

# HARMONY MARCH 2026

## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

**1**  
10am Entertainment with Don Owens

**2**  
9:30am Fun & Fitness with Natalie  
10am Boomer Visits  
2pm Guess the Career  
Kaitlyn Away


**3**  
10am Chair Yoga  
10:30 Morning Meditation  
2pm Afternoon Matinee  
Kaitlyn Away

**4**  
9:30am Fun & Fitness with Natalie  
2pm Entertainment with Darlene M  
Kaitlyn Away

**5**  
10am Beauty Hour  
2pm Travel to Ireland  
Kaitlyn Away

**6**  
10am Zumba!  
10:30am Famous Faces  
2pm Music Therapy  
Kaitlyn Away

**7**  
Colouring & Activity Booklets

**8**  
2pm Entertainment with Don Owens  
Daylight Savings 

**9**  
9:30am Fun & Fitness with Natalie  
10am Boomer Visits  
10:30am Finish the Phrase  
2pm Entertainment with Jean L

**10**  
10am Chair Yoga  
10:30 Noodle Balloon  
2pm Irish Bingo

**11**  
9:30am Fun & Fitness with Natalie  
10:30 Fill your Pot with Gold  
2pm Entertainment with Ray H

**12**  
10am Reading Group  
2pm Modeling with Clay

**13**  
10am Zumba!  
10:30am Word Webs  
2pm Baking (AR)

**14**  
Colouring & Activity Booklets

**15**  
2pm Entertainment with Don Owens

**16**  
9:30am Fun & Fitness with Natalie  
10am Boomer Visits  
10:30am Irish Trivia  
2pm Entertainment with Darlene B

**17**  
10am Chair Yoga  
10:30am Irish Dice Game  
1pm Shamrock Shakes 

**18**  
9:30am Fun & Fitness with Natalie  
10:30 Guess the Object  
2pm Entertainment with Ian B

**19**  
10am Who Am I?  
10- 11:30 Hearing Aid Clinic  
2pm Bean Bag Toss

**20**  
10am Zumba!  
10:30am Mad Libs  
2pm Music Therapy

**21**  
2pm Entertainment with Kathy Wiles

**22**  
2pm Entertainment with Don Owens

**23**  
9:30am Fun & Fitness with Natalie  
10am Boomer Visits  
10:30am Group Crossword  
2pm Entertainment with Emilio (Lobby)

**24**  
10am Chair Yoga  
10:30am Reminiscing Group  
2pm Jeopardy

**25**  
9:30am Fun & Fitness with Natalie  
10:30am Guess the Smell  
2pm Entertainment with Sean Roberts

**26**  
10am Hymn Sing  
10:30am Catholic Mass  
2pm Spring Collage Making

**27**  
10am Zumba!  
10:30am Spring Trivia  
2pm Music Therapy

**28**  
Colouring & Activity Booklets

**29**  
2pm Entertainment with Don Owens

**30**  
9:30am Fun & Fitness with Natalie  
10am Boomer Visits  
10:30am Guess the Sound  
2pm Painted Butterflies

**31**  
10am Chair Yoga  
10:30am Never Have I Ever  
2pm Matching Cities

