



# March 2026

## Resident Home Area 3

**Neha**  
 Recreation Assistant  
 (416) 609-5700 ext. 225  
 All programs are subject to change

| Sunday   | Monday   | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday   |
|--|--|---|---|---|--|--|
| 10:00 Virtual Church <b>1</b><br>10:00 Church Service (CH)<br>2:30 Hymn Sing on RHA 2 (TLN)  | 1:15 1:1 Friendly visits (Vari) <b>2</b><br>1:30 Physio Group (ADS)<br>2:30 Badminton Bat (TLN)<br>4:00 Word Ladders (ADS)<br>6:15 Karaoke w/ staff & residents (TLN)<br>7:15 Relax & Restore (NSN)                  | Self-Directed Activities <b>3</b><br>10:30 Music Therapy (ADS)<br>1:30 Physio Group (ADS)<br>2:00 Movie Afternoon (TVNS)  | Happy Holi! <b>4</b><br>10:30 Pawsitively Pets (PL)<br>2:00 Tai Chi (CH)<br>2:00 VR Training<br>3:30 Spiritual Hymn Sing (TLN)<br>4:00 Self-Directed Activities (Vari)                        | 10:30 Pool Noodle Hockey (ADS) <b>5</b><br>11:10 Active Games (TLN)<br>1:30 Physio Group (ADS)<br>2:15 Bingo! (PL)<br>3:45 Scented Hand Care (Vari)<br>6:00 Music & Brain Games RHA 2         | 10:30 Chair Exercise: Climb Every Mountain (TLN) <b>6</b><br>11:15 Active Games on RHA 2 (TLN)<br>2:00 Friday Fellowship (CH)<br>3:45 Tabletop Games (ADS)<br>6:00 Friday Night Social (Vari)                      | 10:00 Sensory Videos/Music/TV <b>7</b><br>11:00 Active Games with Luisa (TLN)<br>2:00 Movies/Music<br>2:30 Afternoon Entertainment w/Samira Yeo (TLN)                          |
| International Women's Day <b>8</b><br>10:00 Sunday Church Service (CH)<br>10:00 Virtual Church<br>2:00 Hymn Sing (TLS)                   | 1:15 1:1 Friendly visits (Vari) <b>9</b><br>1:30 Physio Group (ADS)<br>2:00 Drum Fit (CH)<br>4:00 Word Ladders (ADS)<br>6:15 Sing-a-Long (TLN)<br>7:15 Relax & Restore (SR)  | 10:30 Active Games (ADS) <b>10</b><br>10:30 Chinese Support Group (7FLR)<br>10:30 Music Therapy (ADS)<br>11:10 Target Golf (TLN)<br>1:30 Physio Group (ADS)<br>2:00 Cozy Reads (ADN)<br>3:30 Crafty Corner (ADS)                            | 10:30 Cubii Challenge (TVNS) <b>11</b><br>11:00 Sensory Circle (NSN)<br>1:30 Walking Club (MF)<br>2:00 Tai Chi (CH)<br>3:30 Spiritual Hymn Sing (TLN)<br>4:00 Self-Directed Activities (Vari) | 10:30 Bible trivia w/ Rebecca (CH) <b>12</b><br>11:10 Active Games (TLN)<br>1:30 Physio Group (ADS)<br>2:15 Bingo! (PL)<br>3:30 Sensory & Relaxation (Vari)<br>6:00 Music & Brain Games RHA 2 | 10:00 Sensory Videos <b>13</b><br>11:00 Active Games w/ Luisa (TLN)<br>2:00 Afternoon Movie<br>2:00 Friday Fellowship (CH)<br>6:00 Friday Night Social (Vari)  | Pi Day <b>14</b><br>10:15 Active Games (TLN)<br>11:00 Active Games on RHA 2 (TLN)<br>2:00 Afternoon Entertainment (CH)<br>3:30 1:1 Programming<br>4:00 Pi Day Math Mania (TLN) |
