

St. Andrew's Centre

MONTHLY NEWSLETTER

Greetings from the Chief Operating Officer,

As we welcome the month of March, we are reminded that transformation is on the horizon. The days are gradually becoming longer, the sharp winter chill is beginning to ease, and soon we will witness the initial signs of spring. This season symbolizes new beginnings, growth, and renewal—a perfect moment to embrace the opportunities that lie ahead. Although we still have a few weeks to fully say goodbye to winter, let's take this time to appreciate the transition and all the joyful moments it brings.

Mental Health Awareness Month is observed in February, and since I was away, I will be hosting a Mental Health Awareness talk in March. Please keep an eye on the bulletin boards for details. I look forward to seeing everyone there!

One of the highlights of this month is our **St. Patrick's Day Celebration Party on March 17th at 1:30 PM in the Auditorium!** This festive occasion is the perfect time to gather together, share laughter, and enjoy the warmth of community. We encourage everyone to come dressed in green as we celebrate the luck of the Irish with lively entertainment, delicious treats, and a cheerful atmosphere. Whether you have Irish roots or just love a good reason to celebrate, this event promises to be an afternoon of fun and friendship.

March is also a wonderful time to reflect on the importance of connection. Here at St. Andrew's Centre, we are truly fortunate to be surrounded by such a vibrant and caring community. The friendships we build, the memories we create, and the kindness we extend to one another make this place feel like home. I encourage each of you to take a moment this month to share a smile, lend a helping hand, or simply enjoy a conversation with a neighbor—you never know how much of an impact a small act of kindness can have.

As we move through the coming weeks, let's embrace the hope and renewal that spring brings. Whether you are looking forward to longer walks, fresh blooms, or simply the joy of more sunshine, I hope this season fills your heart with happiness.

Correne Killian
Chief Operating Officer

ANNOUNCEMENTS

MAIN OFFICE Security Staff are on duty to assist with EMERGENCIES. **Contact Security @ 780-452-4444**

GENERATOR TESTING

Monday, March 10th starting at 2:00 pm

The Maintenance Department will be performing routine testing of the building's emergency generators. Elevators may be out of service, ONE AT A TIME for short periods of time during the testing.

THE ANNUAL RESIDENT SURVEY

The results will be available on **March 10th at the Main Office**. Thank you to all participants for your valuable feedback, which helps improve our services and facilities and enhances our community.

GARBAGE PICKUP SERVICE

We are pleased to announce an additional garbage pickup service every Thursday morning.

The garbage bins in the basement will now be emptied on Mondays, Wednesdays, Thursdays, and Fridays each week. We kindly request that residents and family members dispose of some of their garbage items during the weekdays, particularly on Wednesdays, rather than on weekends to prevent overloading.

Thank you for your understanding and cooperation.

SMOKING ON BALCONY OR ENSUITE

There is zero tolerance for smoking on the balcony. Violators will receive a written notice filed against them. Please be considerate of your neighbors and adhere to our community guidelines to ensure a pleasant living environment for everyone. If you have any questions or need assistance with smoking policies, feel free to contact the Main Office for further clarification. Thank you for your cooperation in maintaining a smoke-free community.

REPORTING LEAKS

We kindly remind residents to report any leaks from their sprinkler heads as soon as possible. If left unaddressed, this issue could escalate into something more serious. For after-hours and weekend concerns, please notify Security. During operational hours (Monday to Friday, 8 AM to 4:30 PM), please contact Main Office.

INTERCOM SYSTEM UPDATE

To provide access for your guests, simply **press 9 on your phone** instead of 6, and do not use the pound key—**just press 9**. If you experience any issues with the intercom system or need further assistance, please don't hesitate to contact the Main Office for help. We appreciate your cooperation in fostering a secure and inviting environment for all residents and visitors.

SCAMS

If you receive a call, always confirm the identity of the caller and never disclose personal information unless you are sure of their legitimacy. If anything feels off, trust your instincts and reach out to the relevant authorities or our office for assistance. Remember, your safety and security are our highest priorities, and we are here to help you in any way possible. Stay informed and vigilant to safeguard yourself and our community.



