

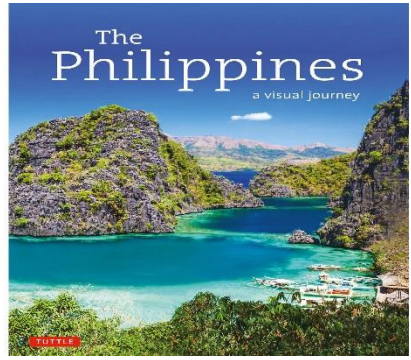



# March 2020

## Peel Manor Adult Day Service Calendar


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Wear your African Dress or Outfit March 31</b></p> 	<p><b>March is Nutrition Month</b></p> 		<p><b>Celebrating Pilipino Culture on March 27</b></p> 			<p>1 9am: Breakfast Club 10am: Mass 11:15am: Group Exercise 1pm: Personal Engagement 2pm: Word Games 3pm: Resolutions Discussion</p>
<p>2 9am: Morning Baking 10am: BINGO, Art W/Glynnis 11am: Bean Bag Toss 1pm: Physiotherapy 2pm: Relaxation Group 3:30pm: Reading Circle 6pm: Evening Walk</p>	<p>3 9am: Breakfast Club; Clients' Voice 10am: Cooking Program, Music Memories 11am: Hockey 1pm: Physiotherapy 2:15pm: BINGO 3:30 pm: Sing A Long 3:30pm: Group Exercise 6pm: Art with Glynnis</p>	<p>4 9am: Fruit of the Day-Making Smoothies; Clients' Voice 10am: Word Game 11am: Bocce Ball 1pm: Physiotherapy 2pm: Men's Cooking Group 2:30pm: Heartbeats with Tammy 3:30pm: Guess the Price 6pm: Science Experiment</p>	<p>5 9am: Breakfast Club 10am: Famous Canadians Discussion 11am: Dance Party 1pm: Physiotherapy 2pm: Church 3:30pm: Group Exercise 6pm: Reading Circle</p>	<p>6 9am: Baking; Clients' Voice 10am: Desk Detective 11am: Ball Games 1pm: Physiotherapy, Fruit Discussion 2pm: Family Feud, Cocktail Hour 3:30pm: Group Exercise 6pm: Sand Art</p>	<p>7 9am: Breakfast Club 9:45am: Group Exercise 10:30am: BINGO 1pm: Bocce Ball 2pm: Word Game/nails 3pm: Personal Engagement</p>	<p>8 <b>National Women's Day</b> 9am: Breakfast Club 10am: Mass 11:15am: Group Exercise 1pm: Word Games 2pm: Personal Engagement 3pm: Movie</p>
<p>9 9am: Breakfast Club Have you ever? Discussion 10am: Art With Glynnis 11am: Bean Bag Toss 1pm: Physiotherapy 2pm: Family Feud 3:30 pm: 6pm: Nails</p>	<p>10 9am: Morning Baking 10am: Cooking Program, Music Memories 11am: Hockey 1pm: Physiotherapy 2:15pm: BINGO 3pm: Sing A Long; Group Exercise 6pm: Art With Glynnis</p>	<p>11 9am: Fruit of the Day-Baking Blueberry Muffins 10am: Word Game 11am: Bocce Ball 1pm: Physiotherapy 2pm: Men's Cooking Group 2:30pm: Heartbeats with Tammy 3:30pm: Darts 6pm: Science Experiment</p>	<p>12 9am: Morning Baking 10am: Darts 11am: Exercise with music 1pm: Physiotherapy 2pm: Church, Golf 3:30pm: Group Exercise 6pm: Nails</p>	<p>13 9am: Breakfast Club 10am: UNO 11am: Bocce Ball 1pm: Physiotherapy 2pm: Women's Day Tea Party with Entertainment 3:30pm: Group Exercise 6pm: Name that Tune</p>	<p>14 9am: Breakfast Club 9:45am: Group Exercise 10:30am: BINGO 1pm: Hockey 2pm: Movie 4pm: Personal Engagement</p>	<p>15 9am: Breakfast Club 10am: Mass 11:15am: Group Exercise 1pm: 4pm: Personal Engagement</p>



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## Peel Manor Adult Day Service Calendar



