

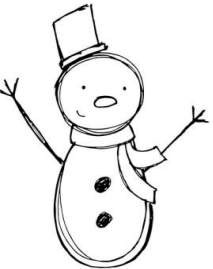


# 2019 MARCH ACTIVITIES CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p> <b>TT = Trinity Tower</b>  <b>KT = KT</b>  <b>PT = Providence Tower</b>  <b>CT = Covenant Tower</b>  <b>HT = Hope Tower</b>  <b>PeT = Peace Tower</b>  <b>HeH = Heritage Hall</b>  <b>HaH = Harmony Hall</b>  <b>HoH = Horizon Hall</b>  <b>BR = Board Room</b>  <b>GMCP = Grace Manor Chapel</b> </p> <p> <i>Italics = Special Events/Bus Trips</i>  <u>Underline = Towers Nursing Office</u> </p>		<p> <b>Community Care Access Centre (CCAC) has changes its name to Local Health Integration Network (LHIN)</b> </p>	<p> <b>BINGO IS NOW AT A NEW TIME 2PM! COME JOIN US IN HARMONY HALL!</b> </p> 		<p> <b>1</b>            9:15 Soli Deo Gloria HaH            9:45am Bus to Superstore CT Entrance            10:30am Fun &amp; Fitness I HeH            10:30-11:15am LHIN Exercise &amp; Falls Prevention Class – HeH balcony    <i>2pm FM Dessert Social HaH</i>            4-4:45pm LHIN Exercise &amp; Falls Prevention Class – ZITTEN EN FIT – Sit and Be Fit HeH            6:30pm Games Night HaH            7pm Games Night KTMR         </p>	<p> <b>2</b>            9:00am PT Coffee Social PTMR              10am HT Coffee Social HT            10am-11:30am KT Coffee Social HoH         </p>
<p> <b>3</b>            10am English Service HeH            2pm Coffee Social HaH            7pm English Service HeH         </p> 	<p> <b>4</b>            10am Catholic Service HaH            10am PcT Coffee Social HoH            10am Canadian Reformed Bible Study PTMR            4-4:45pm LHIN Exercise &amp; Falls Prevention Class –HeH            7pm Klaverjassen HaH            7pm- Prayer Group PTMR         </p>	<p> <b>5</b>            8:30am Tenant Advisory Committee            9:30am Growing in Grace PTMR            9:30am Bus to Sobeyes            9:45am Coffee Social HaH            10:30am Fun &amp; Fitness I HeH            1pm Bridge KTMR    <u><i>B12 Injections:</i></u>  <u><i>TT/HT/PT: 1:30 to 2:45 p.m. and</i></u>  <u><i>CT/KT/PT: 2:45 to 3:45 p.m.</i></u>            2pm CT Coffee Social CT Balcony            3:30-4:15pm LHIN Exercise &amp; Falls Prevention Class – STRETCH N’KRACHT – Stretch n’ Strength HoH            4:30-5:15pm LHIN Exercise &amp; Falls Prevention Class – STA STERKE – Stand Strong HeH         </p>	<p> <b>6</b>  <i>9:30am-3:30pm Vendor: Suzanne Jewelry HeH hallway</i>            9am Busy Hands TTMR            9:45am Bus to Superstore CT Entrance            9:45am Heritage Fellowship Bible Study PTMR            10-11am KT Bible Study KTMR            10:30am Chapel HaH            1:30pm Art Expression Group TTMR            2pm Trinity Tower Coffee Social HaH            4-4:45pm LHIN Exercise &amp; Falls Prevention Class –HeH            7pm Chess PTMR            7pm Men’s Bible Study KT 103            7pm Bid Euchre HoH         </p>	<p> <b>7</b>  <u>Denturist</u>  <i>10am Line Dancing HaH</i>  <u>1-4pm Hearing Aid Clinic</u>            3:30-4:15pm LHIN Exercise &amp; Falls Prevention Class – STRETCH N’KRACHT – Stretch n’ Strength HoH            4:30-5:15pm LHIN Exercise &amp; Falls Prevention Class – STA STERKE – Stand Strong HeH            6:45pm HCH Ktee Euchre Club HoH            7pm Dutch Hymn Sing HaH            7pm Prayer Group PTMR         </p>	<p> <b>8</b>  <i>9:30am-3:30pm Vendor: The Dressing Room HoH</i>            9:15 Soli Deo Gloria HaH            9:45am Bus to Superstore CT Entrance            10:30-11:15am – LHIN Exercise &amp; Falls Prevention Class – STRETCH N’KRACHT – Stretch n’ Strength HeH balcony    <i>1:30pm Book Club PTMR</i>            4-4:45pm LHIN Exercise &amp; Falls Prevention Class – ZITTEN EN FIT – Sit and Be Fit HeH            6:30pm Games Night HaH            7pm Games Night KTMR         </p>	<p> <b>9</b>            9:00am PT Coffee Social PTMR              10am HT Coffee Social HT            10am-11:30am KT Coffee Social HoH         </p> 

