

Legend:

B = basement
 G = garden
 1 = 1st floor
 V = Various areas



Activities Program Calendar: March 2023

Tuck Shop: Front Foyer
 Tuesdays at 11:30am

Hair Dresser: B
 Fridays (please sign up)

Exercise: (1/B)
 Monday-Friday at 10:00am

Movie: (1)
 Daily at 1:00pm

Latvian Centre Zoom: (1)
 Thursdays at 1:00pm

Panorama News:(B)
 Fridays at 3:30pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 10:45 Walking Club - 1 2:30 Bingo w/Dace- B 6:00 One to One Visits - V	2 OUTING: Latvian Centre 10:40 Latvian Newspaper Reading & Discussion w/Larisa - B 2:30 Happy Hour w/Sarah-B 6:00 TV Game Shows - 1	3 11:00 Walking W/Disco Music-1 2:30 Arts & Crafts w/ Jessica & Sarah - B 6:00 Movie Night - 1	4 10:00 Games Day: Bean Bag Toss-1 11:00 Music w/Craig - 1 2:30 Bingo w/Jessica- B 6:00 Wine, Juice & TV - 1
5 10:00 Coffee & Reading Club w/ Dace -B 11:00 TV Church Service - 1 2:30 Music Therapy w/Dace & Jessica- 1	6 10:00 1:1 Visits - V 2:30 Fruit, Tea & Current Events w/ Sarah- B 2:45 Colouring Group - 1 6:00 Bedside Activities - V	7 Purim 10:45 Latvian Sing-a-long-1 2:00 Reminiscing Group with Anita Gaide - 1 6:00 Hand Massage - 1	8 10:40 Program Planning w/Nelusha: April- B 10:45 Walking Club - 1 2:30 Bingo w/Jessica B 2:45 Puzzle Corner - 1 6:00 One to One Visits - V	9 10:40 Latvian Newspaper Reading & Discussion w/Dace - B 2:30 Happy Hour w/Larisa-B 6:00 Residents Choice TV-1	10 11:00 Walking W/Rock N' Roll Music - 1 2:30 March Birthday Celebration! - B 6:00 Movie Night - 1	11 10:00 Games Day: Corn Hole Throw -1 11:00 Music w/Craig - 1 2:30 Craft Club w/Sarah- 1 6:00 Wine, Juice & TV - 1
12 Daylight Savings Time Begins! 10:00 Word Games w/Larissa- 1 11:00 TV Church Service - 1 2:30 Afternoon Movie- 1 6:00 Sunday Evening TV - 1	13 10:00 1:1 Visits - V 2:30 Fruit, Tea & Current Events w/ Dace- B 2:45 Colouring Group - 1 6:00 Bedside Activities - 1	14 10:45 Latvian Sing-a-long-1 2:30 Brain Games W/Jessica - B 6:00 Hand Massage - 1 6:00 Friendly Visits -V	15 11:30 Outing: Swiss Chalet 10:45 Walking Club - 1 2:30 Bingo w/Sarah -B 2:45 Puzzle Corner - 1 6:00 One to One Visits - V	16 10:40 Latvian Newspaper Reading & Discussion w/ Larisa - B 2:30 Happy Hour w/Dace-B 6:00 TV Game Shows - 1	17 ST PATRICK'S DAY 11:00 Walking W/ Country Music -1 2:30 St. Patrick's Day Celebration - B 6:00 Movie Night - 1	18 10:00 Games Day: Ring Toss-1 11:00 Music w/Craig - 1 2:30 Bingo w/Dace- B 6:00 Wine, Juice & TV - 1
19 10:00 Coffee & Reading Club w/Jessica-B 11:00 TV Church Service - 1 2:30 Music Therapy w/Dace & Jessica- 1 6:00 Sunday Evening TV - 1	20 Spring Begins! 10:00 1:1 Visits - V 2:30 Fruit, Tea & Current Events w/Larisa- B 2:45 Colouring Group - 1 6:00 Bedside Activities - V	21 10:45 Latvian Sing-a-long-1 2:00 Reminiscing Group with Anita Gaide - 1 6:00 Hand Massage - 1	22 10:45 Walking Club - 1 2:30 Bingo w/Dace- B 2:45 Puzzle Corner - 1 6:00 One to One Visits - V	23 National Chip & Dip Day! 10:40 Latvian Newspaper Reading & Discussion w/ Dace- B 2:30 Happy Hour w/Jessica-B 6:00 Residents Choice TV-1	24 11:00 Walking w/60s music-1 2:00 Residents Council Meeting - 1 6:00 Movie Night - 1	25 10:00 Games Day: Parachute Challenge-1 11:00 Music w/Craig - 1 2:30 Afternoon at the Opera w/ Anita and Margareta - 1 6:00 Wine, Juice & TV - 1
26 10:00 Word Games w/Sarah- 1 11:00 TV Church Service-1 2:30 Afternoon Movie - 1 6:00 Sunday Evening TV - 1	27 10:00 1:1 Visits - V 2:30 Fruit, Tea & Current Events w/Jessica - B 2:45 Colouring Group - 1 6:00 Bedside Activities - V	28 10:45 Latvian Sing-a-long-1 2:30 Brain Games w/Sarah -B 2:30 One to One Visits - V 6:00 Hand Massage - 1	29 10:45 Walking Club - 1 2:30 Bingo w/Jessica- B 2:45 Puzzle Corner - 1 6:00 One to One Visits - V	30 10:40 Latvian Newspaper Reading & Discussion w/ Larisa - B 2:30 Happy Hour w/Sarah-B 6:00 TV Game Shows - 1	31 10:00 Speech & Discussion with the Latvian Ambassador - 1 2:30 Musical Performance and Sing-a-long - 1 6:00 Calendar Delivery - V	

Across:
 1. Another word for rabbit
 2. Home for bird eggs

Down:
 1. Insect with colorful wings
 3. Sweets to eat

We welcome everyone who moved to KD in February!

Sumintra Baichu

In Memory of those we have lost...

Dzidra Sikсна

May they Rest in Peace

Happy Birthday

To Everyone in March!

Arvids Paeglis
 Viesturs Zarins
 Jose Simas
 Inta Scerbakova
 Liberato Romano



MARCH

EVENTS

- OUTING: Latvian Centre**
 Thursday, March 2nd at 10:30am - 0
 (Sign up required)
 Music with Craig
 Every Saturday at 11:00am - 1
 TV Church Service
 Every Sunday at 11:00am - 1
- Reminiscing Group with Anita Gaide**
 Tuesday, March 7th and 21st at 2:00pm - 1
- March Birthday Celebration**
 Friday, March 10th at 2:30pm - B
 OUTING: to Swiss Chalet
 Wednesday, March 15th at 11:00am - 0
 (Sing up required)
- St. Patrick's Day Celebration!**
 Friday, March 17th at 2:30pm - B
 Residents Council Meeting
 Friday, March 24th at 2:00pm - 1
- Afternoon at the Opera with Anita & Margareta**
 Saturday, March 25th at 2:30pm - 1
- Latvian Ambassador to Canada Visit: Kaspars Ozolins**
 Friday, March 31st
 Speech and Discussion: 10:00am - 1
 Music and Sing a long - 2:30pm - 1



Chicken Scratch NY
 Happy St. Patrick's Day!

CLOVER
 GREEN
 GOLD
 IRISH
 MARCH

D H N V X C
 L S E H M L
 O I E S A O
 G R R P R V
 B I G Q C E
 J I P F H R