<p>16 9am: Morning Baking 10am: Nails, Chocolate Discussion 11am: Bean Bag Toss 1pm: Physiotherapy 2pm: Darts 3:30pm: Group Exercise 6pm: Let's Talk about Nutrition</p>	<p>17 <b>St. Patrick's day</b> 9am: Breakfast Club 10am: Cooking Program, Music Memories 11am: Hockey 1pm: Physiotherapy 2:15pm: St. Patrick's Day Social 3pm: Sing A Long; Group Exercise 6pm: Art with Glynnis</p>	<p>18 9am: Fruit of the Day-Making Apple Sauce 10am: Word Game 11am: Bocce Ball 1pm: Physiotherapy 2pm: Men's Cooking Group 2:30pm: Heartbeats with Tammy 3:30pm: Family Feud 6pm: Science Experiment</p>	<p>19 Pi Day 9am: Breakfast Club 10am: Math Quiz 11am: Dance Party 1pm: Physiotherapy 2pm: Church, Pie Discussion 3:30pm: Group Exercise 4:00pm Art with Glynnis 6pm: Math Quiz</p>	<p>20 <b>First Day of Spring</b> 9am: Baking 10am: Colour Shape Bingo 11am: Bowling 1pm: Physiotherapy, Bowling Outing 2pm: 3:30pm: Group Exercise 6pm: Who's face is it?</p>	<p>21 9am: Breakfast Club 9:45am: Group Exercise 10:30am: BINGO 1pm: Word Games 2pm: Art Program 4pm: Personal Engagement</p>	<p>22 9am: Breakfast Club 10am: Mass 11:15am: Group Exercise 1pm: Pictionary 2pm: Reading Circle 3pm: Personal Engagement</p>
<p>23 9am: Breakfast Club 10am: Nails, Chocolate Discussion 11am: Bean Bag Toss 1pm: Physiotherapy 2pm: Darts 3:30pm: Group Exercise 6pm: Newspaper Story Discussion</p>	<p>24 9am: Morning Baking 10am: Cooking Program, Music Memories 11am: Hockey 1pm: Physiotherapy 2:15 Health Video and Trivia 3pm: Sing A Long; Group Exercise 6pm: Art with Glynnis</p>	<p>25 9am: Fruit of the Day-Making Banana Bread 10am: Word Game/Poem 11am: Bocce Ball 1pm: Physiotherapy 2pm: Men's Cooking Group 2:30: Heartbeats with Tammy 3:30pm: Puzzles, Puzzle Discussion 6pm: Science Experiment</p>	<p>26 9am: Morning Baking 10am: Pictionary 11am: Dance Party 1pm: Physiotherapy 2pm: Church, Pie Discussion 3:30pm: Group Exercise 6pm: Sand Art</p>	<p>27 <b>Pilipino Day</b> 9am: Breakfast 10am: Colour Shape Bingo 10:30 Yoga 11am: Bowling 1pm: Physiotherapy 2pm: Visiting the Philippines 3:30pm: Group Exercise 6pm: Guess the Price</p>	<p>28 9am: Breakfast Club 9:45am: Group Exercise 10:30am: BINGO 1pm: Word Games 2pm: Hockey 4pm: Personal Engagement</p>	<p>29 9am: Breakfast Club 10am: Mass 11:15am: Group Exercise 1pm: Pictionary 2pm: Reading Circle 3pm: Personal Engagement</p>
<p>30 9am: Baking 10am: Nails, Chocolate Discussion 11am: Bean Bag Toss 1pm: Physiotherapy 2pm: Darts 3:30pm: Group Exercise 6pm: Golf</p>	<p>31 <b>African Culture Day</b> 9am: Scrambled Egg Breakfast 10am: Cooking Program, Music Memories 11am: African Outfits Fashion Show 1pm: Physiotherapy 2:15pm: BINGO; Visiting the Countries of Africa 3:00: Sing a Long; Group exercise 6pm: Art with Glynnis</p>	<p><b>Support Workers</b> Nidhi, Arlene, Nana, Shadeen, Kate, Evelyn Ext. 3761 <b>ADS Assistants</b> Juliet, Tricia, Hollie, Al, Krystal, Rachel, Ama, Blessing, Chelsea, Melissa, Jeanny Ext. 3761</p>	<p><b>Supervisor:</b> Anna Endrizzi, Ext. 3708 <b>Coordinator:</b> Irene Rietta Ext. 3517 <b>Nurse:</b> Cheryl Hughes, Ext. 2201</p>		<p><b>Social Worker:</b> Yasmeen Rafik Ext. 2113 <b>Physiotherapist:</b> Avani Shah Ex. 3728</p>	