FINANCE DEPARTMENT



March 31st is the FISCAL YEAR END **for accounting purposes at St. Andrew's Centre**

It is especially important and beneficial to have all outstanding balances cleared as soon as possible after this date, so that our Financial Statements reflect the most current information.

We expect to have invoices for March Garden Cafe, Hospitality and incidental charges delivered to your mailboxes by Friday, April 4, 2025.

Please plan to remit your payment as quickly as possible once received.

- Debit or Credit Card are the preferred methods of payment.
- Automatic Bank Withdrawal (Pre-Authorized Payment "PAP") is also available. Sign up at the Main Office if you would like to use PAP.

Your cooperation is greatly appreciated!

CANADA POST PROCEDURES

Received mail that does not belong to you?

- DO NOT BRING IT TO THE MAIN OFFICE.
- DO NOT leave it out in a common area of the building.
- Cross the name and address through on the envelope.
- Mark "RTS" or "Return to Sender" on the envelope.
- DROP IT IN THE OUT-GOING (RED) LETTER MAIL BOX

Moved to a different suite within the building?

Notify all senders of your new address and/or purchase Mail Forwarding service directly from Canada Post.

The Centre is NOT responsible for forwarding mail that is not correctly addressed.

REMINDERS

- Canada Post will stop delivery to your mailbox if it becomes too full. Please ensure you are picking up your mail on a regular basis.
- Once you have retrieved a parcel from the Canada Post locker, you must drop the key in the outgoing mail slot (as you would mail a letter).

FINANCE DEPARTMENT

TENANT INSURANCE

IMPORTANT



All Residents are required to maintain Tenant Insurance with a minimum \$2 Million Third-Party Liability Coverage

- **Proof of Coverage** must be provided to the Main Office at the time of move-in, and **annually upon renewal**. A copy of the policy is recorded and filed.
- If you have not provided the Main Office with proof of coverage since your latest policy renewal, please do so immediately.
- If your insurance coverage is inadequate, or your policy has lapsed, it is your responsibility to notify the Main Office and make immediate arrangements to purchase proper coverage.
- The Main Office may also contact you directly to confirm coverage if current proof of coverage documentation is not found on file, or if the minimum third-party liability value is not adequate.

INCOME TAX RECEIPTS FOR DONATIONS

Income Tax receipts for charitable donations made to the Centre in 2024 are prepared. Please let the Main Office know if you have not received yours.

Thank You

RESIDENTS' ASSOCIATION (R.A)

VACANT EXECUTIVE & VOLUNTEER POSITIONS

The association is dedicated to improving your life by offering entertainment, birthday parties, and holiday lunches, but we can only succeed with the support of our members. Serving on the board is not difficult, and you don't need any specific skills. All you need is a willingness to dedicate some of your time and collaborate with interesting individuals while having fun contributing to the membership.

Sign up for available positions now.

Nominations will take place on May 13th, and voting will occur on June 26th during the General Meeting.



DATES TO REMEMBER

March 11th - St. Patrick's Day Entertainment at 7pm

March 25th - General Meeting at 7pm in the Auditorium

RESIDENT COMMUNITY COMMITTEE (R.C.C.)

- Minutes from the February Resident Community Committee meeting are included in this publication.
- The next meeting is scheduled for: Wednesday, March 19th @ 1:00pm in the Auditorium.
- The Centre has a bulletin board for RCC information and notices. It can be found in the atrium next to the piano.

MAINTENANCE DEPARTMENT

MAINTENANCE HOURS: Monday – Friday 8:00 am – 4:30 pm (except holidays)

**Please call the Main Office @ 780-452-4444 , Dial 0 .
to request Work Orders for Maintenance tasks in your suite.**

Most requests are completed the same day, and at no charge to the resident. You will be advised of applicable fees for your request before the work order is dispatched to staff.

