










MARCH 2025 - B2 BIRCH LODGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10:15 Morning Exercise 11:00 Word Games 2:15 Helping Hands Spring Decorating
2 	3	4 10:15 Fun & Fitness 11:00 Morning Visits 2:15 Horse Races	5 10:30 Creative Arts with Jodie 2:15 Happy Hour B2 Dining Room	6 10:30 Morning Exercise 11:15 Balloon Volleyball 2:15 Jacko	7 10:15 Chair Yoga 11:00 Finish the Phrase 2:15 Movie Matinee Viewers Choice	8 International Woman's Day 10:15 Morning Exercise 11:00 Trivia and Quiz 2:15 Woman's Day Documentary
9 Daylight Savings 	10 	11 10:15 Church Service w/ Chaplain Francis B2 Dining Room 2:15 Jeopardy	12 10:30 Creative Arts with Jodie 2:15 Happy Hour B2 Dining Room	13 10:30 Fit and Fun 11:15 Bocce 2:15 Bingo	14 10:15 Chair Yoga 11:00 Meditation Time 2:15 Mental Aerobics	15 10:15 Morning Exercise 11:00 Bowling 2:15 Armchair Travel to Ireland
16 	17 St. Patrick's Day 	18 10:15 Morning Stretches 11:00 Morning Visits 2:15 Sing Along	19 10:30 Creative Arts with Jodie 2:15 February Birthday Party	20 1st Day of Spring 10:30 Spring Colouring 2:15 Bingo	21 10:15 Active Games 11:00 Meditation Time 2:15 Axe Throwing	22 10:15 Morning Exercise 11:00 Finish the Phrase 2:15 Balloon Volleyball
23 	24	25 10:15 Church Service w/ Chaplain Francis B2 Dining Room 2:15 Irish Bowling	26 10:30 Creative Arts with Jodie 2:15 Happy Hour B2 Dining Room	27 10:30 Fun & Fitness 11:15 Balloon Toss 2:15 Bingo	28 10:15 Arts and Crafts 11:15 Sing Along 2:15 Helping Hands Spring Cleaning	29 10:15 Morning Exercise 11:00 Finish the Phrase 2:15 Movie Matinee Viewer Choice