

# March 2026

## Dundurn Place Care Centre



**DUNDURN**  
**PLACE**  
CARE CENTRE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>8:00 Tidy Up (LOUN) <b>1</b></p> <p>8:00 Calendar Posting</p> <p>8:30 Friendly Visits (2nd )</p> <p>9:45 Hymn Sing (1st)</p> <p>10:45 Catholic Mass (LOUN)</p> <p>11:30 Meal Prep (LOUN)</p> <p>2:00 Waffles Afternoon w Iced Coffee (3rd)</p> <p>3:15 Walk &amp; Talk (2nd )</p>	<p><i>Ramadan</i> <b>2</b></p> <p>8:30 Friendly Visits (2nd )</p> <p>9:30 Restore &amp; Move! (1st)</p> <p>9:45 Chair Exercise (LOUN)</p> <p>10:30 Pen Pal Cards (1st)</p> <p>11:30 Meal Prep (LOUN)</p> <p>12:45 Friendly Visits (Room)</p> <p>2:00 DeMazenod Farm (MAIN)</p> <p>4:00 St. Pattys Day Decorations (Hall)</p> <p>6:00 Decorating St. Patrick's Day (Hall)</p> 	<p>8:30 Friendly Visits (2nd ) <b>3</b></p> <p>9:15 Exercise (2nd )</p> <p>9:30 Restore &amp; Move! (1st)</p> <p>10:00 Bible Study with Hobbe (LOUN)</p> <p>11:30 Meal Prep (LOUN)</p> <p>12:45 Friendly Visits (Room)</p> <p>2:00 Bingo (1st)</p> <p>3:45 Beauty Club (LOUN)</p> <p>4:30 Meal Prep (Room)</p> <p>6:30 Karaoke (LOUN)</p> <p>7:30 Friendly Visits ( )</p> 	<p><i>Ramadan Colours- Blue &amp; Gold</i> <b>4</b></p> <p>8:30 Friendly Visits (2nd )</p> <p>9:30 Restore &amp; Move! (1st)</p> <p>9:45 Exercise (LOUN)</p> <p>10:30 Mocha &amp; Tea Social (LOUN)</p> <p>11:30 Meal Prep (LOUN)</p> <p>1:30 Outing- Giant Tiger (out)</p> <p>3:45 Lawn Darts (LOUN)</p> <p>6:30 Pub Night with Jeff (MAIN)</p>	<p>8:00 Birthday Breakfast (BAR) <b>5</b></p> <p>9:30 Restore &amp; Move! (1st)</p> <p>10:00 Pet Visits with Brisket (2nd )</p> <p>10:45 Hot Chocolate and Trivia (LOUN)</p> <p>11:30 Meal Prep (LOUN)</p> <p>12:30 Outing RBG Bloomland (out)</p> <p>1:15 Music Therapy w Jon (2nd )</p> <p>2:30 Reminiscing (2nd )</p> <p>6:30 Bingo (1st)</p>	<p>8:30 Friendly Visits (2nd ) <b>6</b></p> <p>9:00 Plant Patrol (2nd )</p> <p>9:30 Restore &amp; Move! (1st)</p> <p>9:45 Exercise (LOUN)</p> <p>10:30 Fruit/Veggies/Smoothie Prep (LOUN)</p> <p>11:30 Meal Prep (LOUN)</p> <p>1:15 Pet Therapy w Brisket (2nd )</p> <p>2:00 Laughter Yoga with Katheryn (LOUN)</p> <p>3:30 Word Games (2nd )</p> <p>6:30 Axe Throwing (2nd )</p> <p>7:45 Cleaning Crew (2nd )</p>	<p>10:00 Baking for International Women's Day (BAR) <b>7</b></p> <p>11:30 Meal Prep (LOUN)</p> <p>2:00 Bingo (1st)</p> <p>3:30 Card Game- Uno (LOUN)</p> <p>4:30 Meal Prep (Room)</p> <p>6:00 Exercise/Centrecise (LOUN)</p> <p>6:30 Jewelry Making (LOUN)</p> 