WORK ORDERS



We have encountered multiple instances where work orders were submitted for malfunctioning phone or cable services. After dedicating 30 to 40 minutes to troubleshooting, we often found that the root cause was actually a billing issue that led to service interruptions. To expedite the process, we may inquire if there have been any billing problems. If maintenance is unable to resolve the issue within 10 minutes, a technician from the service provider will need to be dispatched to determine why the services are malfunctioning.



GARDEN CAFÉ

The Garden Café Restaurant is open from 9:00 am to 6:30 pm EVERY DAY serving:

Breakfast	9:00 am - 11:00 am
Lunch	11:00 am - 1:30 pm
Dinner	4:30 pm - 6:30 pm

DELIVERY IS AVAILABLE for a \$2.50 charge per trip

To order dinner for delivery, please call the Café directly at 587-525-8718 before 3:30 pm

HOSPITALITY DEPARTMENT



Gift certificates can be
purchased at the Main Office.
For further details, please
contact us at
(587) 525-8714.

ARE YOU LOOKING TO RESERVE ONE OF OUR GUEST SUITES?

RATES:

\$85.00 per night - Bachelor Guest Suite

\$100.00 per night - 1-Bedroom Guest Suite

Discounts are available for longer stays.

Cots can be rented for a \$25 flat rate (up to 1 week)

For additional details and to make bookings, please reach out to Tess at (587) 525-8714.

AMENITIES



FARMERS' MARKET

EVERY OTHER THURSDAY

Family Physicians

Dr. Hakirat Sidhu is on-site for Resident appointments in the Centre two evenings each week, starting at 5:00pm. **Pre-booking is required.** Mark your name in an open time slot on the whiteboard in the hallway just past the east tower elevator lobby.

Please note that St. Andrew's Centre is not affiliated with the doctors, or medical staff.



Special Touch Hair Salon



Located on the main floor of the Centre next to the Garden Café, our staff can provide all your hair, hand, and foot care needs for both women and men. We are open Tuesday-Friday at 8:00 am. **To book an appointment call 780-452-1105.**

We are excited to add Gel Polish Manicures and Sculpted Nails to our range of services.

Sandra's Mobile Footcare

Sandra Dickerson operates a **Mobile Foot Care Service** for residents of the Centre. For more information or to book an appointment **contact her directly** @ 587-926-0422, or e-mail sandradickerson82@gmail.com.



Welcome to March, and let's hope for some warmer weather! Wishing you a Happy St. Patrick's Day on the 17th!

This is a great time to review all your medications and dispose of any that are no longer needed or have expired. Feel free to bring any old medications to the Tuck Shoppe, where they will be properly discarded.

The Tuck Shoppe will be closed on the following dates:

- Friday, March 28th

Ishmeet, our Clinical Pharmacist, will be at the Tuck Shoppe on:

- Friday, March 14th

If you happen to be out and about, please stop by and say Hi. It's nice to see you!

The Tuck Shoppe hours are:

Monday 8:30am - 3:30pm

Friday 8:30am - 3:30pm

Please refer to the next page for some valuable information from CareRX.



Pneumonia

Pneumonia is a lung infection that can be caused by a bacteria or a virus. Some people develop pneumonia as a complication from the “flu” (influenza) virus. Getting the flu vaccine reduces the risk of developing pneumonia as a complication.

Symptoms of Pneumonia*

- Cough with phlegm
- Fever
- Chills
- Shortness of breath
- Extreme fatigue

**Pneumonia may present differently in older adults. Older adults may have fewer symptoms, no fever, and may act confused.*



Vaccination

If you are over 65, the recommended pneumococcal vaccine for you is Prevnar 20® (PNEU-C-20). This vaccine is administered once, as a single dose, with no booster recommended at this time. Getting vaccinated can reduce the severity of the disease and lower the risk of complications, hospitalization, and death.



Treatment of Pneumonia

- Stay hydrated
- Get plenty of rest
- Antibiotic treatment (if bacterial origin)

You can transmit the virus or bacteria causing pneumonia to others through infected particles when you cough or sneeze. Continue to perform hand hygiene regularly to help curb the spread of the infection.

