

March 2019

St. James Town Seniors Corner

200 Wellesley St. E

EVERY DAY ACTIVITIES:

10:00am-10:30am: Supportive Discussion

11:00am-12:00pm: Group Meal Preparation

12:00pm—12:30pm: Nutritious Lunch

Tuesdays, Wednesdays and Thursdays: 10am—2pm

Tuesday

Wednesday

Thursday

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| <p>5 <i>Shrove Tuesday (Pancake Tuesday)</i> 10:30 - 11:00: Grocery Shopping 11:00-12:00: Health Talk with Emma 12:30– 2:00: Mardi Gras celebrations</p> | <p>6 10:30 - 11:30: Group Board Games 11:30 - 12:00: Get Fit! Group Exercises 12:30 - 2:00: Classic TV Shows</p> | <p>7 10:30 - 11:00: Group Discussion 11:00-12:00: Trivia Time 12:30– 2:00: Visit to Re kai Centre</p> |
| <p>12 10:30 - 11:00: Grocery Shopping 11:00-12:00: Giant Crossword Puzzles 12:30—2:00: Drum Circle at Dixon Hall</p> | <p>13 10:30 - 11:30: Group Board Games 11:30 - 12:00: Get Fit! Group Exercises 12:30 - 2:00: Visit Progress Place Boutique</p> | <p>14 <i>Pet Food Day</i> 10:30 - 11:30: Group Board Games 11:30-12:00: Let's Get Crafty 12:30– 2:00: Creative Corner</p> |
| <p>19 10:30 - 11:00: Grocery Shopping 11:00-12:00: Name That Tune 12:30– 2:00: St. Patrick's Day Fun</p> | <p>20 10:30 - 11:30: Group Board Games 11:30 - 12:00: Get Fit! Group Exercises 12:30 - 2:00: BINGO</p> | <p>21 10:30 - 11:00: Horoscope reading 11:00-12:00: Wacky Words 12:30– 2:00: Painting with Susan</p> |
| <p>26 10:30 - 11:00: Grocery Shopping 11:00-12:00: YouTube Videos 12:30—2:00: T-Shirt Decorating</p> | <p>27 10:30 - 11:30: Group Board Games 11:30 - 12:00: Get Fit! Group Exercises 12:30 - 2:00: Workshop on Stress Management</p> | <p>28 10:30—12:00: Group Board Games 12:30—2:00: Prepare for Senior's Social 2:00—4:00: Senior's Social Dixon Hall - 188 Carlton St</p> |