

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

March 2023

Orchard Walk Retirement Residence

			<p>Hairdresser Day 1 9:00 – 12:30 Kemptville Hearing Clinic (C) 9:15 Chair Exercise (M) 10:30 You Be the Judge (M) 1:30 Chair Yoga with Georgia (M) 2:00 Sing – a – long with Margie, Bruce & Friends (M) 3:00 Let's Play Billiards (PL)</p>	<p>2 9:15 Chair Exercise (M) 10:30 Boggle (CL) 1:00 Latin Chair Dancing (M) 2:00 Happy Hour with piano by Scott (TC) 3:00 Friendly Visits</p>	<p>3 9:15 Chair Exercise (M) 10:30 Bingo (M) 1:00 Cards with Friends (TC) 2:00 Nail Painting (CL) 3:00 Let's Play Billiards (PL)</p>	<p>4 9:15 Online Exercise (M) 10:30 Word Searches (CL) 2:00 Bingo (M) 3:00 Cards with Friends (CL)</p>
<p>5 9:15 Online Exercise (M) 10:30 Bingo (CL) 2:00 Boggle (CL) 3:00 Cards with Friends (CL)</p>	<p>6 9:15 Chair Exercise (M) 10:30 Brain Game: Who Am I? (M) 2:00 Bingo (M) 3:00 Pet Visits with Daisy 3:00 Knitting Club (CL)</p> <p>Purim Begins</p>	<p>7 9:15 Chair Exercise (M) 10:30 Trivia (M) 1:00 Friendly Visits 2:00 Happy Hour (TC) 3:00 Cards with Friends (TC)</p>	<p>Hairdresser Day 8 International Women's Day 9:15 Chair Exercise (M) 10:00 Food for Thought Meeting (PL) 1:30 Chair Yoga with Georgia (M) 2:00 Women's Day Trivia (M) 3:00 Boggle (CL)</p>	<p>9 9:15 Chair Exercise (M) 10:00 TLC Clinic (C) 10:30 Bingo (M) 1:00 Latin Chair Dancing (M) 2:00 Headlines of the Week (M) 3:15 Craft (M)</p>	<p>10 9:15 Chair Exercise (M) 10:30 Guess That Word (TC) 1:00 Friendly Visits 2:00 Live Music with Larry Wright (PL) 3:15 Cards with Friends (CL)</p>	<p>11 9:15 Online Exercise (M) 10:30 Boggle (CL) 2:00 Bingo (M) 3:00 Cards with Friends (CL)</p>
<p>12 9:15 Online Exercise (M) 10:30 Brain Puzzles (CL) 1:00 Movie (T) 3:00 Cards with Friends (CL)</p> <p>Daylight Saving Time Begins</p>	<p>13 9:15 Chair Exercise (M) 10:30 Bingo (M) 2:00 Brain Game: Riddle me this with tea & coffee (M) 3:00 Pet Visits with Daisy 3:00 Knitting Club (CL)</p>	<p>14 9:15 Chair Exercise (M) 10:30 Brain Game: The Price Is Right (M) 1:00 Friendly Visits 2:00 Live Lecture with Professor Cammy (PL) 3:00 St. Patty's Craft (TC)</p>	<p>Hairdresser Day 15 9:15 Chair Exercise (M) 10:30 Bingo (M) 1:30 Chair Yoga with Georgia (M) 2:00 Movie (T) 3:00 Cards with Friends (CL)</p>	<p>16 9:15 Chair Exercise (M) 10:30 Nail Painting (CL) 1:00 Latin Chair Dancing (M) 2:00 The Ottawa Irish Dancers! (PL) 2:30 Happy Hour (TC)</p>	<p>Wear Green! 17 9:15 Chair Exercise (M) 10:30 St. Patrick's Day Trivia (M) 2:00 St. Patrick's Day Party with Live Music with Chris & Scott! (PL) 3:15 Let's Play Billiards (PL)</p> <p>St. Patrick's Day</p>	<p>18 9:15 Online Exercise (M) 10:30 Word Searches (CL) 2:00 Bingo (M) 3:00 Cards with Friends (CL)</p>
<p>19 9:15 Online Exercise (M) 10:30 Bingo (CL) 2:00 Boggle (CL) 3:00 Cards with Friends (CL)</p>	<p>20 9:15 Chair Exercise (M) 10:30 Spring Trivia (M) 1:00 Friendly Visits 2:00 Flower Arranging (TC) 3:00 Pet Visits with Daisy 3:00 Knitting Club (CL)</p> <p>Spring Begins</p>	<p>21 9:15 Chair Exercise (M) 10:30 Bingo (M) 1:00 Cards with Friends (CL) 2:00 Brain Game: The Price is right (M) 3:00 Boggle (CL)</p>	<p>Hairdresser Day 22 9:15 Chair Exercise (M) 10:30 Guess That Word (TC) 1:30 Chair Yoga with Georgia (M) 2:00 Live Music with Spencer Scharf (PL) 3:15 Let's Play Billiards (PL)</p> <p>Ramadan Begins</p>	<p>23 9:15 Chair Exercise (M) 10:30 Baking (TC) 1:00 Latin Chair Dancing (M) 2:00 Brain Game: Who am I? (M) 3:00 Cards with Friends (CL)</p>	<p>24 9:15 Chair Exercise (M) 10:30 Bingo (M) 1:00 Brain Game: Word Clues (TC) 2:00 Happy Hour (TC) 3:00 Friendly Visits</p>	<p>25 9:15 Online Exercise (M) 10:30 Boggle (CL) 2:00 Bingo (M) 3:00 Cards with Friends (CL)</p>
<p>26 9:15 Online Exercise (M) 10:30 Brain Puzzles 1:00 Movie (T) 3:00 Cards with Friends (CL)</p>	<p>27 9:15 Chair Exercise (M) 10:30 Bingo (M) 1:00 Boggle (CL) 2:00 Nail Painting (CL) 3:00 Pet Visits with Daisy 3:00 Knitting Club (CL)</p>	<p>28 9:15 Chair Exercise (M) 10:30 Baking (TC) 1:00 Friendly Visits 2:00 Coffee House Social (TC) 3:00 Trivia (TC)</p>	<p>Hairdresser Day 29 9:15 Chair Exercise (M) 10:30 Guess that Word (TC) 1:30 Chair Yoga with Georgia (M) 2:00 Resident Meeting (DR)</p>	<p>30 9:15 Chair Exercise (M) 10:30 Bingo (M) 1:00 Latin Chair Dancing (M) 2:00 Happy Hour (TC) 3:00 Cards with Friends (TC)</p>	<p>31 9:15 Chair Exercise (M) 10:30 Brain Game: Who Am I? (M) 1:00 Cards with Friends (TC) 2:00 March Birthday Party with Live Music from Bob Schwartz (PL)</p>	