

LIVE YOUR
best life
GoldenLife
REAL LIVING™

GOLDENLIFE.CA

ACTIVITIES . CELEBRATIONS . EVENTS . RECREATION

Monthly Activity Calendar

a GoldenLife Community

COLUMBIA GARDEN
Village

Sunday	Monday REHAB DAY	Tuesday REHAB DAY	Wednesday REHAB DAY	Thursday REHAB DAY	Friday	Saturday
	 IN LIKE A LION				1 AM: HAND PAMPER MASSAGE PM: MENTAL GAME animal match PHYSICAL COMPETITIVE GAME: INTERGENERATIONAL	2 AM: NEWSPAPER READ PM SAT MOVIE MATINEE 
3 10:30AM SPA TREATMENT 11AM DEACON DOG VISITS 1PM - 2PM "GETTING TO KNOW YOU" 2PM READING WITH VERA 2:30 SUNDAE SUNDAYS	4 10AM - 2PM PERSONAL TOUCH (CGV ACTIVITY ROOM) 10:30 AM MUSIC VIDEOS 11AM BIBLE STUDIES 1:30PM TWISTER BEAN BAG 3PM BINGO	5 8:30AM - 10:30AM REHAB 10AM MASS IN CGV 11AM READ WITH ROBYN 1:30PM MOVEMENT MATTERS 3PM GOLFING 	6 8:30 - 10:30AM REHAB 10:30AM BAKING COOKIES  1:30PM PAINTING POTS 3PM CROSSWORDS AND WORD SCRABLE	7 8:30 - 11:30 REHAB / EQUIPMENT CHECKS 8:30-10:30AM NEWSPAPER 10:30-11:30AM YAHTZE 1:30PM MOVEMENT MATTERS 3PM BINGO	8 8:30AM-10:30AM READ YELLOW BOOKS (4 TABLES) 10:30AM PAMPER MASSAGE 1:30PM-2:30PM TABLE TOP PUZZELS 3PM PHYSICAL GAME: INTERGENERATIONAL	9 AM: NEWSPAPER READ PM SAT MOVIE MATINEE 
10 10:30AM 1-1 READ / VISITS 1PM - 2PM "GETTING TO KNOW YOU" 2PM READING WITH VERA 2:30 SUNDAE SUNDAYS CHANGE CLOCKS AHEAD	11 8:30AM - 10:30AM REHAB 10:30 AM MUSIC VIDEOS 11AM BIBLE STUDIES  1:30PM BEACH VOLLEY BALL 3PM BINGO	12 8:30AM - 10:30AM REHAB 10:30AM MORNING STRECH 11AM READ WITH ROBYN 1:30PM MOVEMENT MATTERS 3PM ST.PATTY'S COLORING	13 8:30 - 10:30AM REHAB 10:30AM PLANTING POTS 1:30PM RESIDENT FAMILY FORUM 3PM DICE/SCRAMBLE WORDS	14 8:30 EQUIPMENT CHECKS 10:30AM MOVEMENT MATTERS 12PM LEGION LUNCHEON  3PM BINGO	15 AM: HAND PAMPER MASSAGE PM: MENTAL GAME: limerick poems PHYSICAL COMPETITIVE GAME: INTERGENERATIONAL	16 AM: NEWSPAPER READ PM SAT MOVIE MATINEE 
17 ST. PATRICK'S DAY 10:30AM ST. PATTY'S SCAVENGER HUNT!!  1PM - 2PM "GETTING TO KNOW YOU" 2PM MARIMBA 2:30 SUNDAE SUNDAYS	18 8:30AM - 10:30AM REHAB 10:30 AM MUSIC VIDEOS 11AM BIBLE STUDIES 1:30PM BOCCE 3PM BINGO 	19 8:30AM - 10:30AM REHAB 10AM MASS IN CGV 11AM READ WITH ROBYN 12PM A&W LUNCH IN ALC 3PM MOVEMENT MATTERS 	20 8:30 - 10:30AM REHAB 10:30AM BAKING 1:30PM BUS OUTING 	21 8:30 - 11:30 REHAB / EQUIPMENT CHECKS  1:30PM MOVEMENT MATTERS 3PM BINGO	22 AM: HAND PAMPER MASSAGE PM: MENTAL GAME: Musical Name PHYSICAL COMPETITIVE GAME: INTERGENERATIONAL	23 AM: NEWSPAPER READ PM SAT MOVIE MATINEE 
24 10:30AM 1-1 SPA TREATMENT 1PM - 2PM "GETTING TO KNOW YOU" 2PM READING WITH VERA 2:30 SUNDAE SUNDAYS	25 8:30AM - 10:30AM REHAB 10:30 AM MUSIC VIDEOS 11AM BIBLE STUDIES 1:30PM FISHING 3PM BINGO 	26 8:30AM - 10:30AM REHAB 10:30AM WACK-A-NOODLE 11AM READ WITH ROBYN 1:00PM BAKING CAKE 1:30PM MOVEMENT MATTERS 3PM EASTER PAINTING	27 8:30 - 10:30AM REHAB 10:30AM DAYCARE KIDS VISIT  2:30PM WOODWINDS- BIRTHDAY PARTY	28 8:30 - 11:30 REHAB / EQUIPMENT CHECKS 1:30PM MOVEMENT MATTERS BINGO 3PM	29 GOOD FRIDAY AM: HAND PAMPER MASSAGE PM: MENTAL GAME: famous faces PHYSICAL COMPETITIVE GAME: INTERGENERATIONAL	30 AM: NEWSPAPER READ PM SAT MOVIE MATINEE
31 EASTER SUNDAY 10:30AM EASTER EGG HUNT!!  1PM - 2PM "GETTING TO KNOW YOU" 2PM READING WITH VERA 2:30 SUNDAE SUNDAYS			 SPRING AHEAD!	 OUT LIKE A LAMB	PIANO OR MARIMBA PLAYING DURING <u>LUNCH HOUR</u> <u>EVERY WEDNESDAY</u>	CALENDAR of EVENTS are SUBJECT TO CHANGE



BIRTHDAYS & ANNIVERSARIES



ELLEN S - MARCH 9TH

MARGARET D - MARCH 19TH



BUS SCHEDULE

THUR MARCH 14TH -
LEGION LUNCH

WED MARCH 20
BUS DRIVE
RADIUM MILE HILL