ACTIVITIES

WALKING GROUP

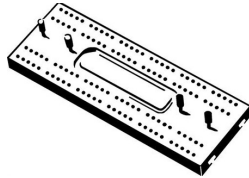
When: Tuesday and Fridays at 10:00am
Where: Meet in the Atrium for a 20-30 minute **INDOOR** or **OUTDOOR** walk, and then coffee-time at the *Garden Café*.
Short distance, or long - you pick. All levels of walkers are welcome!

SHUFFLEBOARD

When: Mondays & Thursdays at 2:00pm
Where: Games Room

CRIBBAGE

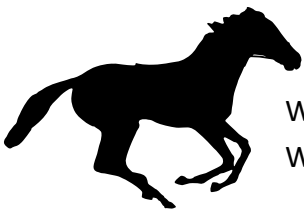
When: Monday at 6:30pm
Where: Games Room



HAPPY HOOKERS CLUB

When: Tuesday at 1:00pm
Where: North Atrium near the Koi Pond

OFF TO THE RACES... HORSE RACES



When: Every other Tuesday at 2:00pm
Where: Games Room



WHIST CANASTA

When: Wednesdays at 6:00pm
When: Tuesday at 5:30pm and 6pm
Wednesday at 6 pm
Thursday at 5:30pm



Where: Games Room

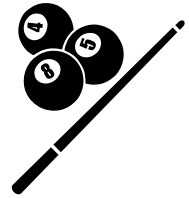
FRIDAY MOVIE NIGHTS

TV Room at 7:00pm every Friday
Check notice board for weekly title.



POOL

When: Tuesday at 1:00pm
Where: Games Room



NEWSLETTER READING + BOOK CLUB

When: Tuesdays from 11:15am - 12:00pm
Where: Pink Room (TV Room)
Come listen as volunteers read either the newsletter or a novel out loud. This group is for everyone. Join in and discuss what is being read.

\$3.00 BINGO

When: Saturdays at 6:00pm
Where: Games Room



CARD BINGO

When: Monday/Wednesday/Friday at 2:00pm
Where: Games Room

***Please be advised that these activities are initiated by residents, and any arrangements, set up or revisions are not associated with the main office. For information regarding the individuals in charge, please refer to the resident board.**

Volunteer Meeting



Wednesday March 12
1:00 PM
Reception Room (Father Irwin Room)

Discussion about remaining tasks.

- outdoor spring cleanup
- various areas in need
- outdoor ongoing cleanup
- outdoor ongoing watering
- planting annuals
- starting tomatoes



Any questions contact Susan
 587-525-8713

Please join us to celebrate

St. Patrick's Day PARTY



MONDAY MARCH 17TH

1:30pm in the Auditorium

Be sure to wear your best green outfit.



Get Moving with Moose



Information Session

Come join us for a fun session to chat about the different types of mobility aids available: safety usage and maintenance tips through equipment demonstrations and Q&A time.



What To Expect

- Overview of Different Mobility Aids
- Products & Services Moose Offers
- Common FAQs
- Special Product Discounts for your Residents
- "Want to try a ride?"
- "Let Moose Come to You!"
- "Pop-Up Shop"



We will also have printed resources available for you!

Tuesday March 18th at 11 am
Father Irwin Room

LEATHERMAKING WORKSHOP



Wednesday, March 26th
2:00pm
in the Father Irwin Room
10 spaces available

Please sign up with Kiara by March 14th

SUSAN'S NEWS



2025 GARDENING SEASON

Sign-up for garden boxes begins on Monday, March 3rd at the main office. Whether you already have a garden box or would like to start gardening, please add your name. New gardeners will be placed on a waitlist until current gardeners are confirmed. After this, any remaining gardens will be assigned, and new gardeners will be contacted.

