

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					01 <i>Happy Birthday Gilles David!</i> 9:30am Chair Fitness – FH 10:30am Sound of Music Trivia – FH 1:30pm Bingo! – FH 2:45pm Teatime in the Bistro	02 This morning One-on-one activities 2:00pm Saturday Cinema Movie- FH
03 10:00am St. James Anglican Service – FH 2:00pm Church Service w/ Scott Daikin (Baptist) – FH	04 <i>Happy Birthday Floyd Kerr!</i> 9:00am Potato Peeling Club – Bistro 9:30am Chair Yoga w/ Daphne – FH 11:00am Happiness Program – FH 1:30pm Carpet Bowling – FH 2:30pm Teatime in the Bistro <i>C AM:</i> Bread Making <i>D 12:45pm</i> Hymn Sing w/ Jennifer Evening Activities w/ Kristen	05 9:30am National Parks Docuseries – FH 10:30am Bible Study w/ John Klinck – FH 1:30pm-3:30pm Nail Spa w/ Courtney – FH 2:00pm Timeless Tales w/ Jan Draper – FH <i>Wing C 9:30am</i> Hymn Sing w/ Jennifer <i>Wing D:</i> Happiness Program – Music & Meditation Evening Activities w/ Kristen	06 9:30 am Chair Fitness– FH 10:00am Painting w/ Michelle – FH 10:30am Cooking Club: Chocolate Pudding– Bistro 2:30pm Sing-Along - FH Mobile cart this afternoon! <i>C&D AM:</i> Taste Test: Soft Drinks <i>D PM:</i> Reminiscing Activity Evening Activities w/ Maranda	07 9:00am Potato Peeling Club – Bistro 9:30am What’s in the News – Wing B 10:00am Bible Study w/ Jennifer – FH 2:30pm Teatime w/ The Grace Ladies – Bistro <i>C&D AM:</i> Happiness Program	08 9:30am Chair Fitness – FH 10:30am Limericks Poems – FH 1:30pm Bingo! – FH 2:45pm Teatime in the Bistro <i>C&D AM:</i> Hand Spa	09 <i>Happy 100th Birthday Gerald Bryant!</i> This morning One-on-one activities 2:00pm Saturday Cinema Movie- FH
10 10:00am St. James Anglican Service – FH 2:00pm Service w/ Don & Christine Doell – FH	11 9:00am Potato Peeling Club - Bistro 9:30am Chair Yoga w/ Daphne – FH 11:00am Famous Movie Quotes– FH 1:30pm Carpet Bowling – FH 2:30pm Teatime in the Bistro <i>C AM:</i> Bread Making <i>D 12:45pm</i> Hymn Sing w/ Jennifer Evening Activities w/ Kristen	12 9:30am National Parks Docuseries – FH 10:30am Bible Study w/ John Klinck – FH 1:30pm-3:30pm Nail Spa w/ Danielle – FH 3:30pm Armchair Travel: Alaska -FH <i>C 9:30am</i> Hymn Sing w/ Jennifer <i>Wing D:</i> Happiness Program – Music & Meditation Evening Activities w/ Kristen	13 9:30 am Chair Fitness– FH 10:30am Cooking Club: Pudding Chômeur – Bistro 2:30pm Sing Along – FH <i>C&D AM:</i> Taste Test: Jello <i>C PM:</i> Name the Scentsy Evening Activities w/ Maranda	14 9:00am Potato Peeling Club – Bistro 9:30am What’s in the News – Wing B 10:00am Bible Study w/ Jennifer – FH. 2:00pm Book Club – FH 2:30pm Teatime w/ The Grace Ladies – Bistro <i>C&D AM:</i> Happiness Program	15 9:30am Chair Fitness – FH 10:00am Anglican Church Service – FH 2:30 Maple Sugar Celebration – FH <i>C&D AM:</i> Reminiscing Activity	16 This morning One-on-one activities 2:00pm Saturday Cinema Movie- FH
17 10:00am St. James Anglican Service – FH 3:00pm Church Service w/ Frazer Family – FH	18 9:00am Potato Peeling Club - Bistro 9:30am Chair Yoga w/ Daphne – FH 11:00am Leprechaun Races – FH 1:30pm Carpet Bowling – FH 2:30pm Teatime in the Bistro w/ Irish Coffee (non-alcohol) <i>C AM:</i> Bread Making <i>D 12:45pm:</i> Hymn Sing w/ Jennifer Evening Activities w/ Kristen	19 9:30am National Parks Docuseries – FH 10:30am Bible Study w/ John Klinck – FH 11:30am International Lunch/Armchair Travel – FH 1:30pm-3:30pm Nail Spa w/ Courtney – FH 2:00pm Timeless Tales w/ Jan Draper – FH <i>C 9:30am</i> Hymn Sing w/ Jennifer <i>Wing D:</i> Happiness Program – Music & Meditation Evening Activities w/ Kristen	20 <i>Happy Birthday Ada Hicks!</i> 9:30 am Chair Fitness– FH 10:00am Painting w/ Michelle- FH 10:30am Cooking Club: Irish Ginger Snap Cookies – Bistro 2:30pm Sing-Along - FH Mobile cart this afternoon! <i>C&D AM:</i> Taste Test: Coffee Creamer <i>D PM:</i> Spring Colouring Pages Evening Activities w/ Maranda	21 9:00am Potato Peeling Club – Bistro 9:30am What’s in the News – Wing B 10:00am Bible Study w/ Jennifer – FH 2:00pm Birthday Bash! – FH <i>C&D AM:</i> Happiness Program	22 9:30am Chair Fitness – FH 10:30am Garden Club – FH 1:30pm Bingo! – FH 2:45pm Teatime in the Bistro <i>C&D AM:</i> Spring Sensory Box	23 <i>Happy Birthday Bob Minnis!</i> 10:00am Easter Egg Hunt 2:00pm Saturday Cinema Movie- FH
24 10:00am St. James Anglican Service – FH 2:00pm Rev Nigel Parker, Presbyterian – FH <i>Easter Sunday</i> 31 10:00am St. James Anglican Service – FH 2:00pm Anglican Evensong Service – FH	25 9:00am Potato Peeling Club – Bistro 9:30am Chair Yoga w/ Daphne – FH 11:00am Easter Cards – FH 2:00pm Toutous Poilus: Animal Visit – FH <i>C AM:</i> Bread Making <i>D 12:45pm:</i> Hymn Sing w/ Jennifer Evening Activities w/ Kristen	26 9:30am National Parks Docuseries – FH 10:30am Bible Study w/ John Klinck – FH 1:30pm-3:30pm Nail Spa w/ Danielle – FH 3:30pm Discover: Scrap Booking – FH <i>Wing C:</i> 9:30am Hymn Sing w/ Jennifer <i>Wing D:</i> Happiness Program – Music & Meditation Evening Activities w/ Kristen	27 9:30am Chair Fitness – FH 10:30am Cooking Club: Pineapple Upside Down Cake – Bistro 2:30pm Sing Along - FH Mobile cart this afternoon! <i>C&D AM:</i> Taste Test: Flavored Water <i>C PM:</i> Flower Scent Game Evening Activities w/ Maranda	28 9:00am Potato Peeling Club – Bistro 9:30am What’s in the News – Wing B 10:00am Bible Study w/ Jennifer – FH 11:30am HCC Seniors Luncheon - \$/Sign Up 1:30pm United Church Prayer Service– FH 2:30pm Teatime w/ The Grace Ladies – Bistro <i>C&D AM:</i> Happiness Program	29 <i>Good Friday</i> 9:30am Chair Fitness – FH 10:00am Good Friday Service w/ Joanne – FH 1:30pm Bingo! – FH 2:45pm Teatime in the Bistro <i>C&D AM:</i> Easter Placemat Play Doh Activity	30 <i>Happy Birthday Sonya Rocke!</i> This morning One-on-one activities 2:00pm Saturday Cinema Movie- FH