| 10:00 Church Service (CH) <b>15</b><br>10:00 Virtual Church<br>2:00 St. Paddy's Bake (DRS)<br>3:30 Small Acts of Kindness (Vari)         | 10:30 St. Paddy's Day Concert (CH) <b>16</b><br>1:30 Physio Group (ADS)<br>2:30 St. Paddy's Scavenger Hunt (ADS)<br>4:00 Word Ladders (ADS)<br>6:15 Karaoke w/ staff & residents (TLN)<br>7:15 Relax & Restore (NSN) | Self-Directed Activities <b>17</b><br>Happy St. Patrick's Day!<br>10:30 Music Therapy (ADS)<br>1:30 Physio Group (ADS)<br>2:00 Movie Afternoon (TVNS)  | 10:30 Cubii Challenge (TVNS) <b>18</b><br>11:00 Sensory Circle (NSN)<br>2:00 Tai Chi (CH)<br>3:30 Spiritual Hymn Sing (TLN)<br>4:00 Self-Directed Activities (Vari)                           | 10:30 Ring Toss (ADS) <b>19</b><br>11:10 Active Games (TLN)<br>1:30 Physio Group (ADS)<br>2:15 Bingo! (PL)<br>3:45 Scented Hand Care (Vari)<br>6:00 Music & Brain Games RHA 2                 | International Day of Happiness <b>20</b><br>10:30 Bucket Ball Challenge (TLN)<br>11:15 Active Games on RHA 2 (TLN)<br>2:00 Friday Fellowship (CH)<br>3:45 Taste & Texture (ADN)<br>6:00 Friday Night Social (Vari) | 10:00 Sensory Videos/Music/TV <b>21</b><br>11:00 Active Games with Luisa (TLN)<br>12:00 Dog Circus Outing (OUT)<br>2:00 Movies/Music   |
| 10:00 Sunday Church Service (CH) <b>22</b><br>10:00 Virtual Church<br>2:30 Strolling Musician (TLS)                                      | National Puppy Day <b>23</b><br>1:15 1:1 Friendly visits (Vari)<br>1:30 Physio Group (ADS)<br>1:30 Walking Club (MF)<br>2:00 Drum Fit (CH)<br>6:15 Sing-a-Long (TLN)<br>7:15 Relax & Restore (SR)                    | 10:30 Active Games (ADS) <b>24</b><br>10:30 Music Therapy (ADS)<br>11:10 Football Toss (TLN)<br>1:30 Physio Group (ADS)<br>2:00 Cozy Reads (ADN)<br>4:00 Word Ladders (ADS)   | 10:30 Cubii Challenge (TVNS) <b>25</b><br>11:00 Sensory Circle (NSN)<br>1:30 Walking Club (MF)<br>3:30 Spiritual Hymn Sing (TLN)<br>4:00 Self-Directed Activities (Vari)                      | 11:10 Active Games (TLN) <b>26</b><br>1:30 Physio Group (ADS)<br>2:15 Bingo! (PL)<br>3:30 Sensory & Relaxation (Vari)<br>6:00 Music & Brain Games RHA 2                                       | 10:00 Sensory Videos <b>27</b><br>11:00 Active Games w/ Luisa (TLN)<br>2:00 Afternoon Movie<br>2:00 Friday Fellowship (CH)<br>6:00 Friday Night Social (Vari)  | Earth Hour <b>28</b><br>10:15 Active Games (TLN)<br>11:00 Active Games on RHA 2 (TLN)<br>2:00 Entertainer on RHA 2<br>3:30 1:1 Programming<br>4:00 Brain Games (TLN)           |
| Palm Sunday <b>29</b><br>10:00 Church Service (CH)<br>10:00 Virtual Church<br>2:30 Hymn Sing on RHA 2 (TLN)<br>3:00 Puppet Theatre (ADN) | 1:15 1:1 Friendly visits (Vari) <b>30</b><br>1:30 Physio Group (ADS)<br>2:30 Badminton Bat (TLN)<br>4:00 Word Ladders (ADS)<br>6:15 Karaoke w/ staff & residents (TLN)<br>7:15 Relax & Restore (NSN)                 | Self-Directed Activities <b>31</b><br>10:30 Music Therapy (ADS)<br>1:30 Physio Group (ADS)<br>2:00 Movie Afternoon (TVNS)   |    | TV Lounge North (TLN)<br>Activity Den South (ADS)<br>Community Hall (CH)<br>Varied (Vari)<br>Nursing Station North (NSN)  | <u>Locations Legend</u><br>Tv lounge North & South (TVNS)<br>Piano Lounge (PL)<br>Activity Den North (ADN)<br>Main Floor (MF)  | TV Lounge South (TLS)<br>Sensory Room (SR)<br>7th Floor (7FLR)<br>Dining Room South (DRS)<br>Outing (OUT)  |