

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# March 2019



 <p>2:00 (C) Murdoch Mysteries Season 7 Ep 9 &amp; 10</p>	<p><b>3</b></p> <p>Shuttle Today Hairdresser Today</p> <p>11:00 (cl) Fit Minds 1:00 (cl) Racket Balloon 1:30 (sign up) Burlington Mall 2:00 (C) The Java Music Club 3:00 (cl) Colouring Mandalas 4:00 (fl) SJT Dog Visit (Lily &amp; Scott) 6:15 (C) Wine Social</p>	<p><b>4</b></p> <p>Shuttle Today Hairdresser Today</p> <p>11:00 (cl) Fit Minds 1:00 (cl) Racket Balloon 1:30 (sign up) Burlington Mall 2:00 (C) The Java Music Club 3:00 (cl) Colouring Mandalas 4:00 (fl) SJT Dog Visit (Lily &amp; Scott) 6:15 (C) Wine Social</p>	<p><b>5</b></p> <p>Wear Purple, Green &amp; Yellow for Mardi Gras!</p>  <p>11:00 (C) Music Appreciation: Mardi Gras 1:15 (C) Funny Animals 2:00 (C) BINGO 3:00 (cl) By Request Music Hour 7:00 (C) Toastmasters</p>	<p><b>6</b></p> <p>Shuttle Today Esthetician Today</p>  <p>11:00 (cl) Giant Crosswords 11:00 (sign up) Duchess Tea Room 2:00 (C) Euchre Party! Sign Up 2:30 (cl) Euchre 3:00 (cl) Racket Balloon</p> <p>Ash Wednesday</p>	<p><b>7</b></p> <p>Hairdresser Today</p> <p>10:30 (C) Bible Study with Chaplain Homer 11:00 (L) Story Book Time 2:00 (C) Ipad-AgeOn Course pre-register lesson 7/7 2:00(MAC) Tablet Lessons 2:00 (cl) Sing Along With Kent 6:30 (C) *NEW* Classical Music</p>	<p><b>8</b></p> <p>Hairdresser Today</p> <p>10:30 (C) Java Music Club 1:30 (C) Seated Pilates 3:00 (cl) Happy Hour With Kim Atkins 6:30 (C) *NEW* Jeopardy</p> <p><b>1</b></p> <p>Saturday Brain Games available at the Front Desk</p> <p>10:00 (fl) Visit with St. Johns Therapy Dog Hank 11:00 (cl) Euchre 1:00 (cl) Racket Balloon 2:00 (C) Afternoon Movie: "Agatha and the truth of Murder" 7:15 (C) Movie: "Brooklyn"</p>
 <p>2:00 (C) Memorial Service With Chaplain Homer</p> <p>Daylight Saving Time Begins</p>	<p><b>10</b></p> <p>Shuttle Today Hairdresser Today</p> <p>10:30 (sign up) Cambridge Butterfly Conservatory + Lunch 11:00 (cl) Giant Crosswords 1:00 (cl) Racket Balloon 2:00 (C) Java Music Club 3:00 (cl) Colouring Mandalas 4:00 (fl) SJT Dog Visit (Lily &amp; Scott) 6:15 (C) Wine Social</p>	<p><b>11</b></p> <p>Foot Care Doctor</p>  <p>11:00 (C) Music Appreciation: Michael Buble 1:15 (C) Funny Animals 2:00 (C) BINGO 3:00 (cl) By Request Music Hour 7:00 (C) Toastmasters</p>	<p><b>12</b></p> <p>Shuttle Today Esthetician Today</p>  <p>11:00 (cl) Finishing Lines 1:30 (sign up) Walmart 2:00 (C) Documentary: "Monty Dons-Italian Gardens EP 2- Florence" 2:30 (cl) Euchre 3:00 (cl) Racket Balloon</p> <p>Ash Wednesday</p>	<p><b>13</b></p> <p>Hairdresser Today</p> <p>Vendor: Lynn's Leather Bags</p>  <p>10:30 (C) Bible Study with Homer 11:00 (cl) Fit minds 2:00 (C) Tablet Lessons 6:30 (C) Classical Music</p>	<p><b>14</b></p> <p>Shuttle Today Hairdresser Today</p> <p>10:30 (C) Java Music Club 1:30 (C) Seated Pilates 3:00 (cl) Happy Hour With Ken Armstrong 6:30 (C) Jeopardy</p>	<p><b>15</b></p> <p>Shuttle Today Hairdresser Today</p> <p>10:30 (C) Java Music Club 1:30 (C) Seated Pilates 3:00 (cl) Happy Hour With Ken Armstrong 6:30 (C) Jeopardy</p> <p><b>2</b></p> <p>Saturday Brain Games available at the Front Desk</p> <p>10:00 (fl) Visit with St. Johns Therapy Dog Hank 11:00 (cl) Euchre 1:00 (cl) Racket Balloon 2:00 (cl) Musical Performance by Perry Furlotte as ELVIS! 7:15 (C) Movie: "Book Club"</p>
 <p>2:00 Jamie Todd St. Patrick's Day Performance</p> <p>St. Patrick's Day</p>	<p><b>17</b></p> <p>Shuttle Today Hairdresser Today</p> <p>10:00 (sign up) Spring Tide Bulb Show 11:00 (cl) Finishing Lines 1:30-3:00 Exercise as Medicine Health Fair by McMaster Students 3:00 (C) Java Music Club 4:15 (cl) Colouring Mandalas 4:00 (fl) SJT Dog Visit (Lily &amp; Scott) 6:15 (C) Wine Social</p>	<p><b>18</b></p> <p>Foot Care Doctor</p>  <p>11:00 (C) Music Appreciation: Irish Artists 1:15 (C) Funny Animals 2:00 (C) BINGO 3:00 (C) Laughter Yoga 7:00 (C) Toastmasters</p>	<p><b>19</b></p> <p>Shuttle Today Esthetician Today</p>  <p>11:00 (cl) Giant Crosswords 1:30 (cl) Porcelain Tea &amp; Treats: Come learn a bit about Indian Tea Traditions. 2:30 (cl) Euchre 3:00 (cl) Racket Balloon</p> <p>Spring Begins</p>	<p><b>20</b></p> <p>Hairdresser Today</p> <p>Vendor: Lynn's Leather Bags</p>  <p>10:30 (C) Bible Study with Homer 11:00 (cl) Name 3 2:00 (cl) Musical Performance by The Thursday Afternoon Singers! 