



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
9:15 One to One Exercises <b>10:15 Roman Catholic Communion</b> 2:00 Ring Toss 3:00 Manicures 7:00 Chicken Soup for the Soul-Let's Reminisce	9:15 One to One Exercises 10:30 Stronger Seniors <b>2:00 Retirement Party for Peggy Kerlake</b> 3:00 Tuck Cart 7:00 Let's Bake 	9:15 One to One Exercises <b>10:30 Bowling with Students from SPS</b> 2:00 Horse Races 3:00 Touch to Play Visits 5:00 Ladies Dinner 7:00 Games Night	9:15 One to One Exercises 9:45 Stronger Seniors <b>10:30 Bible Study with Wally DeWolfe</b> <b>2:00 Resident Council &amp; Food Committee Meeting</b> 3:00 Book Club 7:00 Java Memory Care	9:15 One to One Exercises 10:30 Stronger Seniors 2:00 "March" Guggenheim 3:00 Apple Cider & Hot Chocolate 7:00 Balloon Volleyball	8:30 Breakfast Club 9:45 Exercise Group <b>10:45 Rosary with Mary Helen VanLoon</b> 2:00 Bingo 7:00 Wii Wheel of Fortune	9:15 One to One Exercises 10:00 News and Views <b>11:00 Bible Lessons</b> <b>2:00 Entertainment with the Goderich Ukulele Strummers</b> 3:00 Visits with Snowflake 7:00 Tic Tac Toe Trivia	
9:15 One to One Exercises <b>10:15 Roman Catholic Communion</b> 2:00 "Daylight Savings" Word in a Word 3:00 Manicures 7:00 Giant Word Find <small>Daylight Saving Time Begins</small>	9:15 One to One Exercises 10:30 Stronger Seniors <b>1:45 Baking with Friends from Community Living</b> 3:00 Tuck Cart 7:00 Cannonball Drop	9:15 One to One Exercises <b>10:30 Bowling with Students from SPS</b> <b>2:00 Beach Party and Entertainment with Dave Shakespeare</b> 3:00 Hand Massages 7:00 Karaoke	9:15 One to One Exercises 9:45 Stronger Seniors <b>10:30 Bible Study with Wally DeWolfe</b> 2:00 Book Club <b>3:00 Church Service with Pastor Brian Hymers</b> 7:00 Melody Lane Sing	9:15 One to One Exercises 10:30 Stronger Seniors 2:00 Plant Flowers-National Plant a Flower Day 7:00 Pool Noodle Game <b>10am-3pm Geri-Fashions Sale Basement Activity Room</b> 	8:30 Breakfast Club 9:45 Exercise Group <b>10:45 Rosary with Mary Helen VanLoon</b> 2:00 Bingo 7:00 Wii Jeopardy <b>WEAR BLACK FOR FRIDAY THE 13<sup>TH</sup>!</b> 	9:15 One to One Exercises 10:00 News and Views <b>11:00 Bible Lessons</b> 2:00 Target Toss 3:00 Visits with Snowflake	
9:15 One to One Exercises <b>10:15 Roman Catholic Communion</b> <b>2:00 Memorial Service with Pastor Laurie Morris</b> 3:00 Manicures <b>7:00 Bornholm Church Entertains</b>	9:15 One to One Exercises 10:30 Stronger Seniors 2:00 Pokeno 3:00 Tuck Cart 7:00 Let's Bake St. Patrick's Day Cookies	9:15 One to One Exercises <b>10:30 Bowling with Students from SPS</b> <b>2:00 St. Patrick's Day Party with Marie Flynn</b> 5:00 Men's Dinner 7:00 Games Night <b>WEAR GREEN FOR ST. PATRICK'S DAY!</b> 	9:15 One to One Exercises 9:45 Stronger Seniors <b>10:30 Bible Study with Wally DeWolfe</b> <b>2:00 Church Service with Pastor Ken Whiting</b> 3:00 Book Club 7:00 Java Music Club	9:15 One to One Exercises 9:45 Stronger Seniors <b>11:00 Mass-Father Philip</b> <b>2:00 Entertainment with Cameron Denomme</b> 3:00 Ice Cream Cones 7:00 Balloon Volleyball <b>WEAR YELLOW FOR THE FIRST DAY OF SPRING</b> 	8:30 Breakfast Club 9:45 Exercise Group <b>10:45 Rosary with Mary Helen VanLoon</b> 2:00 Bingo 7:00 Wii Family Feud	9:15 One to One Exercises 10:00 News and Views <b>11:00 Bible Lessons</b> 2:00 Bean Bag Toss 3:00 Visits with Snowflake 7:00 What's in the Bag? <b>ROCK YOUR SOCKS FOR DOWN SYNDROME!</b> 	
9:15 One to One Exercises <b>10:15 Roman Catholic Communion</b> 2:00 Ladder Ball 3:00 Manicures 7:00 Colouring Boards	9:15 One to One Exercises 10:30 Stronger Seniors 2:00 Curling 3:00 Tuck Cart 7:00 Slot Machine Competition	9:15 One to One Exercises <b>10:30 Bowling with Students from SPS</b> <b>2:00 Painting with Jayne</b> 7:00 Karaoke	9:15 One to One Exercises 9:45 Stronger Seniors <b>10:30 Bible Study with Wally DeWolfe</b> 2:00 Book Club <b>3:00 Church Service with Pastor Brian Hymers</b> 7:00 Hand Massages	9:15 One to One Exercises 10:30 Stronger Seniors <b>2:00 Entertainment with Friends with Music</b> <b>3:30 Chats with Cathy</b> 7:00 Pool Noodle Game <b>WEAR PURPLE FOR EPILEPSY</b>  	8:30 Breakfast Club 9:45 Exercise Group <b>10:45 Rosary with Mary Helen VanLoon</b> 2:00 Bingo 7:00 Movie Night with Popcorn 	9:15 One to One Exercises 10:00 Exercise Group <b>11:00 Bible Lessons</b> 2:00 Universal Yums 3:00 Visits with Snowflake 7:00 Men's Night	
9:15 One to One Exercises <b>10:15 Roman Catholic Communion</b> 2:00 Floor Shuffleboard 3:00 Manicures 7:00 Ladies Night	9:15 One to One Exercises 10:30 Stronger Seniors <b>12:30 Family Council Meeting</b> 2:00 Music Bingo 3:00 Tuck Cart 7:00 Jeopardy	9:15 One to One Exercises <b>10:30 Bowling with Students from SPS</b> <b>2:00 Birthday Party with Michael Semenuk</b> 3:00 Touch to Play 7:00 Games Night 	 <h1>March 2020</h1>  <h2>SEAFORTH LONG TERM CARE HOME</h2>				

DUE TO UNFORSEEN CIRCUMSTANCES PROGRAM CHANGES MAY OCCUR WITHOUT ADVANCED WARNING.