sunday Church Service-HQ 10:30 Chair Exercises-KF 2:00 You Tube Concert  4:00 1:1 Therapeutic Visits	20 9:30 Laundry Helpers-KF  10:00 Chair Yoga 10:30 1:1 Walking Program  2:00 Arm Chair Travel-GE 4:00 1:1 Therapeutic Visits	21 9:30 Breakfast Visits-KF 10:00 Drum Fit-HQ 11:00 Learn To Play Ukulele  2:00 Creative Arts-KF 2:30 Card Games-HQ 4:00 1:1 Therapeutic Visits	22 9:30 Laundry Helpers-KF 10:00 Movement to Music-KF  11:30 A&W Lunch 2:30 Manicures and Music 4:00 1:1 Therapeutic Visits	23 9:30 Breakfast Visits-KF 10:30 Resident Work Shops  2:00 H'Appy Hour Family Welcome-GE Special Entertainment By: Chaz Booth Guitar and Vocals	24 9:30 Laundry Helpers-KF  10:30 Chair Yoga-HQ 11:00 1:1 Walking Program  2:00 Bocce Ball-GE 4:00 1:1 Therapeutic Visits	25 10:30 Sensory Cart Visits 2:00 Dancing with the Stars-KF 2:30 Bingo-HQ 4:00 1:1 Therapeutic Visits
26 9:30 Morning Visits  10:00 You Tube - Sunday Church Service-HQ 10:30 Chair Exercises-KF 2:00 Disney Musical  4:00 1:1 Therapeutic Visits	27 9:30 Laundry Helpers-KF  10:00 Chair Yoga 10:30 1:1 Walking Program  2:00 Community Clean UP! 4:00 1:1 Therapeutic Visits	28 9:30 Breakfast Visits-KF  10:00 Discussion Group - KF  2:00 Baking  4:00 1:1 Therapeutic Visits	29 9:30 Laundry Helpers-KF  11:30 Walk to the Mall Enjoy Some Lunch & An Afternoon of Shopping  3:00 Table Top Activities	30 9:30 Breakfast Visits-KF 10:30 Resident Work Shops  2:00 H'Appy Hour Birthday Event Family Welcome-KF Special Entertainment By:  The Old Time Fiddler	31 9:30 Laundry Helpers-KF  10:30 Chair Yoga-HQ 11:00 1:1 Walking Program  2:00 Bowling-GE 4:00 1:1 Therapeutic Visits	<b>PLEASE NOTE:</b> PROGRAMS ARE SUBJECT TO CHANGE WITHOUT NOTICE  <b>PLEASE</b> CHECK DAILY POSTINGS FOR UPDATES.



BIRTHDAYS &  
ANNIVERSARIES

Millie Johnson01  
Larry Pierce03



Happiness is a  
Choice.

Choose to be  
happy and you  
Will be



BUS SCHEDULE

March 01 - 1:30 Scenic Drive