<p><i>International Women's Day</i> <b>8</b></p> <p>10:00 Church Service (2nd )</p> <p>10:30 Beauty Club (LOUN)</p> <p>11:30 Meal Prep (LOUN)</p> <p>1:30 Zumba with Rainier (MAIN)</p> <p>3:30 Lawn Darts (LOUN)</p> <p>4:30 Meal Prep (Room)</p> <p>6:00 Story Exchanges/Laundry Room Fixing (LOUN)</p> 	<p>8:30 Friendly Visits (2nd ) <b>9</b></p> <p>9:30 Restore &amp; Move! (1st)</p> <p>9:45 Chair Exercise (LOUN)</p> <p>10:30 Colour &amp; Chat (LOUN)</p> <p>11:30 Meal Prep (LOUN)</p> <p>12:30 Outing- Casino (out)</p> <p>2:00 Singing/Dancing with Penny and Mike (LOUN)</p> <p>3:00 Storytelling (LOUN)</p> <p>6:45 Uno- Cards (LOUN)</p>	<p>8:30 Friendly Visits (2nd ) <b>10</b></p> <p>9:30 Exercise (LOUN)</p> <p>9:30 Restore &amp; Move! (1st)</p> <p>10:00 Bible Study with Hobbe (LOUN)</p> <p>11:30 Meal Prep (LOUN)</p> <p>2:00 Bingo (1st)</p> <p>3:45 Beauty Club (LOUN)</p> <p>4:30 Meal Prep (Room)</p> <p>6:00 Friendly Visits (2nd )</p> <p>6:30 Word Games (LOUN)</p>	<p><i>Purple for International Women's Day</i> <b>11</b></p> <p>8:30 Friendly Visits (2nd )</p> <p>9:15 Exercise (LOUN)</p> <p>9:30 Restore &amp; Move! (1st)</p> <p>10:00 Resident Council (1st)</p> <p>11:30 Meal Prep (LOUN)</p> <p>2:00 Talent Show (MAIN)</p> <p>4:00 Musical Tunes (LOUN)</p> <p>4:30 Meal Prep (Room)</p> <p>6:30 Charades (MAIN)</p>	<p>8:30 Friendly Visits (2nd ) <b>12</b></p> <p>9:30 Pet Visits with Brisket (2nd )</p> <p>9:30 Restore &amp; Move! (1st)</p> <p>9:45 Active Games (LOUN)</p> <p>10:30 Ice Coffee &amp; Chat (LOUN)</p> <p>11:30 Meal Prep (LOUN)</p> <p>12:00 Guitar w Aidan (Hall)</p> <p>1:15 Music Therapy w Jon (2nd )</p> <p>3:00 Word Games (LOUN)</p> <p>4:30 Meal Prep (Room)</p> <p>6:30 Bingo (1st)</p>	<p>9:00 Friendly Visits (2nd ) <b>13</b></p> <p>9:15 Plant Patrol (2nd )</p> <p>9:30 Restore &amp; Move! (1st)</p> <p>9:45 Centrecise (LOUN)</p> <p>10:30 Fruit/Veggies/Smoothie Prep (LOUN)</p> <p>11:30 Meal Prep (LOUN)</p> <p>1:15 Pet Therapy w Brisket (2nd )</p> <p>2:30 Musical Moments (LOUN)</p> <p>3:45 Name That Face (LOUN)</p> <p>4:30 Meal Prep (Room)</p> <p>6:00 Friendly Visits (Room)</p> <p>6:30 Card-Uno (LOUN)</p>	<p>8:30 Friendly Visits (2nd ) <b>14</b></p> <p>9:30 Spiritual Eldercare (2nd )</p> <p>10:30 Hair Styling (LOUN)</p> <p>11:30 Meal Prep (LOUN)</p> <p>2:00 Bingo</p> 