March Birthdays:

- March 1st - Gilles David
- March 4th - Floyd Kerr
- March 9th - Gerald Bryants 100th Birthday
- March 20th -Ada Hicks
- March 23rd - Bob Minnis
- March 30th - Sonya Rocke

Important Dates:

Tuesdays 1:30-3:30 Nail Spa
 Wednesdays 10:30 am Cooking Club

Friday March 15th at 2:00pm
 Maple Sugar Celebraton

Tuesday March 19th at 11:30
 International Lunch

Saturday March 23rd at 10:00am
 Easter Egg Hunt

Monday March 25th at 2:00pm
 Toutous Poilus Animal Visit



February Farewell

In February, we continued our tradition of holding another uplifting Catholic mass, fostering spiritual unity within our community.

We joyously celebrated Shrove Tuesday, indulging in fluffy pancakes smothered in real maple syrup, a sweet reminder of the upcoming Lenten season.

Love was in the air as we embraced Valentine's Day with a special tea party, cherishing heartfelt moments with our beloved Uplands.

Wrapping up the month, we engaged in lively trivia and fond reminiscence of the sugaring off season, eagerly anticipating the sweet delights ahead.

Marching In To March

March is a month of sweet traditions and lively festivities in our community! As the snow begins to melt and the sap starts flowing, we eagerly gather memories of sugaring off, a cherished tradition among our residents and community members. Join us on Friday, March 15th, at 2:00pm for our Annual Maple Sugar celebration, where we'll indulge in the delights of freshly made maple syrup. Residents can enjoy this event for free, while guests are welcome for a nominal fee of \$5.

With Easter approaching early this year, we're gearing up for an exciting Easter Egg Hunt on the 23rd. It's a joyous occasion for the kids of our staff members, as well as the grandchildren and great-grandchildren of our residents

On the 25th, our community will come alive with the delightful presence of animals during the visit from Toutous poilus. It's a heartwarming experience that brings smiles to all who attend.

To conclude the month on a historical note, we'll showcase the evolution of sugaring off through the ages in our bistro area. Don't miss the opportunity to explore Sugaring Off Through History and immerse yourself in the rich traditions of our community. Join us for a month filled with sweetness, laughter, and cherished memories!

