




**PHYSIO THERAPY EXERCISE  
(ACTIVITY ROOM)**  
TUESDAYS 1-2PM & 2-3PM  
THURSDAYS 9-10AM & 10-11AM

**March  
2016**



**FALLS PREVENTION SESSIONS  
(ACTIVITY ROOM)**  
TUESDAYS 3-4PM  
THURSDAYS 11-12PM

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>LEGEND</b></p> <p><b>AR-ACTIVITY ROOM</b> <b>LR-LIVING ROOM</b> <b>NH-NURSING HOME</b></p>	<p><b>REFRESHMENTS ARE SERVED DAILY IN THE MAIN LOUNGE</b></p>	<p>1 10AM-Carpet Bowling (LR) 11AM-Knitting Club (AR) 1PM-Physio + Balance (AR) 2PM-Physio+Balance (AR) 2:15PM-Kenmuir Baptist Church Service (NH) 3PM-Falls Prevention (AR)</p>	<p>2 10AM- <b>TRIP TO CLOVERDALE MALL</b> 2:15PM- St. Patrick's Roman Catholic Church Service (NH)</p>	<p>3 9AM- Physio + Balance (AR) 10AM- Physio + Balance (AR) 11AM- Falls Prevention (AR) 6PM- Movie and Snacks (LR)</p>	<p>4 9AM- Seated Tai Chi (AR) 10AM- Falls Prevention (AR) 11AM- General Exercise (AR) 2PM- Golf Game (LR) 3PM- Throwaway Bingo (AR) 7PM- Bible Study (NH)</p>	<p>5 10AM- Hymn Sing (NH) 6PM- Movie Night (LR)</p>
<p>6 2:15PM- New Covenant Church Service (NH)</p>	<p>7 2PM-Roman Catholic Communion (TOUR) 2:30PM-BINGO (AR) 3:30PM- Nail Care (TOUR)</p>	<p>8 10AM-Carpet Bowling (LR) 11AM-Jeopardy (LR) 1PM-Physio + Balance (AR) 2PM-Physio+Balance (AR) 2:15PM-Mississauga Baptist Church Service (NH) 3PM-Falls Prevention (AR)</p>	<p>9 10AM- Painting (AR) 11AM- Book Club (AR) 1:30PM- Foot Doctor (AR) 7PM- Church of God (NH)</p>	<p>10 9AM- Physio + Balance (AR) 10AM- Physio + Balance (AR) 11AM- Falls Prevention (AR) 6PM- Movie and Snacks (LR)</p>	<p>11 9AM- Seated Tai Chi (AR) 10AM- Falls Prevention (AR) 11AM- General Exercise (AR) 2PM- Golf Game (LR) 3PM- Throwaway Bingo (AR)</p>	<p>12 10AM- Hymn Sing (NH) 6PM- Movie Night (LR)</p>
<p>13 2:30PM- Salvation Army Church Service (NH)</p>	<p>14 2PM-Roman Catholic Communion (TOUR) 2:30PM-BINGO (AR) 3:30PM- Nail Care (TOUR)</p>	<p>15 10AM-Carpet Bowling (LR) 11AM-Knitting Club (AR) 1PM-Physio + Balance (AR) 2PM-Physio+Balance (AR) 2:15PM-Church of Holy Spirit Anglican Church Service (NH) 3PM-Falls Prevention (AR)</p>	<p>16 10AM- <b>TRIP TO ROCKWOOD MALL</b> 7PM- St. Francis of Xavier Rosary (NH)</p>	<p>17 9AM- Physio + Balance (AR) 10AM- Physio + Balance (AR) 11AM- Falls Prevention (AR) 6PM- Pub Social with Entertainment by Garry Munn! (LR)</p> 	<p>18 9AM- Seated Tai Chi (AR) 10AM- Falls Prevention (AR) 11AM- General Exercise (AR) 2PM- Golf Game (LR) 3PM- Throwaway Bingo (AR)</p>	<p>19 10AM- Hymn Sing (NH) 2:15PM- New Life Fellowship Church of God (NH) 6PM- Movie Night (LR)</p>
<p>20 2:30PM- Kingdom Covenant Church Service (NH)</p>	<p>21 2PM-Roman Catholic Communion (TOUR) 2:30PM-BINGO (AR) 3:30PM- Nail Care (TOUR)</p>	<p>22 10AM-Carpet Bowling (LR) 11AM-Current Events and Discussion (LR) 1PM-Physio + Balance (AR) 2PM-Physio+Balance (AR) 2:15PM-Westminister United Church Service (NH) 3PM-Falls Prevention (AR)</p>	<p>23 10AM- Creative Writing (AR) 11AM- Egg Coloring (AR)</p>	<p>24 9AM- Physio + Balance (AR) 10AM- Physio + Balance (AR) 11AM- Falls Prevention (AR) 6PM- Movie and Snacks (LR)</p>	<p>25</p> 	<p>26 10AM- Hymn Sing (NH) 6PM- Movie Night (LR)</p>
<p>27 2:15PM- Applewood Heights Gospel Hall Church Service (NH)</p> 	<p>28 10AM- BINGO (AR) 11AM- Resident Management Meeting (AR) 2PM- Roman Catholic Communion (TOUR)</p>	<p>29 10AM-Carpet Bowling (LR) 11AM-Target Trivia (LR) 1PM-Physio + Balance (AR) 2PM-Physio+Balance (AR) 3PM-Falls Prevention (AR)</p>	<p>30 2PM- Birthday Party with Entertainment by James Regan!</p>	<p>31 9AM- Physio + Balance (AR) 10AM- Physio + Balance (AR) 11AM- Falls Prevention (AR) 6PM- Movie and Snacks (LR)</p>	<p><b>CHRIST THE KING CHURCH VISITS EVERY WEDNESDAY EVENING (NH)</b></p>	<p><b>WEEKLY PET VISITS</b> <b>Mondays with Scrappy @ 2:00pm!</b></p>

# March 2016



Tyndall Senior's  
Village Retirement Home  
Recreation Calendar