<p>8:30 Breadmaking (DR) <b>15</b></p> <p>9:00 Friendly Visits (2nd )</p> <p>10:00 Church Service - Immanuel Christian Reformed (1st)</p> <p>11:30 Meal Prep (LOUN)</p> <p>2:00 St. Patrick's Baking (BAR)</p>	<p>8:30 Friendly Visits (2nd ) <b>16</b></p> <p>9:30 Restore &amp; Move! (1st)</p> <p>9:45 Chair Exercise (LOUN)</p> <p>10:30 Survivor Craft (LOUN)</p> <p>11:30 Meal Prep (LOUN)</p> <p>2:00 Bingo (MAIN)</p> <p>3:30 Joyful Tunes (LOUN)</p> <p>4:30 Meal Prep (Room)</p> <p>6:15 Showtime Cinema (LOUN)</p> 	<p><i>Wear Green for St. Patrick's Day</i> <b>17</b></p> <p>8:30 Friendly Visits (2nd )</p> <p>9:30 Exercise (LOUN)</p> <p>9:30 Restore &amp; Move! (1st)</p> <p>10:00 Bible Study with Hobbe (LOUN)</p> <p>11:30 Meal Prep (LOUN)</p> <p>2:00 Entertainment St.Patrick's Day (MAIN)</p> <p>3:45 Beauty Club (LOUN)</p> <p>4:30 Meal Prep (Room)</p> <p>6:30 Penny's Singing Group (LOUN)</p> <p>7:30 Friendly Visits (Room)</p>	<p>8:30 Friendly Visits (2nd ) <b>18</b></p> <p>9:30 Restore &amp; Move! (1st)</p> <p>9:45 Exercise (LOUN)</p> <p>10:30 Hot Chocolate Social (LOUN)</p> <p>11:30 Meal Prep (LOUN)</p> <p>1:00 Pet Therapy (LOUN)</p> <p>2:00 Animal Bingo (LOUN)</p> <p>4:30 Meal Prep (Room)</p> <p>5:00 Take-Out Night (LOUN)</p> <p>6:30 Card Games - Uno (LOUN)</p>	<p>8:30 Friendly Visits (2nd ) <b>19</b></p> <p>9:30 Restore &amp; Move! (1st)</p> <p>9:45 Active Games (LOUN)</p> <p>10:30 Busy Hands Club (LOUN)</p> <p>11:30 Meal Prep (LOUN)</p> <p>1:15 Music Therapy w Jon (2nd )</p> <p>2:00 Boomers Club (MAIN)</p> <p>3:30 Throwback Playlists (LOUN)</p> <p>4:30 Meal Prep (Room)</p> <p>6:30 Bingo (1st)</p>	<p><i>First Day of Spring</i> <b>20</b></p> <p>8:30 Friendly Visits (2nd )</p> <p>9:00 Plant Patrol (2nd )</p> <p>9:30 Restore &amp; Move! (1st)</p> <p>10:00 Horticultural Therapy (1st)</p> <p>11:30 Meal Prep (LOUN)</p> <p>1:15 Pet Therapy w Brisket (2nd )</p> <p>2:30 Happy Hour (LOUN)</p> <p>3:30 Sing-a-long (LOUN)</p> <p>4:30 Meal Prep (Room)</p> <p>6:00 Friendly Visits (Room)</p> <p>6:30 Artistic Session (2nd )</p>	<p>8:30 Friendly Visits (2nd ) <b>21</b></p> <p>10:30 Survivor Craft (LOUN)</p> <p>11:30 Meal Prep (LOUN)</p> <p>1:30 Bingo (1st)</p> <p>3:30 Beauty Club (LOUN)</p> <p>4:30 Meal Prep (Room)</p> <p>5:00 Friendly Visits (Room)</p> <p>6:15 Jeopardy (LOUN)</p> 

