

March 2024

# ELDERCARE VITALITY

PROGRAM CALENDAR



## Vitality Daily Schedule

9:00am - 9:30am	<b>Client Arrival</b>
9:30am - 10:00am	Client Choice Activities
10:00am - 11:15am	Morning Activities
11:15am - 11:45pm	Fun & Fit (Exercise Program)
11:45pm - 12:15pm	<b>Lunch</b>
12:45pm - 2:00pm	Afternoon Activities
2:00pm - 2:30pm	Light Refreshment
2:30pm - 3:00pm	<b>Client Departure</b>

### Program Announcements

- 1.If you are going to be absent from the day program, please call our head office to notify us at (780) 434 - 4747.
2. Please note, we will charge for all absences except for hospitalization and coronavirus.
3. Please inform us of any medication and contact information changes.



### Celebrating March

- Oreo Day | March 6th
- Barbie Day | March 9th
- Pi Day | March 14th
- Potato Chip Day | March 14th
- St. Patrick's Day | March 17th

### March Birthdays

Those born between March 1 – 20 are the star sign, Pisces. Pisces are water signs who are imaginative, kind, and easy going. Those born between March 21 – 31 are the star sign, Aries. Aries are fire signs who are leaders, quick-witted, and charming.

- March Birth Stone:** Aquamarine
- March Flower:** Daffodils

### Program Closures

We will be closed  
**Friday, March 29th for Good Friday**

# MARCH 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26	27	28	29	10:00 Decades Music 1 10:45 Object Person Association 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Indoor Bocce Ball 2:00 Hangman
10:00 <b>March Door Decor</b> 4 10:45 <b>March Room Decor</b> 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 <b>Nigel Davidson</b> 2:00 Close-Up Objects Game	10:00 Irish Dirt Cakes 5 10:45 Spring Categories 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Floor Curling 2:00 50 Over or Under	10:00 Name/Surname/Animal/Food 6 10:45 Spelling Bee 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Velcro Ball 2:00 Memories Archive	10:00 What Am I? 7 10:45 World Wildlife Day 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Air Hockey 2:00 Cereal Quiz	10:00 Never Have I Ever... 8 10:45 Bingo 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Parachute Basketball 2:00 Find The Sting
10:00 St.Patty's Jeopardy 11 10:45 Ireland Armchair Travel 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Shamrock Bowling 2:00 Triplet Word Game	10:00 <b>Irish Landscapes</b> 12 10:45 Themed Words 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Pot of Gold 2:00 St. Patty's Scattogories	10:00 Irish Crosswords 13 10:45 Bingo 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 <b>Kent Norneby</b> 2:00 It's Not Easy Being Green Quiz	10:00 <b>Pet Therapy</b> 14 10:45 Pot O' Trivia 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 St. Patty's Ring Toss 2:00 Exotic Fruits	10:00 Irish Dirt Cakes 15 10:45 Lucky Dice Game 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 <b>Mary Stinchcombe</b> 2:00 Words ending with IRE
10:00 Riddle me This 18 10:45 Bingo 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Noodle Hockey 2:00 Chirp Categories	10:00 Picnic Basket Budget 19 10:45 What's In The Basket 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Jumbo Jenga 2:00 Picnic Secret Themes	10:00 Spring boardgames 20 10:45 Word ladders 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Volleyball 2:00 Proposal Mishaps	10:00 Blackout Poetry 21 10:45 Bingo 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 <b>Roy Marleau</b> 2:00 Giant Crossword	10:00 <b>DIY Pillow Covers</b> 22 10:45 <b>DIY Pillow Covers</b> 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Target Practice 2:00 Spring A-Z
10:00 <b>EPL Visit</b> 25 10:45 Easter Egg Unscramble 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Shuffleboard 2:00 Easter Associations	10:00 Easter Egg Hunt 26 10:45 Bingo 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 <b>John Winstons British Invasion</b> 2:00 1960s Easter Outfits	10:00 Ukrainian Easter 27 10:45 <b>Pysanky Eggs</b> 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Bowling 2:00 Easter Fact or Fiction	10:00 <b>Pet Therapy</b> 28 10:45 <b>Easter Stained Glass</b> 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Easter Egg Throw 2:00 Easter Quiz	29  <b>CLOSED</b>  <b>GOOD FRIDAY</b>

\*Please Note: Activities are subject to change dependent upon client preference and PF discretion.