

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Start Your Day Great!

Join us for Morning Chair Exercise At 8:30am

Everyday Monday's Thru Friday's



# March 2018

Find the Lucky Leprechauns every Friday & WIN a LUCKY Prize!



## Sundre Seniors Supportive Living Lodge Activity Calendar

<p>10:00am Catholic Communion (2<sup>nd</sup> Floor Quiet Room)</p> <p>2:00pm Nazarene Church Service (Main Dining Room Lounge)</p> <p>4</p>	<p>10:00am Pin Bowling (2<sup>nd</sup> Floor Lounge)</p> <p>2:00pm Entertainment by Not Exactly Serious (Piano Lounge)</p> <p>3:00pm Monday Sundae's (Bistro)</p> <p>6:00pm Reading with Annette (Piano Lounge)</p> <p>5</p>	<p>9:00am Hall Bingo</p> <p>10:00am Floor Curling (Bistro Lounge)</p> <p>2:30pm Resident &amp; Family Council Meeting (Main Dining Room)</p> <p>3:00pm Coffee Hour (Bistro)</p> <p>6</p> <p>Sheila's Foot Care</p>	<p>10:00am Bean Bag Toss (Bistro Lounge)</p> <p>1:30pm Nail Spa (Bistro Lounge)</p> <p>6:00pm Cards &amp; Crib Game (3<sup>rd</sup> Floor Lounge)</p> <p>7</p> <p>Sheila's Foot Care</p>	<p>Theme Thursday <b>Wear Green</b> Day!</p> <p>9:00am Hall Bingo</p> <p>10:00am Dutch Shuffleboard (Bistro Lounge)</p> <p>2:00pm Bingo (Main Dining Room)</p> <p>3:00pm Coffee Hour (Bistro)</p> <p>8</p> <p>Sheila's Foot Care</p>	<p>9:30am Lucky Leprechauns Search Game</p> <p>10:30am Bible Studies (2<sup>nd</sup> Floor Quiet Room)</p> <p>2:00pm <b>World Day of Prayer Service.</b> (Drop In Centre)</p> <p>9</p> <p>Cindy Off Today</p> <p>Sheila's Foot Care</p>	<p>Betty T. </p> <p>8:30am Exercise (Exercise Room)</p> <p>10:00am Residents Shuffleboard (2<sup>nd</sup> Floor Lounge)</p> <p>10</p>
<p>10:00am Catholic Communion (2<sup>nd</sup> Floor Quiet Room)</p> <p>2:00pm McDougal Chapel Service</p> <p>11</p> <p>Daylight Saving Time Begins</p>	<p>10:00am Pin Bowling (2<sup>nd</sup> Floor Lounge)</p> <p>2:00pm Name that Irish Tune &amp; Sing-a-long</p> <p>3:00pm Coffee Hour (Bistro)</p> <p>6:00pm Reading with Annette (Piano Lounge)</p> <p>12</p>	<p>9:00am Hall Bingo</p> <p>10:00am Leprechaun Race Dice Game</p> <p>2:00pm Entertainment by Myrna &amp; Friends (Piano Lounge)</p> <p>3:00pm <b>Luck of the Irish</b> Ice Cream Floats (Bistro)</p> <p>13</p>	<p>10:00am Bean Bag Toss (Bistro Lounge)</p> <p>1:00pm Sundre Library Visit</p> <p>1:00pm Pet Visits (Piano Lounge)</p> <p>2:00pm United Church Coffee Party (Family Dining Room)</p> <p>14</p> <p></p>	<p>9:00am Hall Bingo</p> <p>10:00am Truth or Blarney Trivia (Bistro Lounge)</p> <p>1:30pm Osteoporosis Education with Ann (2<sup>nd</sup> floor SL4)</p> <p>2:00pm Bingo (Main Dining Room)</p> <p>3:00pm Coffee Hour (Bistro)</p> <p>15</p>	<p>9:30am Lucky Leprechauns Search Game</p> <p>10:30am Bible Studies (2<sup>nd</sup> Floor Quiet Room)</p> <p>6:30pm <b>Luck of the Irish Pub Night</b> &amp; entertainment by <b>Sox &amp; Saxs</b></p> <p>16</p> <p></p>	<p>8:30am Exercise (Exercise Room)</p> <p>10:00am Residents Shuffleboard (2<sup>nd</sup> Floor Lounge)</p> <p>17</p> <p>St. Patrick's Day</p>
