

March 2026

Lower North

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|--|---|---|
| 1 10:00 Hymn Sing (Art Studio) 10:45 Tea & Chat (Art Studio) 1:30 Exercise on Cha Cha Cha 3:30 Documentary Series 4:00 1:1 Visits | 2 10:00 Morning Exercise 10:45 News & Views 1:30 Reminisce & Share 3:15 Sing-a-Long 4:00 Heart for Music | 3 10:00 Art Studio Open 10:00 Bingo (Town Hall) 1:30 Active Games 1:30 Art Studio Open 3:00 What am I? 3:00 Cribbage (Art Studio) 4:00 Heart for Music | 4 Library Collection 10:00 Art Studio Open 10:00 Creative Arts with BACI Daycare (Art Studio) 10:00 Music and Memories (MT) 1:30 Art Studio Open 1:30 Jeopardy (Art Studio) 1:30 Montessori Puzzles 2:00 Mahjong (Art Studio) 3:00 Individual Music Therapy (MT) 3:00 Scrabble (Art Studio) 3:00 Magic Table (Art Studio) | 5 10:30 Art Studio Open 10:30 Catholic Mass (Town Hall) 1:30 Art Studio Open 1:30 Main Street Music Jam! (MT) 1:30 Sensory Cart 4:00 Library Delivery | 6 10:00 Bingo (Town Hall) 10:30 Mahjong (Main Street) 2:00 Town Hall Pub with Greg Alcock 3:30 Cribbage in Townhall | 7 10:00 Active Games 11:00 Heart for Music 1:30 Community Centre (Art Studio) 1:30 Pot of Gold Bracelet Making (Art Studio) 3:00 Brain Games 4:00 Color Me Calm |
| 8 10:00 Hymn Sing (Art Studio) 10:45 Tea & Chat (Art Studio) 1:30 Creative Corner 3:30 Ping Pong Fun 4:00 Heart for Music | 9 10:00 Exercise to Music 11:00 Second Street Music Class (Town Hall) 1:30 Sing-a-Long 3:00 Helping Hands 4:00 Heart for Music | 10 10:00 Bingo (Town Hall) 1:30 Active Games 3:15 Great Canadian Trivia 4:00 Heart for Music | 11 10:00 Art Studio Open 10:00 Show & Tell Circle Time with BACI Daycare (Main St.) 10:00 Music and Memories (MT) 10:00 Shuffle Board (Art Studio) 1:30 Art Studio Open 1:30 Baking Banana Coconut Fritters (Art Studio) 2:00 Mahjong (Art Studio) 3:00 Individual Music Therapy (MT) 3:00 Scrabble (Art Studio) 3:00 Magic Table (Art Studio) | 12 John Knox Grade 11 Day! 10:30 Catholic Mass (Town Hall) 1:30 Main Street Music Jam! (MT) 1:30 Sensory Cart 3:30 Armchair Travels - Where in the World Are We? 3:30 Trivia | 13 10:00 Bingo (Town Hall) 10:30 Mahjong (Main Street) 2:00 Town Hall Pub with Greg Alcock 3:15 Tea & Chat 3:30 Cribbage in Townhall | 14 10:00 Morning Crosswords 11:00 Humour 1:30 Community Centre (Art Studio) 3:15 Sorting Ball Game |
| 15 10:00 Hymn Sing (Art Studio) 10:45 Tea & Chat (Art Studio) 1:30 Active Games 3:30 Table Games 4:00 1:1 social visits | 16 10:00 Morning Exercise 10:45 News & Views 1:30 Piano with Murray 3:00 Biographies -Famous Faces 4:00 Heart for Music | 17 10:00 Art Studio Open 10:00 Bingo (Town Hall) 1:30 Art Studio Open 2:00 Country of the Month: Ireland (Town Hall) 4:00 Heart for Music | 18 10:00 Art Studio Open 10:00 Creative Arts with BACI Daycare (Art Studio) 10:00 Music and Memories (MT) 1:30 Art Studio Open 1:30 Crosswords (Art Studio) 2:00 Birthday Party (Town Hall) 2:00 Mahjong (Art Studio) 3:00 Individual Music Therapy (MT) 3:00 Scrabble (Art Studio) 3:00 Magic Table (Art Studio) | 19 10:30 Art Studio Open 10:30 Catholic Mass (Town Hall) 1:30 Balloon Volleyball 1:30 Art Studio Open 1:30 Main Street Music Jam! (MT) 1:30 Resident Council Meeting (Town Hall) 3:00 Nails n' Polish 4:00 1:1 Visits | 20 10:00 Bingo (Town Hall) 10:30 Mahjong (Main Street) 2:00 Town Hall Pub with Greg Alcock 3:30 Cribbage in Townhall 3:30 Walking Club | 21 10:00 Active Games 11:00 News & Views 1:30 Community Centre (Art Studio) 3:00 Brain Games 4:00 Heart for Music |
| 22 10:00 Hymn Sing (Art Studio) 10:45 Tea & Chat (Art Studio) 1:30 Ice Cream Carts 3:30 Documentary Series 4:00 Heart for Music | 23 10:00 Morning Exercise 10:45 News & Views 1:30 Afternoon Trivia 3:45 Table Games 4:00 Heart for Music | 24 10:00 Art Studio Open 10:00 Bingo (Town Hall) 10:30 Bus Outing 1:30 Active Games 1:30 Art Studio Open 1:30 Veterans Group with Michelle 3:00 Cribbage (Art Studio) 3:00 Wheelchair Walks 4:00 Heart for Music | 25 10:00 Art Studio Open 10:00 Show & Tell Circle Time with BACI Daycare (Main St.) 10:00 Music and Memories (MT) 10:00 Spa & Relaxation 1:30 Card Games 1:30 Crosswords with Tracey (Art Studio) 2:00 Mahjong (Art Studio) 3:00 Individual Music Therapy (MT) 3:00 Short Stories with Tracey 3:00 Sing-a-Long (Art Studio) 3:30 Walking Club | 26 10:30 Art Studio Open 10:30 Catholic Mass (Town Hall) 10:30 Helping Hands 1:30 Balloon Volleyball 1:30 Art Studio Open 1:30 Main Street Music Jam! (MT) 1:30 Afternoon Trivia 3:00 Reminisce & Share 3:00 Nails n' Polish 4:00 1:1 Visits 4:00 Sing-a-long | 27 10:00 Bingo (Town Hall) 10:30 Mahjong (Main Street) 2:00 Town Hall Pub with Greg Alcock 3:15 Chair Yoga 3:30 Cribbage in Townhall | 28 10:00 Morning Crosswords 11:00 Humour 1:30 Community Centre (Art Studio) 3:00 Exercise 3:45 Heart for Music |
| 29 10:00 Hymn Sing (Art Studio) 10:45 Tea & Chat (Art Studio) 1:30 Active Games 3:30 Biographies 4:00 Walk and Talk | 30 10:00 Walking Club 10:45 1:1 Visits (Social) 10:45 News & Views 1:30 Spa & Relaxation 3:15 Montessori Puzzles 3:15 Sing-a-Long 4:00 Heart for Music | 31 10:00 Art Studio Open 10:00 Bingo (Town Hall) 10:00 Reflexology & Nails 1:30 Active Games 1:30 Art Studio Open 3:00 Cribbage (Art Studio) 3:00 Wheelchair Walks - LNV 3:15 Word Games | | | | |

*Please note that programs are subject to change without notice

Legend: BLUE = Art Studio, PURPLE = Main St./Sensory Room, PINK = Town Hall, RED = Outing/Library