

# March 2026

## Dundurn Place Care Centre



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>8:00 Calendar Posting <b>1</b> 9:45 Hymn Sing (1st) 10:45 Catholic Mass via You Tube (LOUN) 11:30 Meal Prep (LOUN) 2:00 Hot Chocolate &amp; Karaoke Social (3rd) 3:30 Watering Plants (3rd)</p>	<p><i>Ramadan</i> <b>2</b> 9:30 Restore &amp; Move! (1st) 10:00 Fun &amp; Fitness Centrecise (LOUN) 10:30 Shuffleboard (LOUN) 11:30 Meal Prep (LOUN) 2:00 DeMazenod Farm (MAIN) 4:00 St. Pattys Day Decorations (Hall) 6:00 Decorating St. Patrick's Day (Hall)</p>	<p>9:30 Restore &amp; Move! (1st) <b>3</b> 10:00 Bible Study with Hobbe (LOUN) 11:30 Meal Prep (LOUN) 2:00 Bingo (1st)</p>	<p><i>Ramadan Colours- Blue &amp; Gold</i> <b>4</b> 9:30 Restore &amp; Move! (1st) 9:45 Fun &amp; Fitness Centrecise (LOUN) 10:30 Pet Therapy w Brisket (3rd) 11:30 Meal Prep (LOUN) 2:00 Karaoke (LOUN) 3:30 Jewelry Making (302) 4:30 Meal Prep (LOUN) 6:30 Pub Night with Jeff (MAIN)</p>	<p>8:00 Birthday Breakfast (BAR) <b>5</b> 9:30 Restore &amp; Move! (1st) 10:00 Fun &amp; Fitness Centrecise (LOUN) 10:30 Trivia (LOUN) 11:30 Meal Prep (LOUN) 12:30 Outing RBG Bloomland (out) 1:30 Pet Therapy with Teddy (3rd) 2:30 Colouring Club (302) 6:30 Bingo (1st)</p>	<p>9:30 Restore &amp; Move! (1st) <b>6</b> 9:45 Exercise/Centrecise (LOUN) 10:30 Drum Circle (302) 11:30 Meal Prep (LOUN) 2:00 International Womens Day Craft (302) 4:00 Word Games (LOUN)</p> 	<p>10:00 Exercise/Centrecise (LOUN) <b>7</b> 10:30 Shuffleboard (LOUN) 11:30 Meal Prep (LOUN) 2:00 Bingo (1st)</p>
<p><i>International Women's Day</i> <b>8</b> 10:00 Fun &amp; Fitness Centrecise (LOUN) 10:30 Spiritual Service (LOUN) 11:30 Meal Prep (LOUN) 1:30 Zumba with Rainier (MAIN) 2:45 Nails w Satnam (3rd)</p> 	<p>9:30 Restore &amp; Move! (1st) <b>9</b> 10:00 Exercise/Centrecise (LOUN) 10:30 Smoothie Making (LOUN) 11:30 Meal Prep (LOUN) 12:30 Outing- Casino (out) 1:30 Resident Program Planning (LOUN) 2:30 Pet Therapy (COUR) 6:30 St.Patrick's Photoshoot (LOUN)</p>	<p>9:30 Restore &amp; Move! (1st) <b>10</b> 10:00 Bible Study with Hobbe (LOUN) 11:30 Meal Prep (LOUN) 2:00 Bingo (1st) 4:00 Walk &amp; Talk (3rd)</p>	<p><i>Purple for International Women's Day</i> <b>11</b> 9:30 Restore &amp; Move! (1st) 10:00 Resident Council (1st) 10:30 Pet Therapy w Brisket (3rd) 11:30 Meal Prep (LOUN) 2:00 Talent Show (MAIN) 4:00 Cheery Chats: St.Patrick's (302) 6:30 Charades (MAIN)</p>	<p>9:30 Restore &amp; Move! (1st) <b>12</b> 9:45 Fun &amp; Fitness Centrecise (LOUN) 10:30 Pet Therapy (LOUN) 11:30 Meal Prep (LOUN) 12:00 Guitar w Aidan (Hall) 2:00 Horticultural Therapy (302) 3:30 St.Patrick's Day Crafts (3rd) 6:30 Bingo (1st)</p>	<p>9:30 Restore &amp; Move! (1st) <b>13</b> 9:45 Fun &amp; Fitness Centrecise (LOUN) 10:30 News and Views (3rd) 11:30 Meal Prep (LOUN) 1:30 Darts (3rd) 2:45 Sing-along (3rd)</p>	<p>9:45 Exercise/Centrecise (LOUN) <b>14</b> 10:30 Karaoke (LOUN) 11:30 Meal Prep (LOUN) 2:00 Bingo (1st) 4:00 Busy Hands (LOUN) 4:30 meal prep (LOUN) 6:00 Hand Massage (3rd) 6:30 Name That Face (LOUN)</p>
<p>10:00 Church Service - Immanuel Christian Reformed (1st) <b>15</b> 11:30 Meal Prep (LOUN) 2:00 St. Patrick's Baking (BAR) 3:30 St Patrick Day/ Crafts (LOUN) 4:30 Meal Prep (LOUN) 6:30 Card Games (LOUN)</p>	<p>9:30 Restore &amp; Move! (1st) <b>16</b> 10:00 Exercise/Centrecise (LOUN) 10:30 Shuffleboard (LOUN) 11:30 Meal Prep (LOUN) 2:00 Bingo (MAIN) 3:30 Karaoke (LOUN) 6:30 Blackjack (LOUN)</p>	<p><i>Wear Green for St. Patrick's Day</i> <b>17</b> 9:30 Restore &amp; Move! (1st) 10:00 Bible Study with Hobbe (LOUN) 11:30 Meal Prep (LOUN) 2:00 Entertainment St.Patrick's Day (MAIN)</p> 	<p>9:30 Restore &amp; Move! (1st) <b>18</b> 9:45 Fun &amp; Fitness Centrecise (LOUN) 10:30 Sound Bowls with Masha (3rd) 1:15 Pet Therapy w Brisket (3rd) 2:30 Discussion Group (LOUN) 5:00 Take-Out Night (LOUN) 6:30 Karaoke (LOUN)</p>	<p>9:30 Restore &amp; Move! (1st) <b>19</b> 10:00 Fun &amp; Fitness Centrecise (LOUN) 11:00 Pet Therapy with Teddy (3rd) 1:30 Outing Giant Tiger (out) 2:00 Boomers Club (MAIN) 4:00 Hang-Man (LOUN) 6:30 Bingo (1st)</p>	<p><i>First Day of Spring</i> <b>20</b> 9:30 Restore &amp; Move! (1st) 10:00 Horticultural Therapy (1st) 11:30 Meal Prep (LOUN) 1:45 Axe Throwing (3rd) 4:00 Social Walk (3rd)</p> 	<p>10:00 Exercise/Centrecise (LOUN) <b>21</b> 10:30 Trivia (LOUN) 11:30 Meal Prep (LOUN) 1:30 Binao (1st)</p> 