3:00 (cl) Finishing Lines 6:30 (C) Classical Music</p> <p>Purim</p>	<p><b>21</b></p> <p>Shuttle Today Hairdresser Today</p> <p>10:30 (C) Java Music Club 1:30 (C) Seated Pilates 3:00 (cl) Happy Hour With Wyatt Ladd 6:30 (C) Jeopardy</p>	<p><b>22</b></p> <p>Shuttle Today Hairdresser Today</p> <p>10:30 (C) Java Music Club 1:30 (C) Seated Pilates 3:00 (cl) Happy Hour With Wyatt Ladd 6:30 (C) Jeopardy</p> <p><b>3</b></p> <p>Saturday Brain Games available at the Front Desk</p> <p>10:00 (fl) Visit with St. Johns Therapy Dog Hank 11:00 (cl) Euchre 1:00 (cl) Racket Balloon 2:00 (C) Afternoon Movie: "Let there be light" 7:15 (C) Movie: "The Theory of Everything"</p>
 <p>2:00 (C) Murdoch Mysteries Season 7 Ep 11 &amp; 12</p>	<p><b>17</b></p> <p>Shuttle Today Hairdresser Today</p> <p>10:00 (sign up) Spring Tide Bulb Show 11:00 (cl) Finishing Lines 1:30-3:00 Exercise as Medicine Health Fair by McMaster Students 3:00 (C) Java Music Club 4:15 (cl) Colouring Mandalas 4:00 (fl) SJT Dog Visit (Lily &amp; Scott) 6:15 (C) Wine Social</p>	<p><b>18</b></p> <p>Foot Care Doctor</p>  <p>11:00 (C) Music Appreciation: Irish Artists 1:15 (C) Funny Animals 2:00 (C) BINGO 3:00 (C) Laughter Yoga 7:00 (C) Toastmasters</p>	<p><b>19</b></p> <p>Shuttle Today Esthetician Today</p>  <p>11:00 (cl) Giant Crosswords 1:30 (cl) Porcelain Tea &amp; Treats: Come learn a bit about Indian Tea Traditions. 2:30 (cl) Euchre 3:00 (cl) Racket Balloon</p> <p>Spring Begins</p>	<p><b>20</b></p> <p>Hairdresser Today</p> <p>Vendor: Lynn's Leather Bags</p>  <p>10:30 (C) Bible Study with Homer 11:00 (cl) Name 3 2:00 (cl) Musical Performance by The Thursday Afternoon Singers! 3:00 (cl) Finishing Lines 6:30 (C) Classical Music</p> <p>Purim</p>	<p><b>21</b></p> <p>Shuttle Today Hairdresser Today</p> <p>10:30 (C) Java Music Club 1:30 (C) Seated Pilates 3:00 (cl) Happy Hour With Jan Denk 6:30 (C) Jeopardy</p>	<p><b>22</b></p> <p>Shuttle Today Hairdresser Today</p> <p>10:30 (C) Java Music Club 1:30 (C) Seated Pilates 3:00 (cl) Happy Hour With Jan Denk 6:30 (C) Jeopardy</p> <p><b>4</b></p> <p>Saturday Brain Games available at the Front Desk</p> <p>10:00 (fl) Visit with St. Johns Therapy Dog Hank 11:00 (cl) Euchre 1:00 (cl) Racket Balloon 2:00 (C) Afternoon Movie: "In Lawfully Yours" 7:15 (C) Movie: "The women"</p>
 <p>2:00 (C) Murdoch Mysteries Season 7 Ep 13 &amp; 14</p>	<p><b>24</b></p> <p>Shuttle Today Hairdresser Today</p> <p>11:00 (cl) Table Top Curling 1:00 (cl) Racket Balloon</p>  <p>2:00 (C) Resident Council Meeting 3:00 (C) Climate Change Explained 4:00 (fl) SJT Dog Visit (Lily &amp; Scott) 6:15 (cl) Wine Social</p>	<p><b>25</b></p> <p>Foot Care Doctor</p>  <p>11:00 (C) Music Appreciation: Fleetwood Mac 1:15 (C) Funny Animals 2:00 (C) BINGO 3:00 (cl) By Request Music Hour 7:00 (C) Toastmasters</p>	<p><b>26</b></p> <p>Shuttle Today Esthetician Today</p> <p>Vendor: EZ Fit Shoes</p> <p>11:00 (cl) Humour Time! 1:30 (C) Documentary: David Suzuki-An Elders Vision for a sustainable future 1:30 (sign up) Scenic Drive 3:00 (cl) Racket Balloon 3:30 (cl) Colouring Mandalas</p>	<p><b>27</b></p> <p>Hairdresser Today</p> <p>Vendor: Traditions Alive</p>  <p>10:30 (C) Bible Study with Homer 11:00 (cl) Fit Minds 2:00 (cl) Sing Along With Kent 2:00 (C) Tablet lessons 6:30 (C) Classical Music</p>	<p><b>28</b></p> <p>Shuttle Today Hairdresser Today</p> <p>10:30 (C) Java Music Club 1:30 (C) Seated Pilates 3:00 (cl) Happy Hour With Brad Boland 6:30 (C) Jeopardy</p>	<p><b>29</b></p> <p>Shuttle Today Hairdresser Today</p> <p>10:30 (C) Java Music Club 1:30 (C) Seated Pilates 3:00 (cl) Happy Hour With Brad Boland 6:30 (C) Jeopardy</p> <p><b>5</b></p> <p>Saturday Brain Games available at the Front Desk</p> <p>10:00 (fl) Visit with St. Johns Therapy Dog Hank 11:00 (cl) Euchre 1:00 (cl) Racket Balloon 2:00 (C) Afternoon Movie: "Dare to be Wild" 7:15 (C) Movie: "Sophie and the Rising Sun"</p>
<p><b>10:00 (C) Hymn Sing</b></p>  <p>2:00 (C) Murdoch Mysteries Season 7 Ep 13 &amp; 14</p>	<p><b>31</b></p>  <p><b>Legend:</b> (cl)- Café/ Lounge (C)- The Cottage (MAC)- Market Activity Room Room 216 (fl)- Front Lobby</p>					



