



MARCH 2019

SPRING arrives March 20th!

Blackadar Continuing Care Centre—Dundas, Ontario

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
HAIR SALON with Penny TUESDAYS Starting at 9:00 a.m.	MARCH IS NUTRITION MONTH MARCH CELEBRATES RECREATION PROFESSIONALS AWARENESS MONTH					1 10:00 S & C Class 3 11:00 Out & About O 2:00 Bingo 2	2 9:45 Morning News & Conversation 2 10:30 Mini Kitchen 3 2:00 On Request Music and Appetizers 2
3 10:00 Spiritual Craft 2 11:15/11:30 Gospel Favourites 3/2 2:00 Eagle World Wide Ministries Gospel Sing 3	4 10:00 S & C Class 3 10:00 Skills For Change Technology L 2:00 Super Quiz 2 6:30 Uno Game 2	5 9:30 Manicures and Relaxation Spa L 1:30 S & C Class 2 2:00 Mardi Gras Party 2 6:30 Evening Bingo 3	6 10:00 Memorial Service (rescheduled from Feb) L 10:30 Pet Visiting Sassy R 11:15/11:30 Gospel Faves 2/3 2:00 Ladderball Game 3	7 10:15 S & C Class 3 1:00 Pet Visiting R 2:00 Ancaster Fun Chorus Musical Performance 2 6:30 Tai Chi 2	8 10:00 S & C Class 2 11:00 Out & About O 2:00 Bingo 3	9 9:45 Morning News & Conversation 3 10:30 Mini Kitchen 2 2:00 Springtime Social 3	
10 9:45 Chapel Service 3 10:30 Chapel Service 2 1—4 Chaplain Visits R	11 10:00 S & C Class 2 11:00 Chime Choir L 2:00 Music Makers with Music Therapist 3 6:30 Urban Myth 3	12 9:30 Manicures and Relaxation Spa L 1:30 S & C Class 3 2:00 St. Patty's Craft 3 6:30 Evening Bingo 2	13 10:00 St. James Anglican Communion 2 10:30 Pet Visiting Sassy R 2:00 Cooking and Baking (St. Patty's Day)	14 10:15 S & C Class 2 1:00 Pet Visiting R 2:00 Bingo 2 6:30 Tai Chi 2	15 10:00 S & C Class 3 11:00 Out & About O 2:00 Fountains of Uke McMaster Music Initiative	16 9:45 Morning News & Conversation 2 10:30 Mini Kitchen 3 2:00 St. Patty's Party with John Moorhouse 2	
17 10:00 Devotional Thought 2 2:00 Hymn Sing 3	18 10:00 S & Class 3 10:00 Skills For Change Technology L 2:00 Armchair Travel "A Trip To Ireland" 2 6:30 Game TBA 2	19 9:30 Manicures and Relaxation Spa L 12:00 Take Out "Tally Ho" 2:00 Movie/Snacks 3 7:00 Ancaster Youth Group 3	20 10:00 S & C Class 2 10:30 Pet Visiting Sassy R 2:00 Coffee Hour 5:00 Resident and Family Diner's Night M	21 10:00 Cooking and Baking 3 1:30 Coffee Outing 2:00 S & C Class 3 6:30 Tai Chi 2	22 10:00 S & C Class 2 11:00 Out & About O 2:00 Fountains of Uke McMaster Music Initiative	23 9:45 Morning News & Conversation 3 10:30 Mini Kitchen 2 2:00 Bingo 3	
24 10:15 Bible Study	25 10:00 S & C Class 2 11:00 Chime Choir L 2:00 Music Makers with Music Therapist 3 6:30 Waffle Night 2	26 9:30 Manicures and Relaxation Spa L 10:00 S & C Class 3 1:30 DVMS Show and Tell 2 2:00 "March" Hangman Game 2 6:30 Evening Bingo 2	27 10:30 Pet Visiting Sassy R 11:00 Lunch Outing to Flamboro Downs 2:00 S & C Class 2	28 10:00 Food Committee 10:30 Resident Executive Committee L 2:00 Bingo 2 6:30 Tai Chi 3	29 10:00 S & C Class 3 11:00 Out & About O 2:00 Fountains of Uke McMaster Music Initiative	30 9:45 Morning News & Conversation 2 10:30 Mini Kitchen 3 2:00 Stephen Miller and his Guitar! 2	
31 10:00 Devotional Thought 3 2:00 Hymn Sing 2			PROGRAM LEGEND L = Resident Lounge (1st Floor) 2 = 2nd Floor Lounge R = Room to Room 3 = 3rd Floor Lounge O = Outside/Deck TBA = To Be Announced				

M = Main Floor Dining Room DVMS = Dundas Valley Montessori School
 S & C Class = Strength and Conditioning Class