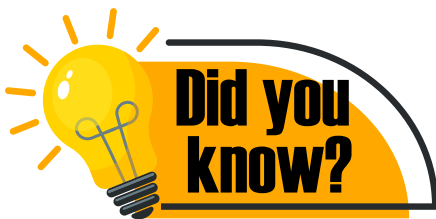
Gardening here is free to residents and is done at your own accord. The garden boxes are each person's responsibility. It is expected that your weeds are pulled, watering is maintained, and if you are away or ill, you make sure someone will look after it for you. We provide some seeds, start tomatoes early, ensure necessary tools are available, and have volunteers to assist. There will be a gardening meeting on April 3rd at 1:00 PM. Watch the April newsletter for details.

VOLUNTEERS

Thank you to everyone who attended the February meeting. It was great to connect and start the conversations about tasks at hand once the snow melts. The follow-up meeting will be on March 12th at 1:00 PM (see poster). Outdoor cleanup dates plus other tasks will be in April's newsletter.

TOWER GARDENS

The aeroponic tower gardens are in the planting room, and harvesting, by volunteers only, commences March 4th at 10:00 am. Bring your bowls or baggies down Tuesday mornings. If there is produce left over, you can find individual portions in the fridge (TV room). Note that regular volunteers harvest weekly to ensure the produce is not overpicked, allowing for continued growth.



Earth Hour is Saturday, March 22nd, 8:30 PM – 9:30 PM. Switch off! Lights off! Earth Hour started in 2007 by promoting lights off for 1 hour, only 60 minutes, once a year as a global effort to positively affect our home, Earth, in over 190 countries.

Contact Susan at 587-525-8713 or susan@standrewscentre.com

A Moment for Reflection

Spring adds new life and new beauty to all that is. – Jessica Harrelson

As the seasons change and the world around us begins to bloom, take a moment to reflect on what new beginnings mean to you. Spring is a season of renewal—a time to embrace fresh starts, let go of what no longer serves us, and welcome growth in our lives.



Reflection Questions:

What is something new I would like to invite into my life this month? _____

What is one thing I can let go of to make room for joy and peace? _____

How can I embrace small moments of beauty and gratitude each day? _____

Wishing you a season of renewal, fresh perspectives, and joy!










BLARNEY GOLD
LUCK CHARM GREEN
MARCH CLOVER IRELAND
PARADE DANCE ISLE
RAINBOW DUBLIN LEPRECHAUN
SHAMROCK EMERALD LIMERICK

C	D	R	R	M	D	Y	Y	Z	V	A	Z	V	F	M
Z	K	N	Y	H	D	U	U	H	I	M	X	U	F	R
E	C	S	Y	O	S	X	B	X	W	G	O	L	D	A
S	U	W	E	M	E	R	A	L	D	G	R	Q	B	H
H	L	O	N	P	Y	R	O	O	I	K	R	E	I	C
A	Z	B	R	R	X	P	N	F	D	N	O	E	Q	L
M	Y	N	A	Y	Y	W	E	D	A	R	K	P	E	X
R	J	I	L	O	Q	F	K	S	N	S	D	P	Q	N
O	S	A	B	H	E	C	L	D	C	A	R	A	T	E
C	A	R	O	D	I	A	Z	B	E	E	L	T	B	T
K	D	F	A	R	E	V	O	L	C	R	C	E	C	P
Y	P	R	E	B	G	S	M	H	I	Y	M	S	R	J
S	A	M	U	K	T	L	A	S	U	G	H	Q	M	I
P	I	I	S	U	E	U	L	E	E	F	N	D	K	C
L	S	D	T	P	N	E	Q	U	H	C	R	A	M	I

St. Andrew's Centre

Games Activities take place in the Games Room unless otherwise noted.