**10**

10:00am English Service HeH

2pm Coffee Social HaH

7pm English Service HeH

**11**

10am Catholic Service HaH  
10am PcT Coffee Social HoH

1-3 Chiropractic Clinic

2pm Travel Log with Earl Clint HaH

4-4:45pm LHIN Exercise & Falls Prevention Class –HeH

7pm Klaverjassen HaH  
7pm- Prayer Group PTMR

**12**

9am Bus Trip: Canada Blooms CT Entrance

9:30am Growing in Grace PTMR

9:45am Coffee Social HaH

1pm Bridge KTMR

2pm CT Coffee Social CT Balcony

3:30-4:15pm LHIN Exercise & Falls Prevention Class HeH

4:30-5:15pm LHIN Exercise & Falls Prevention Class HeH

7pm Movie Night: Human Planet-Oceans, Dessert, Arctic HeH

**13**

9:30am-3:30pm Vendor: Silver n' Shine HeH hallway

9:45am Bus to Superstore CT Entrance

9:45am Heritage Fellowship Bible Study PTMR

10-11am KT Bible Study KTMR

10:30am Chapel HaH

1:30pm Cribbage PTMR

2pm GM Special Events Tea HoH

2pm Trinity Tower Coffee Social HaH

4-4:45pm LHIN Exercise & Falls Prevention Class –HeH

7pm Chess PTMR

7pm Men's Bible Study KT 103

7pm Bid Euchre HoH

7pm Annual Day of Prayer Service

**14**

Denturist

9:30am-3:30pm Vendor: Living Books HeH hallway

3:30-4:15pm LHIN Exercise & Falls Prevention Class – STRETCH N'KRACHT – Stretch n' Strength HoH

4:30-5:15pm LHIN Exercise & Falls Prevention Class – STA STERKE – Stand Strong HeH

6:45pm HCH Ktee Euchre Club HoH

7pm Dutch Hymn Sing HaH

7pm Prayer Group PTMR

**15**

9:15 Soli Deo Gloria HaH

9:45am Bus to Superstore CT Entrance

10:30am Fun & Fitness I HeH

10:30-11:15am LHIN Exercise & Falls Prevention Class – HeH balcony

2pm FM Dessert Social HaH

4-4:45pm LHIN Exercise & Falls Prevention Class – ZITTEN EN FIT – Sit and Be Fit HeH

6:30pm Games Night HaH

7pm Games Night KTMR

**16**

9:00am PT Coffee Social PTMR

10am HT Coffee Social HT

10am-11:30am KT Coffee Social HoH

**17**

10:00am English Service HeH

2pm Coffee Social HaH

7pm English Service HeH

**18**

10am Catholic Service HaH  
10am PcT Coffee Social HoH  
10am Canadian Reformed Bible Study PTMR

1-3 Chiropractic Clinic

2pm Bingo HaH

7pm Klaverjassen HaH  
7pm- Prayer Group PTMR

**19**

9:30am Growing in Grace PTMR

9:30am Bus to Sobeys

9:45am Coffee Social HaH

10:30am Fun & Fitness I HeH

1pm Bridge KTMR

1-3pm Mobility Maintenance Clinic

2pm CT Coffee Social CT Balcony

3:30-4:15pm LHIN Exercise & Falls Prevention Class – STRETCH N'KRACHT – Stretch n' Strength HeH

