March 2024





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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
Where Is The Program? C—Chapel TH—Town Hall MF— Main Floor TS—Town Square FE—Front Entrance EM—Emma's HS—Hobby Shop BP— Back Patio FC—Fitness Centre NOTE: Programs, their times, and locations are subject to change.			Recreation Contact Information: arbourtrails.recreation@schlegelvillages.com (226)-251–3065 Extension 811		9:30 VON Exercise Class FC 10:15 Documentary: "Atlantic A Year in the Wild" TH 2:30 Hand Therapy HS 7:15 Popcorn Pickup TH 3:30 Destination Social: "Japan" MF Café 2:30 & 7:30 Movie: "A Man Called Otto" TH	2 10:30 Morning Smoothies MF Cafe 11:15 Balloon Volleyball FC 1:30 Trivia HS 2:30 Saturday Series: "Downton Abbey" TH 3:00 Basketball Game FC 3:00 Happy Hour MF Café 3:00 Basketball Game FC 7:30 Comedy Hour TH			
3 10:15 Specialty Coffee Café MF Café 11:00 DrumFIT FC 1:30 Afternoon Sports SC 2:15 Brain Game Puzzle Pick-up HS 3:00 Chapel Service C 3:45 Fellowship Café MF Café 4:00 Sunday TV Series: "Keeping up Appearances" TH	4 10:00 Better Balance (Standing) FC 10:15 Word Games HS 10:30 Catholic Communion C 11:00 Guided Meditation TH 1:30 Shake Loose a Memory Game L 2:00 Get Active (Seated) FC 3:00 Musical Bingo HS 2:30 & 7:30 Movie: "Cabaret" TH	5 Cameron Cards 10:30-2 TS 10:30 Meeting of Minds Discussion Group TH 1:30 Sing Along TH 2:30 Art Hour: Pressed Flower Jars HS 3:30 Stretch Class FC 3:30-4:30 Tech Help HS *Call 811 7:30 Current Events Group L 7:30 Trivia Night HS	9:30 VON Exercise Class FC 10:00 Get Active (Standing) FC 11:00 Giant Crossword L 1:30 Get Active (Seated) FC 3:00 Happy Hour MF Café 3:00-4:00 Simple Alterations by Maria HS *Sign up Only 6:00 Bookmobile Pre-orders HS 7:30 Popular Music on Wednesday TH	7 10:30 Bible Study C 10:30 Coffee & Trivia L 1:30 Classic TV Show: "The Lucy Show" TH 2:30 Hymn Sing C 2:30 Food Committee Meeting L 3:00 Gentle Exercise FC 3:30 Mini Golf FC 7:45 Bingo! HS 2:30 & 7:30 Movie: "Irma La Douce" TH	8 9:30 VON Exercise Class FC 10:00 IKEA Outing *Sign up only 2:30 Entertainment: "Grace Cowley" TH 7:15 Popcorn Pick-up TH 7:30 Movie: "Little Women" TH International Women's Day See our Display in Town Square!	9 10:30 Morning Smoothies MF Cafe 11:15 Balloon Volleyball FC 1:30 Trivia HS 2:30 Saturday Series: "Downton Abbey" TH 3:00 Happy Hour MF Café 7:30 Comedy Hour TH			
10 10:15 Specialty Coffee Café MF Café 11:00 DrumFIT FC 1:30 Afternoon Sports SC 2:15 Brain Game Puzzle Pick-up HS 3:00 Chapel Service C 3:45 Fellowship Café MF Café 4:00 Sunday TV Series: "Keeping up Appearances" TH Day Light Savings Time— Clock go AHEAD 1 hour	11 10:00 Better Balance (Standing) FC 10:15 Word Games HS 10:30 Catholic Communion C 11:00 Guided Meditation TH 1:30 Shake Loose a Memory Game L 2:00 Get Active (Seated) FC 3:00 Musical Bingo HS 2:30 & 7:30 Movie: "The Lunchbox" TH First Day of Ramadan	12 10:30 Meeting of Minds Discussion Group TH 1:30 Sing Along TH 2:30 Art Hour: St. Patrick's Day Wreaths HS 3:30 Stretch Class FC 3:30-4:30 Tech Help HS *Call 811 7:30 Current Events Group L 7:30 Trivia Night HS	9:30 VON Exercise Class FC 10:00 Get Active (Standing) FC 10:00 Men's Conversation Connection C 11:0 00 Giant Crossword L 2:00 Get Active (Seated) FC 2:15 Therapeutic Paws: Raven Visits HS 3:00 Happy Hour MF Café 3:00-4:00 Bookmobile FE 3:00-4:00 Simple Alterations by Maria HS *Sign up Only 7:30 Classical Music on Wednesday TH	14 10:30 Bible Study C 1:30 Classic TV Show: "The Lucy Show" TH 2:30 Hymn Sing C 3:00 Gentle Exercise FC 3:30 Movie Crew Meeting FC 7:45 Bingo! HS 2:30 & 7:30 Movie: "Some Like it Hot" TH	9:30 VON Exercise Class FC 10:15 Documentary: "Atlantic A Year in the Wild" TH 2:30 Hand Therapy HS 3:00 Destination Social: "Ireland" MF Café 7:15 Popcorn Pick-up TH 2:30 & 7:30 Movie: "Greyhound" TH	*No Morning Smoothies Today 1:30 Trivia HS 2:30 Saturday Series: "Downton Abbey" TH 3:00 Basketball Game FC 6:30-8:30 St. Patrick's Day Pub Crawl Featuring LIVE Entertainment by: "The Backstage Boys" at 7:30 p.m. TS *No Comedy Hour			