March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>23</p>  <p>Music Hour 7pm Pink/TV Room</p>	<p>24</p> <p>Keep Fit with Bonnie 10am Auditorium</p> <p>Card Bingo 2pm</p> <p>Shuffleboard 2pm</p> <p>Cribbage 6:30pm</p>	<p>25</p> <p>Walking Group 10am</p> <p>Oral Book Club 11:15am Pink/TV Room</p> <p>Happy Hookers Club 1pm</p> <p>Bible Study 2pm</p> <p>Canasta 5:30pm & 6 pm</p>	<p>26</p>  <p>Shop Easy 9:30am</p> <p>Card Bingo 2pm</p> <p>Canasta 6 pm</p> <p>Whist 6pm</p>	<p>27</p> <div style="border: 2px solid black; padding: 5px;"> <p>Farmers' Market 9:30am - 1:30pm Atrium</p> </div> <p>Keep Fit with Bonnie 10am Auditorium</p> <p>Movie Group 2pm TV Room</p> <p>Shuffleboard 2pm</p> <p>Canasta 5:30pm</p>	<p>28</p> <p>Music with Morris Auditorium 1:30 PM - 3:00 PM</p> <p>Walking Group 10am</p> <p>Card Bingo 2pm</p> <p>Movie Night 7pm Pink/TV Room</p> <p>Bingo 6pm</p>	<p>March 1st</p> <p>Bingo 6pm</p>
<p>2</p>  <p>Music Hour 7pm Pink/TV Room</p>	<p>3</p> <p>Keep Fit with Bonnie 10am Auditorium</p> <p>Card Bingo 2pm</p> <p>Shuffleboard 2pm</p> <p>Cribbage 6:30pm</p>	<p>4</p> <p>Walking Group 10am</p> <p>Oral Book Club 11:15am Pink/TV Room</p> <p>Happy Hookers Club 1pm</p> <p>Bible Study 2pm</p> <p>Canasta 5:30pm & 6 pm</p>	<p>5</p> <p>Card Bingo 2pm</p> <p>Canasta 6 pm</p> <p>Whist 6pm</p>	<p>6</p> <p>Keep Fit with Bonnie 10am Auditorium</p> <p>Movie Group 2pm TV Room</p> <p>Shuffleboard 2pm</p> <p>Canasta 5:30pm</p>	<p>7</p> <p>Walking Group 10am</p> <p>Card Bingo 2pm</p> <p>Movie Night 7pm Pink/TV Room</p> <p>Bingo 6pm</p>	<p>8</p>  <p>Chair Yoga Sign up required 9:45am</p> <p>Bingo 6pm</p>
<p>9</p>  <p>Music Hour 7pm Pink/TV Room</p>	<p>10</p> <p>Keep Fit with Bonnie 10am Auditorium</p> <p>Generator Test starting at 2pm</p> <p>Card Bingo 2pm</p> <p>Shuffleboard 2pm</p> <p>Cribbage 6:30pm</p>  <p>St. Patrick's Day Entertainment Resident Association 7pm</p>	<p>11</p> <p>Walking Group 10am</p> <p>Oral Book Club 11:15am Pink/TV Room</p> <p>Happy Hookers Club 1pm</p> <p>Canasta 5:30pm & 6 pm</p>	<p>12</p> <p>Volunteer Meeting 1:00pm Father Irwin Room</p> <p>Card Bingo 2pm</p> <p>Canasta 6 pm</p> <p>Whist 6pm</p>	<p>13</p> <div style="border: 2px solid black; padding: 5px;"> <p>Farmers' Market 9:30am - 1:30pm Atrium</p> </div> <p>Keep Fit with Bonnie 10am Auditorium</p> <p>Movie Group 2pm TV Room</p> <p>Shuffleboard 2pm</p> <p>Canasta 5:30pm</p>	<p>14</p> <p>Walking Group 10am</p> <p>Card Bingo 2pm</p> <p>Movie Night 7pm Pink/TV Room</p> <p>Bingo 6pm</p>	<p>15</p>  <p>Chair Yoga Sign up required 9:45am</p> <p>Bingo 6pm</p>

