MARCH 2021

SUN	MON	TUE	WED	THU	FRI	SAT
	Junior MacDonald 9:15 BUS RIDE UK/HS 11:15 Exercise LB 1:45 Painting BD 1	**Kris MacDonald** 10:30 Yoga UK/HS 1:45 BINGO LB/TS 3:30 Beauty Break BD/BI 2	3 9:15 BUS RIDE LB/TS 11:15 Exercise BD 1:45 Painting UK	4 10:15 Knitting TS 11:15 Exercise TS 2:00 Church Rev. Brian MacLeod BD	5 **World of Prayer Day** 9:15 BUS RIDE BI/BD 11:15 Exercise UK 1:30 World of prayer video UK/HS 2:00 Book Mobile	6 Coffee and News
7 **CHURCH WITH ANNA SMITH**	8 10:15 Knitting Hs 11:15 Exercise HS 1:45 Painting Shamrocks UK **INTERNATIONAL WOMEN'S DAY**	9 10:30 Yoga LB 1:45 BINGO BI 3:30 Cards HS	10 10:30 Word Extraction UK 2:00 Movie in AMH BI/BD	11 10:15 Knitting UK 11:15 Exercise UK 2:00 Church Rev. Mary Jo Harris LB	12 10:30 Bocce TS AMH 1:45 St. Patrick's Day Trivia UK/HS	13 Cards
Gordon MacKay **Stephen Phillips** **Mildred MacPhail** Daylight Savings 14	**Lent Begins** 15 10:15 Music circle BD 11:15 Exercise BD 1:45 Painting LB/TS	16 10:30 Yoga UK 2:30 Nutrition Activity Day	**ST. PATRICK'S DAY** 17 10:30 Resident Council 1:45 St. Paddy's Party	18 10:15 Knitting TS 11:15 Exercise TS 2:00 Church Rev. Ian Harrison UK	19 10:15 Golf BD/BI 1:30 Song Circle LB 2:00 Book Mobile 3:30 1:1 BD	20 First Day of Spring
21 Church	22 10:15 Knitting BD 11:15 Exercise BD 1:45 Painting HS	**Lloyd Stone** 23 10:30 Yoga BD 1:45 BINGO LB 3:30 Beauty Break UK	24 10:30 Yoga TS 1:45 BINGO UK 3:30 1:1 BI	25 10:15 Knitting LB 11:15 Exercise LB 2:00 Church Rev. Corrie Stewart BD	26 10:15 Scattegories UK/HS 1:30 Birthday Party Music and Cake	27 Coffee and News
Palm Sunday 28 Church	29 10:15 Knitting UK 11:15 Exercise UK 1:45 Painting BD/BI	30 10:30 Yoga TS 1:45 BINGO LB 3:30 Cards HS	31 10:30 Bowling UK 1:45 Easter BINGO BI 3:30 1:1 BD	**ALYSSA ROCKWELL RECREATION DIRECTOR** **ALDERWOOD BOX 218 BADDECK** **NOVA SCOTIA B0E1B0** **PHONE: 902.295.2644 EXT 226** **FAX: 902.295.3445** **RECREATION@ALDERWOODBADDECK.CA**		Music Therapy Month Nutrition Month