

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
9:30 Parkwood Church Service (Christian) 2:00 Guided Meditation <small>1</small>	10:00 Ladies Morning Tea & Talks 2:00 Chair Yoga <small>2</small> <small>Purim Begins</small>	10:00 Bingo 2:00 Music Therapy- Harvest Room <small>3</small>	10:00 Men's Club 1:00 Happy Hour 6:00 Restorative Group Exercise <small>4</small>	10:00 Throwback Thursday 2:00 Karaoke Day 6:00 Colour Relaxation <small>5</small>	10:00 Bingo 2:30 Islamic Service <small>6</small>	10:30 Zumba with Allison 2:00 Aromatherapy 6:00 Beauty Club <small>7</small>	
9:00 Catholic Mass TV Live 10:30 Service Communion 2:00 Physical Games 7:00 Women's Day Ladies' Night! <small>8</small> <small>Daylight Saving Time Begins</small>	10:00 Trivia & Coffee 2:00 Crafty Creation – Painting <small>9</small>	9:30 Resident Council Meeting 2:00 Bingo <small>10</small>	10:00 Virtual Field Trip 2:00 Happy Hour with Crystal 6:00 Restorative Group Exercise <small>11</small>	10:00 Throwback Thursday 2:00 Karaoke 6:15 Zumba with Allison <small>12</small>	10:00 Bingo 2:00 Beauty Club <small>13</small>	10:00 Heritage Park Alliance (Protestant) 2:00 Aromatherapy 6:00 Movies & Popcorn <small>14</small>	
9:00 Catholic Mass TV Live 10:30 Service Communion 2:00 Guided <small>15</small>	10:00 Ladies Morning Tea & Talks 2:00 Chair Yoga <small>16</small>	10:00 Bingo 2:00 St. Patrick's Day Concert with Ted B. Wear green! <small>17</small> <small>St. Patrick's Day</small>	10:00 Men's Club 2:00 Happy Hour Isabelle 6:00 Restorative Group Exercise <small>18</small>	10:00 Throwback Thursday 2:00 Karaoke Day 6:00 Colour Relaxation <small>19</small>	10:00 Bingo 2:30 Islamic Service <small>20</small>	10:00 Throne of Grace (Pentecostal) 2:00 Aromatherapy 6:00 Beauty Club <small>21</small> <small>Spring Begins</small>	
9:30 Parkwood Church Service (Christian) 2:00 Physical Games <small>22</small>	10:00 Trivia & Coffee 2:00 Craft Creation- Easter Cards-making <small>23</small>	10:00 Bingo 2:00 Karaoke <small>24</small>	10:00 Virtual Field Trip 2:00 Happy Hour with Beverly 6:00 Restorative Group Exercise <small>25</small>	10:00 Throwback Thursday 2:00 Karaoke 6:15 Zumba with Allison <small>26</small>	10:00 Bingo 2:00 Catholic Mass <small>27</small>	10:30 Zumba with Allison 2:00 Aromatherapy 6:00 Movies & Popcorn <small>28</small>	
9:00 Catholic Service Palm Sunday 2:00 Holy Week Movie Special <small>29</small> <small>Palm Sunday</small>	10:00 Ladies Morning Tea & Talks 2:00 Chair Yoga <small>30</small>	10:00 Bingo 2:00 Karaoke <small>31</small>	<h1>March 2026</h1> <p><i>Women's History Month: "Give to Gain."</i></p>				