4:30-5:15pm LHIN Exercise & Falls Prevention Class HeH

**20**

9:30am-3:30pm Vendor: Mobile Senior Shop HeH

9am Busy Hands TTMR

9:45am Bus to Superstore CT Entrance

9:45am Heritage Fellowship Bible Study PTMR

10-11am KT Bible Study KTMR

10:30am Chapel HaH

1:30pm Cribbage PTMR

2pm Trinity Tower Coffee Social HaH

1:30pm Art Expression Group TTMR

4-4:45pm LHIN Exercise & Falls Prevention Class –HoH

7pm Chess PTMR

7pm Men's Bible Study KT 103

7pm Bid Euchre HoH

**21**

Denturist

10am Line Dancing HaH

10:30am Dance Class HeH

1-4pm Hearing Aid Clinic

3:30-4:15pm LHIN Exercise & Falls Prevention Class – STRETCH N'KRACHT – Stretch n' Strength HoH

4:30-5:15pm LHIN Exercise & Falls Prevention Class – STA STERKE – Stand Strong HeH

6:45pm HCH Ktee Euchre Club HoH

7pm Dutch Hymn Sing HaH

7pm Prayer Group PTMR

**22**

9:15 Soli Deo Gloria HaH

9:45am Bus to Superstore CT Entrance

10:30am Fun & Fitness I HeH

10:30-11:15am LHIN Exercise & Falls Prevention Class – HeH balcony

4-4:45pm LHIN Exercise & Falls Prevention Class – ZITTEN EN FIT – Sit and Be Fit HeH

6:30pm Games Night HaH

7pm Games Night KTMR

**23**

9:00am PT Coffee Social PTMR

10am HT Coffee Social HT

10am-11:30am KT Coffee Social HoH

**24/31**

10:00am English Service HeH

2pm Coffee Social HaH

7pm English Service HeH

**25**

9:30am-3:30pm Vendor:Geri Fashion HeH

10am Catholic Service HaH  
10am PcT Coffee Social HoH

1-3 Chiropractic Clinic

2pm Bingo HaH

4-4:45pm LHIN Exercise & Falls Prevention Class –HeH

7pm Klaverjassen HaH  
7pm- Prayer Group PTMR

**26**

9:30am Growing in Grace PTMR

9:45am Coffee Social HaH

10:30am Fun & Fitness I HeH

1pm Bridge KTMR

1:30pm Parkinson's Support Group HaH

2pm CT Coffee Social CT Balcony

3:30-4:15pm LHIN Exercise & Falls Prevention Class – STRETCH N'KRACHT – Stretch n' Strength HoH

4:30-5:15pm LHIN Exercise & Falls Prevention Class HeH

7:30pm Entertainment: Male Crusaders Choir HeH

**27**

9am Busy Hands TTMR

9:45am Bus to Superstore CT Entrance

9:45am Heritage Fellowship Bible Study PTMR

10-11am KT Bible Study KTMR

10:30am Chapel HaH

1:30pm Cribbage PTMR

1:30pm Art Expression Group TTMR

4-4:45pm LHIN Exercise & Falls Prevention Class –HeH balcony

7pm Chess PTMR

7pm Men's Bible Study KT 103

7pm Bid Euchre HoH

**28**

Denturist

10am Line Dancing HaH

2pm Guinness World Record

3:30-4:15pm LHIN Exercise & Falls Prevention Class – Stretch n' Strength HoH

4:30-5:15pm LHIN Exercise & Falls Prevention Class – Stand Strong HoH

5pm Bus Trip: Male Libertas Choir CT Entrance

6:45pm HCH Euchre Club HoH

7pm Dutch Hymn Sing HaH

7pm Prayer Group PTMR

**29**

9:30am-3:30pm Vendor: Yeshu's Creations HoH hallway

9:15 Soli Deo Gloria HaH

9:45am Bus to Superstore CT Entrance

10:30am Fun & Fitness I HeH

10:30-11:15am LHIN Exercise & Falls Prevention Class – HeH balcony

4-4:45pm LHIN Exercise & Falls Prevention Class – ZITTEN EN FIT – Sit and Be Fit HeH

6:30pm Games Night HaH

7pm Games Night KTMR

**30**

9:00am PT Coffee Social PTMR

10am HT Coffee Social HT

10am-11:30am KT Coffee Social HoH

