












SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
30 9:30 reflexology (pv) 11:00 sit and be fit (fv)  1:30 sunday funday 3:00 Vancouver Christian Music Ensemble (fv)	31 9:30 spiritual care visits 11:00 gentle fit (fv) 1:30 bingo (pv) 1:30 animal kingdom (gv) 1:30 music visits w/ Abi 3:00 weight training (fv) 6:00 sing-along (pv)	<b>MARCH</b>  <b>FRASERVIEW AND GARDENVIEW CALENDAR</b>					1 
2 	3  "Whether it's St. Patrick's Day or not, everyone has a little luck o' the Irish in them." — LAURA SOMMERS	4 9:30 manicures (gv)  11:00 gentle fit (fv) 1:30 table games (fv) 1:30 brainstorm (pv) 3:00 arm class (fv) 3:00 table games (gv) 6:00 dance world (pv)	5 9:45 baking (fv) 11:00 gentle fit (fv) 1:30 choir (fv) 3:00 world travel (gv) 6:00 circus circus! (pv)	6 Therapies Department Mtg. 11:00 gentle fit (fv) 11:00 puzzle party (gv) 1:30 knitting club (pv) 1:30 artistic corner (fv) 1:30 dance world (gv)  3:00 Josee's visits 3:00 volleyball (fv)	7 9:30 table games (pv) 11:00 get up and go (fv) 2:00 happy hour w/ Pete Campbell (fv)  3:00 sing-along (gv) 6:00 balloon exercises (pv)	8 Int'l Women's Day 9:30 leisure trolley (pv) 11:00 get up & go (fv) 1:30 fidgety fingers (fv) 2:30 movie marathon (fv) 	
Daylight Savings 9	10	11	12	13	14	15	
9:30 reflexology (pv) 11:00 sit and be fit (fv)  1:45 worship w/ All Saint's Anglican (CH) 3:00 Catherine's circle	9:30 spiritual care visits 11:00 gentle fit (fv) 1:30 bingo (pv) 1:30 animal kingdom (gv) 3:00 weight training (fv) 6:00 sing-along (pv)	9:30 soothing space (gv) 11:00 gentle fit (fv)  1:30 table games (fv) 1:30 The Voice! (pv) 3:00 arm class (fv) 3:00 table games (gv) 6:00 dance world (pv)	9:45 baking (fv)  11:00 gentle fit (fv) 1:30 choir (fv) 1:00 scenic drive (by invitation only- a1 unit) 3:00 Catherine's circle (pv) 3:00 world travel (gv) 6:00 circus circus! (pv)	11:00 gentle fit (fv) 11:00 puzzle party (gv) 1:30 knitting club (pv) 1:30 artistic corner (fv) 1:30 dance world (gv) 3:00 Josee's visits 3:00 volleyball (fv)	9:30 table games (pv) 11:00 get up and go (fv) 2:00 Happy Hour w/ Alastair McMurray (fv) 3:30 sing-along (gv) 6:00 balloon exercise (pv)	9:30 leisure trolley (pv) 11:00 get up & go (fv)  1:30 fidgety fingers (fv) 2:30 movie marathon (fv)	
16	St. Patrick's Day! 17	18	19	Therapies Department Mtg. 20	21	22	
11:00 sit and be fit (fv) 2:00 worship w/ Monica Low (CH) 3:00 ice cream social 	9:30 spiritual care visits  11:00 gentle fit (fv) 1:30 bingo (pv) 1:30 animal kingdom (gv) 1:30 music visits w/ Abi 3:00 weight training (fv) 6:00 sing-along (pv)	9:30 manicures (gv) 11:00 gentle fit (fv) 1:30 table games (fv) 1:30 brainstorm (pv) 3:00 arm class (fv) 3:00 table games (gv) 6:00 dance world (pv)	9:30 baking (fv) 11:00 fun n' fitness (fv) 1:30 choir (fv) 3:00 shuffleboard (fv) 3:00 world travel (gv) 6:00 circus circus! (pv)	11:00 Resident & Family Council Meeting (fv) 11:00 puzzle party (gv) 2:00 St. Patrick's Party w/ Blackthorne Blossom Band (fv) 	9:30 table games (pv) 11:00 get up and go (fv) 2:00 Happy Hour w/ James Burton (fv) 3:30 sing-along (gv) 6:00 balloon exercise (pv)	10:00 therapeutic touch (volunteer training) (pv) 11:00 get up & go (fv) 1:30 fidgety fingers (fv) 2:30 movie marathon (fv)	
23	24	25	26	27	28	29	
9:30 reflexology (pv) 11:00 sit and be fit (fv) 1:45 worship w/ Newbern Alliance (CH)  3:00 Catherine's circle	9:30 spiritual care visits 11:00 gentle fit (fv) 1:30 bingo (pv) 1:30 animal kingdom (gv) 1:30 music visits w/ Abi 3:00 weight training (fv) 6:00 sing-along (pv)	9:30 soothing space (gv) 11:00 gentle fit (fv) 1:30 table games (fv) 1:30 The Voice! (pv) 3:00 arm class (fv) 3:00 table games (gv) 6:00 dance world (pv)	9:45 baking (fv) 11:00 gentle fit (fv) 1:30 choir (pv) 3:00 Holy Communion & Anointing (CH)  3:00 world travel (gv) 6:00 circus circus! (pv)	9:00 scenic drive (by invitation only- b unit) 9:45 tone chimers (fv) 11:00 gentle fit (fv) 1:30 knitting club (pv) 1:30 artistic corner (fv) 3:00 Josee's visits 3:00 volleyball (fv)	9:30 table games (pv) 11:00 get up and go (fv) 2:00 Birthday Party w/ The Timeliners (fv) 3:30 sing-along (gv) 6:00 balloon exercise (pv)	9:30 leisure trolley (pv) 11:00 get up & go (fv) 1:30 fidgety fingers (fv) 2:30 movie marathon (fv) 	

LEGEND: (CH)chapel, (fv)fraserview, (pv)parkview, (gv)gardenview, (rv)royalview, PT (patio)

St. Michael's Centre Therapies Department – Adding Life to Your Years!