# March 2026

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>8:30 Friendly Visits (2nd ) <b>22</b></p> <p>9:45 Church Service (2nd )</p> <p>10:30 Waffle Making (2nd )</p> <p>11:30 Meal Prep (LOUN)</p> <p>1:30 Friendly Visits (Room)</p> <p>2:00 Neighbourhood Visits (COUR)</p> <p>3:30 Active Game (LOUN)</p> <p>4:30 Meal Prep (Room)</p> <p>6:00 Basket Baseball </p>	<p>8:30 Friendly Visits (2nd ) <b>23</b></p> <p>9:30 Restore &amp; Move! (1st)</p> <p>9:45 Chair Exercise (LOUN)</p> <p>10:30 Braiding Connections (2nd )</p> <p>10:30 Mocha &amp; Tea social (LOUN)</p> <p>11:30 Meal Prep (LOUN)</p> <p>1:30 Outing To Giant Tiger (LOUN)</p> <p>4:00 Sing-a-long (LOUN)</p> <p>4:30 Meal Prep (Room)</p> <p>6:15 Big Screen Movie Night (MAIN)</p>	<p>8:30 Friendly Visits (2nd ) <b>24</b></p> <p>9:30 Exercise (LOUN)</p> <p>9:30 Restore &amp; Move! (1st)</p> <p>10:00 Bible Study with Hobbe (LOUN)</p> <p>11:30 Meal Prep (LOUN)</p> <p>2:00 Bingo (1st)</p> <p>3:45 Beauty Club (LOUN)</p> <p>4:30 Meal Prep (Room)</p> <p>6:00 Friendly Visits (2nd )</p> <p>6:30 Word Games (LOUN)</p>	<p><i>Hat Day</i> <b>25</b></p> <p>8:30 Friendly Visits (2nd )</p> <p>9:30 Restore &amp; Move! (1st)</p> <p>9:45 Exercise (LOUN)</p> <p>10:30 Hot Chocolate Social (LOUN)</p> <p>11:30 Meal Prep (LOUN)</p> <p>2:00 Birthday Party w Paula (MAIN)</p> <p>3:45 Word Games (LOUN)</p> <p>4:30 Meal Prep (Room)</p> <p>6:30 Casino Night (MAIN)</p>	<p>8:30 Friendly Visits (2nd ) <b>26</b></p> <p>9:30 Pet Visits with Brisket (2nd )</p> <p>9:30 Restore &amp; Move! (1st)</p> <p>9:45 Active Games (LOUN)</p> <p>10:30 Busy Hands Club (LOUN)</p> <p>11:30 Meal Prep (LOUN)</p> <p>1:15 Music Therapy w Jon (2nd )</p> <p>2:00 Family Feud (2nd )</p> <p>3:00 Discussion Group (LOUN)</p> <p>4:30 Meal Prep (Room)</p> <p>6:30 Bingo (1st)</p>	<p>8:30 Friendly Visits (2nd ) <b>27</b></p> <p>9:00 Plant Patrol (2nd )</p> <p>9:30 Restore &amp; Move! (1st)</p> <p>9:45 Centrecise (LOUN)</p> <p>10:30 Fruit/Veggies/Smoothie Prep (LOUN)</p> <p>11:30 Meal Prep (LOUN)</p> <p>1:00 Pet Therapy w Brisket (  )</p> <p>2:00 Survivor Games (MAIN)</p> <p>4:00 Musical Throwbacks (LOUN)</p> <p>6:00 Friendly Visits (Room)</p> <p>6:30 Bean Bag Toss (LOUN)</p>	<p>9:15 Friendly Visits (Room) <b>28</b></p> <p>10:00 Exercise (2nd )</p> <p>10:30 Spiritual Eldercare (LOUN)</p> <p>11:30 Meal Prep (LOUN)</p> <p>2:00 Bingo (1st)</p>
<p>8:30 Friendly Visits (2nd ) <b>29</b></p> <p>9:45 Hymn Sing (1st)</p> <p>10:45 Catholic Mass (LOUN)</p> <p>11:30 Meal Prep (LOUN)</p> <p>1:00 Cozy Conversations (LOUN)</p> <p>2:00 Mocktails + Tims Hortons (3rd)</p> <p>3:00 Word Games (LOUN)</p>	<p>8:30 Friendly Visits (2nd ) <b>30</b></p> <p>9:30 Restore &amp; Move! (1st)</p> <p>9:45 Chair Exercise (LOUN)</p> <p>10:30 Busy Hands Club (LOUN)</p> <p>11:30 Meal Prep (LOUN)</p> <p>1:30 Singing/Dancing with Penny and Mike (LOUN)</p> <p>3:00 Travelogue (LOUN)</p> <p>4:30 Meal Prep (Room)</p> <p>6:30 Pearl Society (1st)</p>	<p>8:30 Friendly Visits (2nd ) <b>31</b></p> <p>9:30 Exercise (LOUN)</p> <p>9:30 Restore &amp; Move! (1st)</p> <p>10:00 Bible Study with Hobbe (LOUN)</p> <p>11:30 Meal Prep (LOUN)</p> <p>2:00 Bingo (1st)</p> <p>3:45 Beauty Club (LOUN)</p> <p>4:30 Meal Prep (Room)</p> <p>6:00 Friendly Visits (2nd )</p> <p>6:30 Karaoke (LOUN)</p>				

***"Program types & times are subject to change"***

Activity Lounge (LOUN)  
 2nd floor (2nd )  
 1st Floor (1st)  
 Resident Room (Room)

### Locations Legend

Lounge (LOUN)  
 Main Dining Room (MAIN)  
 Hallway (Hall)  
 Outings in the community (out)

Basement Activity Room (BAR)  
 3rd Floor (3rd)  
 Dining Room (DR)  
 Courtyard (COUR)

**Afredita- Full-Time**  
**Ana- Part-Time**  
**Ohaisha- Casual**