<p>10:00am Catholic Communion (2<sup>nd</sup> Floor Quiet Room)</p> <p>2:00pm Bergen Church Service (Main Dining Room Lounge)</p> <p>18</p>	<p>10:00am Pin Bowling (2<sup>nd</sup> Floor Lounge)</p> <p>2:00pm Residents Birthday Party &amp; Entertainment by Centennial Fiddlers (Main Dining Room)</p> <p>6:00pm Reading with Annette (Piano Lounge)</p> <p>19</p>	<p>9:00am Hall Bingo</p> <p>10:00am Dutch Shuffleboard with Karen (Bistro Lounge)</p> <p>2:00pm Nail Spa with Karen (Bistro Lounge)</p> <p>3:00pm Coffee Hour (Bistro)</p> <p>20</p> <p>Cindy Off Today</p>	<p>10:00am Floor Curling with Karen (Bistro Lounge)</p> <p>1:15pm <b>Bus Trip</b> – Victorian Spring Tea Time at the Sundre Museum</p> <p>6:00pm Cards &amp; Crib Game (3<sup>rd</sup> Floor Lounge)</p> <p>21</p> <p>Cindy Off Today</p> <p></p>	<p>9:00am Hall Bingo</p> <p>10:00am Bingo (Main Dining Room)</p> <p>2:00pm Olds Calico Cappers Square &amp; Round Dancers (Main Dining Room)</p> <p>3:00pm Coffee Hour (Bistro)</p> <p>22</p>	<p>9:30am Lucky Leprechauns Search Game</p> <p>10:30am Bible Studies (2<sup>nd</sup> Floor Quiet Room)</p> <p>2:00pm Armchair Travel to Ireland with Munchies (TV Room)</p> <p>23</p> <p>Cindy Off Today</p>	<p>8:30am Exercise (Exercise Room)</p> <p>10:00am Residents Shuffleboard (2<sup>nd</sup> Floor Lounge)</p> <p>24</p>
<p>10:00am Catholic Communion (2<sup>nd</sup> Floor Quiet Room)</p> <p>2:00pm Catholic Church Service (Main Dining Room Lounge)</p> <p>25</p> <p>Palm Sunday</p>	<p>10:00am Pin Bowling (2<sup>nd</sup> Floor Lounge)</p> <p>2:00pm Entertainment by The Drifters (Piano Lounge)</p> <p>3:00pm Ice Cream Cart (Bistro)</p> <p>6:00pm Reading with Annette (Piano Lounge)</p> <p>26</p>	<p>Ilse D. </p> <p>9:00am Hall Bingo</p> <p>10:00am X-Box Bowling Game (TV Room)</p> <p>2:00pm Music Bingo (Bistro Lounge)</p> <p>3:00pm Coffee Hour (Bistro)</p> <p>27</p>	<p>10:00am Bean Bag Toss (Bistro Lounge)</p> <p>1:00pm Sundre Library Visit</p> <p>1:00pm <b>Bus Trip</b> – Innisfail Bible Museum &amp; Ice Cream Shop</p> <p>6:00pm Cards &amp; Crib Game (3<sup>rd</sup> Floor Lounge)</p> <p>28</p> <p></p>	<p>9:00am Hall Bingo</p> <p>10:00am Target Shuffleboard (2<sup>nd</sup> Floor Lounge)</p> <p>2:00pm Bingo (Main Dining Room)</p> <p>3:00pm Coffee Hour (Bistro)</p> <p>29</p>	<p>9:30am Lucky Leprechauns Search Game</p> <p>10:30am Bible Studies (2<sup>nd</sup> Floor Quiet Room)</p> <p>2:00pm Film Friday &amp; Munchies (TV Room)</p> <p>Cindy Off Today</p> <p>30</p> <p>First Day of Passover Good Friday</p>	<p>8:30am Exercise (Exercise Room)</p> <p>10:00am Residents Shuffleboard (2<sup>nd</sup> Floor Lounge)</p> <p>31</p>

Events & Activities are subject to change without notice.

Doctors office OPEN every Tuesday – Call 403-638-4433 for an Appointment.