


Heritage HOUSE

March, 2017



May you have warm words on a cold evening.
A full moon on a dark night ,
And the road downhill all the way home

An Irish Blessing

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>MARCH BIRTHDAYS</p> <p>1st Olea 3rd Alex 6th Ilse 8th Marion 9th Savat 12th Betty 29th Sophia</p> <p>Key: (LH) = Laurier House</p>		<p>ZODIAC</p> <p>Pisces Feb. 20 – Mar. 20</p> <p>Aries Mar. 21 – Apr. 19</p>	<p>1</p> <p>10:00 Today's Topics</p> <p>2:30 Active Games</p> <p>3:30 Short Stories</p> <p>4:30 Friendly Visits</p> <p>6:30 BINGO</p>	<p>2</p> <p>10:45 St. Thomas Anglican Church</p> <p>2:00 Bingo (LH)</p> <p>2:30 Music with Dan Butler</p> <p>7:00 Pub Night (LH)</p>	<p>3</p> <p>10:30 Exercises</p> <p>11:00 Sing-Along</p> <p>1:30 iPad Games in ADP</p> <p>2:30 Today's Topics</p>	<p>4</p> <p>10:30 Visits with Jack</p> 
<p>Please be advised that the monthly calendar is subject to <u>last minute</u> changes. If you have any questions, please contact Recreation @ 780-417-4330 or heather.rozak@capitalcare.net</p> <p>Visit CapitalCare on Facebook</p>						
5	6	7	8	9	10	11
<p>10:30 Shine On Manicures</p> <p>3:00 Victory Baptist Church</p>	<p>10:30 Today's Topics</p> <p>11:00 Reading with Holy Spirit School Grade 4's</p> <p>1:30 Name That Tune</p> <p>3:30 Exercises</p>	<p>10:30 Protestant Communion (LH)</p> <p>10:30 "Chapters for Starbucks" Bus Trip</p> <p>10:30 Tabletop Exercise</p> <p>11:00 Social</p> <p>1:30 Manicures</p> <p>2:30 Creative Hands</p> <p>3:30 Exercises</p>	<p>10:30 Music with Bill</p> <p>10:30am – 7:00pm Greenhouse Grand Opening</p>	<p>10:45 Hymn Sing</p> <p>2:00 Bingo (LH)</p> <p>2:15 Knitting Club</p> <p>3:30 Exercises</p> <p>7:00 Pub Night (LH)</p>	<p>10:30 Today's Topics</p> <p>1:30 Dance with Randy Glen</p> <p>2:30 Tabletop Exercise</p> <p>3:30 Exercises</p>	<p>10:30 Wye Strings Perform</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12 <i>Daylight Savings</i> <i>*Spring ahead*</i>	13 10:30 Rhythm Circle <i>1:45 Reading with Glen Allan School Grade 4's</i> 2:45 Gardening 3:30 Exercises	14 10:30 Creative Hands 1:30 Tabletop Exercise 1:45 Manicures 3:30 Exercises	15 10:30 Relaxing Moments 11:00 Short Stories 1:30 Strathcona Library Book Mobile 1:30 Today's Topics 2:30 Active Games	16 10:45 OLPH Roman Catholic Mass 2:00 Bingo (LH) 2:15 Story Building 3:30 Exercises 7:00 Pub Night (LH)	17 <i>St. Patrick's Day</i> DRESS GREEN DAY 10:30 Exercises 1:30 Tabletop Exercise 2:30 Knock School of Irish Dance	18 10:30 Baking – Lemon Gluten Free Bread <i>1:30 Dance with Randy & Rai</i>
19 10:30 Shine On Manicures 3:00 St. John's Lutheran Church	20 <i>Spring Begins</i> 10:30 Resident/Family Council Meeting 10:30 Today's Topics 11:00 Active Games 1:30 Hand Bells 3:30 Exercises	21 10:30 Tabletop Exercise 10:30 Manicures 1:30 Welcome Tea Social with Larry Begordy 2:30 Men's Cave Tour 3:30 Exercises	22 10:30 Baking <i>11:00 Wacky Sports Day with Holy Spirit School Grade 4's</i> 1:30 Today's Topics 2:30 Rhythm Circle	23 10:45 Ardrossan United Church 2:00 Celebration of Life (LH) 2:15 Knitting Club 3:30 Exercises 7:00 Pub Night (LH)	24 10:30 Exercises 1:30 Tabletop Exercises 2:30 Social 3:30 Short Stories 4:30 Relaxing Moments 6:30 BINGO	25 10:30 Visits with Jack 
26 2:00 Heartland Alliance Church	27 10:30 Rhythm Circle 11:00 Visits with Tucker 1:45 Tabletop Exercise 2:30 Relaxing Moments 3:30 Exercises	28 10:30 "Walmart" Bus Trip 10:30 Today's Topics 1:30 Manicures 1:45 Creative Hands 2:30 Reminiscing 3:30 Exercises	29 <i>10:30 Music with Margie</i> 2:30 Active Games 5:30 Diner's Club "Papa Murphy's Pizza" 6:30 BINGO	30 10:45 Glory Lutheran Church 2:00 Bingo (LH) 2:00 Accordion with Stan Kanarek 7:00 Pub Night (LH)	31 10:30 Exercises 11:00 Sing-Along 1:30 Zoo 2 U	