St. Andrew's Centre

March 2025

Games Activities take place in the Games Room unless otherwise noted.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>16</p>  <p>Music Hour 7pm Pink/TV Room</p>	<p>17</p> <p>Keep Fit with Bonnie 10am Auditorium</p> <p>St. Patrick's Day Party 1:30pm Auditorium</p> <p>Shuffleboard 2pm</p> <p>Cribbage 6:30pm</p>	<p>18</p> <p>Walking Group 10am</p> <p>Moose Mobility Information Session 11:00 AM Father Irwin Room</p> <p>Oral Book Club 11:15am Pink/TV Room</p> <p>Canasta 5:30pm & 6 pm</p>	<p>19</p> <div style="border: 2px solid black; padding: 5px; display: inline-block;"> <p>RCC Meeting Auditorium 1:00pm</p> </div> <p>Card Bingo 2pm</p> <p>Canasta 6 pm</p> <p>Whist 6pm</p>	<p>20</p> <p>Keep Fit with Bonnie 10am Auditorium</p> <p>Movie Group 2pm TV Room</p> <p>Shuffleboard 2pm</p> <p>Canasta 5:30pm</p>	<p>21</p> <p>Walking Group 10am</p> <p>Card Bingo 2pm</p> <p>Movie Night 7pm Pink/TV Room</p>	<p>22</p>  <p>Chair Yoga Sign up required 9:45am</p> <p>Bingo 6pm</p>
<p>23</p>  <p>Music Hour 7pm Pink/TV Room</p>	<p>24</p> <p>Keep Fit with Bonnie 10am Auditorium</p> <p>Card Bingo 2pm</p> <p>Shuffleboard 2pm</p> <p>Cribbage 6:30pm</p>	<p>25</p> <p>Walking Group 10am</p> <p>Oral Book Club 11:15am Pink/TV Room</p> <p>Happy Hookers Club 1pm</p> <div style="border: 2px solid black; padding: 5px; display: inline-block;"> <p>General Meeting Auditorium Resident Association 7:00 PM</p> </div>	<p>26</p> <p>Leather Workshop 2:00pm Father Irwin Room Sign up required</p> <p>Card Bingo 2pm</p> <p>Canasta 6 pm</p> <p>Whist 6pm</p>	<p>27</p> <div style="border: 2px solid black; padding: 5px; display: inline-block;"> <p>Farmers' Market 9:30am - 1:30pm Atrium</p> </div> <p>Keep Fit with Bonnie 10am Auditorium</p> <p>Movie Group 2pm TV Room</p> <p>Shuffleboard 2pm</p> <p>Canasta 5:30pm</p>	<p>28</p> <p>Walking Group 10am</p> <p>Card Bingo 2pm</p> <p>Movie Night 7pm Pink/TV Room</p>	<p>29</p>  <p>Chair Yoga Sign up required 9:45am</p> <p>Bingo 6pm</p>
<p>30</p>  <p>Music Hour 7pm Pink/TV Room</p>	<p>31</p> <p>Keep Fit with Bonnie 10am Auditorium</p> <p>Card Bingo 2pm</p> <p>Shuffleboard 2pm</p> <p>Cribbage 6:30pm</p>	<p>April 1st</p> <p>Walking Group 10am</p> <p>Oral Book Club 11:15am Pink/TV Room</p> <p>Happy Hookers Club 1pm</p> <p>Bible Study 2pm</p> <p>Canasta 5:30pm & 6 pm</p>	<p>2</p> <p>Card Bingo 2pm</p> <p>Canasta 6 pm</p> <p>Whist 6pm</p>	<p>3</p> <p>Keep Fit with Bonnie 10am Auditorium</p> <p>Movie Group 2pm TV Room</p> <p>Shuffleboard 2pm</p> <p>Canasta 5:30pm</p>	<p>4</p> <p>Walking Group 10am</p> <p>Card Bingo 2pm</p> <p>Movie Night 7pm Pink/TV Room</p>	<p>5</p>  <p>Chair Yoga Sign up required 9:45am</p> <p>Bingo 6pm</p>

While every effort is made to provide up-to-date calendar event listings, they are subject to change. Please check notice boards also.