

March 2026

Shepherd Terrace

All programs are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Church in the Village 3:00 Games with Gil in the Game Room 6:00 Evening Hymn Singing</p> 	<p>9:30 Physio/Strengthening and Balance Focus 10:15 Physio /Stretching and Relaxation Focus 11:00 Brain Fitness- Word Game 2:00 SPIRITUAL LIFE / Hymn singing 3:20 Discover Canada - Canada's History/Part 1 6:00 Evening Hymn Singing</p>	<p>10:00 1:1 Pet Visits with Benji 10:00 GROUP EXERCISE 11:00 Brain Fitness- Trivia 1:30 Arts & Crafts Club 3:30 Manicure 1:1 in the Game Room 4:00 Prayer Group in the Library 6:00 MOVIE NIGHT</p>	<p>9:30 Physio/Strengthening and Balance Focus 10:15 Physio /Stretching and Relaxation Focus 11:00 This is Jeopardy! 2:00 BINGO! 3:20 Games with Gil in the Game Room 3:30 Music Appreciation!! 6:00 Evening Hymn Singing</p>	<p>10:00 GROUP EXERCISE 10:30 1:1 Pet Visits with Cloe 11:00 Brain Fitness- Trivia 2:00 SPIRITUAL LIFE / Bible study 3:20 Comedy TV Show 6:00 MOVIE NIGHT</p>	<p>10:00 GROUP EXERCISE 11:00 Brain Fitness- Word Game 2:00 Live Performance with Natalie Wong 6:00 Evening Hymn Singing</p> 	<p>9:30 PHYSIO/ Strengthening and Balance Focus 10:15 Physio /Stretching and Relaxation Focus 11:00 Brain Fitness- Word Game 1:00 Games with Gil in the Game Room 2:00 Afternoon Tea /Welcome Spring Social 3:15 Play Whist with Bruno in the Game Room</p>
<p>10:00 Church in the Village 3:00 Games with Gil in the Game Room 6:00 Evening Hymn Singing</p> 	<p>10:15 Physio /Stretching and Relaxation Focus 11:00 Brain Fitness- Word Game 2:00 SPIRITUAL LIFE / Hymn singing 3:20 Discover Canada - Canada's History/Part 2 6:00 Evening Hymn Singing</p>	<p>10:00 1:1 Pet Visits with Benji 10:00 GROUP EXERCISE 11:00 Brain Fitness- Trivia 2:00 RESIDENTS' COUNCIL MEETING 2:00 Taj Mahal and Red Fort / Presentation by Lovepreet and Mohit 4:00 Prayer Group in the Library 6:00 MOVIE NIGHT</p>	<p>9:30 Physio/Strengthening and Balance Focus 10:15 Physio /Stretching and Relaxation Focus 11:00 This is Jeopardy! 2:00 BINGO! 3:20 Games with Gil in the Game Room 3:30 Music Appreciation!! 6:00 Evening Hymn Singing</p>	<p>10:00 GROUP EXERCISE 10:30 1:1 Pet Visits with Cloe 11:00 Brain Fitness- Trivia 2:00 SPIRITUAL LIFE / Bible study 3:15 Documentary/Wild Colombia - Fantastic Creatures The Lost Eden 3:30 Manicure 1:1 in the Game Room 6:00 MOVIE NIGHT</p>	<p>10:00 GROUP EXERCISE 11:00 Brain Fitness- Word Game 2:00 LIVE PERFORMANCE WITH TONY ! 3:30 Scrabble Club in the Game Room 6:00 Evening Hymn Singing</p>	<p>9:30 PHYSIO/ Strengthening and Balance Focus 10:15 Physio /Stretching and Relaxation Focus 11:00 Brain Fitness- Word Game 1:00 Games with Gil in the Game Room 2:00 TRAVALOGUE to Jamaica 3:15 Play Whist with Bruno in the Game Room</p>