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				dig & Decker		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17 10:15 Virtual Concert: "Celtic Thunder" TH 11:00 DrumFIT FC 1:30 Afternoon Sports SC 2:15 Brain Game Puzzle Pick-up HS 3:00 Chapel Service C 3:45 Fellowship Café MF Café 4:00 Sunday TV Series: "Keeping up Appearances" TH St. Patrick's Day	18 Factory Shoe Store 11-3 TS 10:00 Better Balance (Standing) FC 10:15 Word Games HS 10:30 Catholic Communion C 11:00 Guided Meditation TH 1:30 Shake Loose a Memory Game L 2:00 Get Active (Seated) FC 3:00 Musical Bingo HS 2:30 & 7:30 Movie: "The Leopard" TH	19 10:30 Meeting of Minds Discussion Group TH 1:30 Sing Along TH 2:30 Art Hour: Spring Flower Arranging HS *Sign up Only 3:30 Stretch Class FC 3:30-4:30 Tech Help HS *Call 811 7:30 Current Events Group L 7:30 Trivia Night HS First Day of Spring	9:30 VON Exercise Class FC 10:00 Get Active (Standing) FC 11:00 Giant Crossword L 2:00 Get Active (Seated) FC 2:30 Residents' Council Meeting TH 3:00-4:00 Simple Alterations by Maria HS *Sign up Only 3:45 Happy Hour MF Café 6:00 Bookmobile Pre-orders HS 7:30 Entertainment: James Skarnikat TH	21 KMW Clothing 10-3 HS 10:00 Chair Yoga FC 10:30 Bible Study C 1:30 Classic TV Show: "The Lucy Show" TH 2:30 Hymn Sing C 3:00 Gentle Exercise FC 3:30 Mini Golf FC 7:45 Bingo! HS 2:30 & 7:30 Movie: "People Will Talk" TH	9:30 VON Exercise Class FC 10:15 Java Music Club L 12:00 Lunch Outing: Diana Downtown *Sign up Only 2:30 Hand Therapy HS 3:00 High Tea MF Café 7:15 Popcorn Pick-up TH 2:30 & 7:30 Movie: "Barbie" TH	23 10:30—11:30 The Guelph Brownies Visit MF Café 11:15 Balloon Volleyball FC 2:15 March Birthday Party L 2:30 Saturday Series: "Downton Abbey" TH 3:00 Basketball Game FC 3:00 Happy Hour MF Café 7:30 Comedy Hour TH
24 10:15 Specialty Coffee Café MF Café 11:00 DrumFIT FC 1:30 Afternoon Sports SC 2:15 Brain Game Puzzle Pick-up HS 2:30 Chapel Service: "Salvation Sounds" Perform C 3:45 Fellowship Café MF Café 4:00 Sunday TV Series: "Keeping up Appearances" TH	25 Creations Boutique 10-2 HS 10:00 Better Balance (Standing) FC 10:15 Word Games HS 10:30 Catholic Communion C 11:00 Guided Meditation TH 1:30 Shake Loose a Memory Game L 2:00 Get Active (Seated) FC 3:00 Musical Bingo HS 2:30 & 7:30 Movie: "Moulin Rouge" TH	26 10:30 Meeting of Minds Discussion Group TH 1:30 Sing Along TH 2:30 Art Hour: Virtual Easter Painting Class HS *Sign up Only 3:30 Stretch Class FC 3:30-4:30 Tech Help HS *Call 811 7:30 Entertainment: Royal City Ukulele Ensemble TS	27 Stars of Modern Fashion 10-2 TS 9:30 VON Exercise Class FC 10:00 Get Active (Standing) FC 10:00 Men's Conversation Connection C 11:00 Giant Crossword L 2:00 Get Active (Seated) FC 3:00 Happy Hour MF Café 3:00-4:00 Bookmobile FE 3:00-4:00 Simple Alterations by Maria HS *Sign up Only 7:30 Classical Music on Wednesday TH	28 10:00 Chair Yoga FC 10:30 Bible Study C 1:30 Classic TV Show: "The Lucy Show" TH 2:30 Hymn Sing C 3:00 Gentle Exercise FC 3:30 Mini Golf FC 7:45 Bingo! HS 2:30 & 7:30 Movie: "The Founder" TH	29 Earnest Floral 10-12 TS 9:30 VON Exercise Class FC 10:15 "Atlantic A Year in the Wild" TH 10:30 Good Friday Chapel Service C 2:30 Hand Therapy HS 3:00 Destination Social: South Africa MF Café 7:15 Popcorn Pick-up TH 2:30 & 7:30 Movie: "Downton Abbey: A New Era" TH	30 10:30 Morning Smoothies MF Cafe 11:15 Balloon Volleyball FC 1:30 Trivia HS 2:30 Saturday Series: "Downton Abbey" TH 3:00 Basketball Game FC 3:00 Happy Hour Featuring LIVE Music with: "John London" MF Café 7:30 Comedy Hour TH Easter Egg Hunt
31 10:15 Specialty Coffee Café MF Café 11:00 DrumFIT FC 1:30 Afternoon Sports SC 2:15 Brain Game Puzzle Pick-up HS 3:00 Chapel Service C 3:45 Fellowship Café MF Café 4:00 Sunday TV Series: "Keeping up Appearances" TH Easter Sunday	Recreation Contains arbourtrails.recreation (226)-251–3065	②schlegelvillages.com	Where Is The Program? C—Chapel TH—Town Hall MF— Main Floor TS—Town Square FE—Front Entrance EM—Emma's HS—Hobby Shop BP— Back Patio FC—Fitness Centre NOTE: Programs, their times, and locations are subject to change.			