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Exercise/Centrecise (LOUN) <b>22</b></p> <p>10:30 Spiritual Service (LOUN)</p> <p>11:30 Meal Prep (LOUN)</p> <p>1:30 Beauty Club (3rd)</p> <p>2:30 Cleaning Crew (3rd)</p>	<p>9:30 Restore &amp; Move! (1st) <b>23</b></p> <p>10:00 Exercise/Centrecise (LOUN)</p> <p>10:30 Shuffleboard (LOUN)</p> <p>11:30 Meal Prep (LOUN)</p> <p>2:00 Sewing Club (302)</p> <p>3:30 Karaoke (LOUN)</p> <p>6:15 Big Screen Movie Night (MAIN)</p> 	<p>9:30 Restore &amp; Move! (1st) <b>24</b></p> <p>10:00 Bible Study with Hobbe (LOUN)</p> <p>11:30 Meal Prep (LOUN)</p> <p>2:00 Bingo (1st)</p> <p>4:00 Walk &amp; Talk (3rd)</p> 	<p><i>Hat Day</i> <b>25</b></p> <p>9:30 Restore &amp; Move! (1st)</p> <p>9:45 Fun &amp; Fitness Centrecise (LOUN)</p> <p>10:30 Pet Therapy w Brisket (3rd)</p> <p>11:30 Meal Prep (LOUN)</p> <p>2:00 Birthday Party w Paula (MAIN)</p> <p>3:30 Cheery Chats (LOUN)</p> <p>6:30 Casino Night (MAIN)</p>	<p>9:30 Restore &amp; Move! (1st) <b>26</b></p> <p>9:45 Fun &amp; Fitness Centrecise (LOUN)</p> <p>11:30 Meal Prep (LOUN)</p> <p>1:30 Pet Therapy with Teddy (3rd)</p> <p>3:30 Drum Circle (302)</p> <p>6:30 Bingo (1st)</p>	<p>9:30 Restore &amp; Move! (1st) <b>27</b></p> <p>9:45 Fun &amp; Fitness Centrecise (LOUN)</p> <p>10:30 Darts Game (LOUN)</p> <p>11:30 Meal Prep (LOUN)</p> <p>2:00 Survivor Games (MAIN)</p> 	<p>9:00 Breadmaking (LOUN) <b>28</b></p> <p>10:00 Exercise/Centrecise (LOUN)</p> <p>10:45 Calm &amp; Connect (302)</p> <p>11:30 Meal Prep (LOUN)</p> <p>2:00 Bingo (1st)</p> <p>3:30 Drum Circle (302)</p> <p>4:30 Meal Prep (LOUN)</p> <p>6:00 Matchy number Game (LOUN)</p>
<p>9:45 Hymn Sing (1st) <b>29</b></p> <p>10:45 Catholic Mass (LOUN)</p> <p>11:30 Meal Prep (LOUN)</p> <p>2:00 Mocktails + Tims Hortons (3rd)</p> <p>3:30 Henna Tattoos (LOUN)</p> <p>4:30 Meal Prep (LOUN)</p> <p>6:00 Travelogue (LOUN)</p>	<p>9:30 Restore &amp; Move! (1st) <b>30</b></p> <p>10:00 Exercise/Centrecise (LOUN)</p> <p>10:30 Shuffleboard (LOUN)</p> <p>11:30 Meal Prep (LOUN)</p> <p>1:30 Outing- Giant Tiger (out)</p> <p>4:00 Travelogue: Cherry Blossom Viewing (LOUN)</p> <p>6:30 Pearl Society (1st)</p>	<p>9:30 Restore &amp; Move! (1st) <b>31</b></p> <p>10:00 Bible Study with Hobbe (LOUN)</p> <p>11:30 Meal Prep (LOUN)</p> <p>2:00 Bingo (1st)</p>	 <p>Ramadan</p>		<p><u>Program Facilitators</u></p> <p>Satnam Bardha</p> 	

### Locations Legend

Activity Lounge (LOUN)  
1st Floor (1st)  
Lounge (LOUN)  
3rd Floor (3rd)  
Main Dining Room (MAIN)

Garden Room (302)  
Outings in the community (out)  
Hallway (Hall)  
Basement Activity Room (BAR)  
Courtyard (COUR)