<p>10:00 Church in the Village 3:00 Games with Gil in the Game Room 6:00 Evening Hymn Singing</p> 	<p>9:30 Physio/Strengthening and Balance Focus 10:15 Physio /Stretching and Relaxation Focus 11:00 Brain Fitness- Word Game 2:00 SPIRITUAL LIFE / Hymn singing 3:20 Discover Canada - Canada's History/Part 3 6:00 Evening Hymn Singing</p>	<p>10:00 1:1 Pet Visits with Benji 10:00 GROUP EXERCISE 11:00 Brain Fitness- Trivia 2:00 St. Patrick's Day celebration with Irish Dancer/ History, culture, and much more 3:30 Manicure 1:1 in the Game Room 4:00 Prayer Group in the Library 6:00 MOVIE NIGHT</p> 	<p>Hatch the Chicken is back!!!! 9:30 Physio/Strengthening and Balance Focus 10:15 Physio /Stretching and Relaxation Focus 11:00 This is Jeopardy! 2:00 BINGO! 3:20 Games with Gil in the Game Room 3:30 Music Appreciation!! 6:00 Evening Hymn Singing</p> 	<p>10:00 GROUP EXERCISE 10:30 1:1 Pet Visits with Cloe 11:00 Brain Fitness- Trivia 2:00 SPIRITUAL LIFE / Bible study 3:15 Comedy TV Show 6:00 MOVIE NIGHT</p>	<p>10:00 GROUP EXERCISE 11:00 Brain Fitness- Word Game 2:00 Live Performance with John Lettieri 6:00 Evening Hymn Singing</p>	<p>9:30 PHYSIO/ Strengthening and Balance Focus 10:15 Physio /Stretching and Relaxation Focus 11:00 Brain Fitness- Word Game 1:00 Games with Gil in the Game Room 2:00 Chords of Care Concert in the Music Room featuring a variety of instruments, including piano, flute, and vocal performances. 3:15 Play Whist with Bruno in the Game Room</p>
<p>10:00 Church in the Village 3:00 Games with Gil in the Game Room 6:00 Evening Hymn Singing</p> 	<p>9:30 Physio/Strengthening and Balance Focus 10:15 Physio /Stretching and Relaxation Focus 11:00 Brain Fitness- Word Game 2:00 SPIRITUAL LIFE / Hymn singing 3:20 Discover Canada - Canada's History/Part 4 6:00 Evening Hymn Singing</p>	<p>10:00 1:1 Pet Visits with Benji 10:00 GROUP EXERCISE 11:00 Brain Fitness- Trivia 2:00 Ice cream get-together Social (Bring your knitting tools) 3:30 Manicure 1:1 in the Game Room 4:00 Prayer Group in the Library 6:00 MOVIE NIGHT</p>	<p>9:30 Physio/Strengthening and Balance Focus 10:15 Physio /Stretching and Relaxation Focus 11:00 This is Jeopardy! 2:00 Live Performance! Laurie Atkins (MR) 3:20 Games with Gil in the Game Room 3:30 Music Appreciation!! 6:00 Evening Hymn Singing</p>	<p>10:00 GROUP EXERCISE 10:30 1:1 Pet Visits with Cloe 11:00 Brain Fitness- Trivia 2:00 SPIRITUAL LIFE / Bible study 3:20 Comedy TV Show 6:00 MOVIE NIGHT</p>	<p>10:00 GROUP EXERCISE 11:00 Brain Fitness- Word Game 2:00 Easter Hymn Sing with Murray and Nancy Lahn in the Community Hall 3:30 Scrabble Club in the Game Room 6:00 Evening Hymn Singing</p>	<p>9:30 PHYSIO/ Strengthening and Balance Focus 10:15 Physio /Stretching and Relaxation Focus 11:00 Brain Fitness- Word Game 1:00 Games with Gil in the Game Room 2:00 BINGO! 3:15 Play Whist with Bruno in the Game Room</p>
<p>10:00 Church in the Village 3:00 Games with Gil in the Game Room 6:00 Evening Hymn Singing</p> 	<p>9:30 Physio/Strengthening and Balance Focus 10:15 Physio /Stretching and Relaxation Focus 11:00 Brain Fitness- Word Game 2:00 SPIRITUAL LIFE / Hymn singing 3:20 Discover Canada - Canada's History/Part 5 6:00 Evening Hymn Singing</p>	<p>10:00 1:1 Pet Visits with Benji 10:00 GROUP EXERCISE 11:00 Brain Fitness- Trivia 2:00 "Gratitude Service" In the Community Hall 3:30 Manicure 1:1 in the Game Room 4:00 Prayer Group in the Library 6:00 MOVIE NIGHT</p>				