# WELLNESS CLASSES

ALL ARE WELCOME

	Monday	Tuesday	Wednesday	Thursday	Friday
8:45-9:45					Better Balance (gym)
10:15-11:00	Group Exercises	Group Exercises	Group Exercises	Group Exercises	Group Exercises
11:15-12:00		Tai Chi/Breathe Right	Hand Therapy	Tai Chi/Breathe Right	Hand Therapy
1:00-2:00	Sit To Be Fit	Fewer Falls (gym)	Pedaling Class (gym)		
2:00-3:00	Hip and Knee Therapy (gym)		Hip and Knee Therapy (gym)		
3:00-4:00			Sit To Be Fit		

Classes Are In The Café Unless Posted Otherwise



## A Shakespearean Mystery

For a week in March each year, the Shakespeare Birthplace Trust in Stratford-upon-Avon, England, celebrates the life of William Shakespeare. From March 18 to 24, fans of the bard are invited to visit the Shakespeare family home and view his many famous works. However, there are some who believe that William Shakespeare did not write the many plays and sonnets that he is credited for. These doubters assert the existence of an alternate writer.

Toward the end of the 19th century, some scholars began to doubt the identity of William Shakespeare. At first, these doubters were thought to be crackpots. Over the years, the conspiracy gained traction. In 2007, a group of Shakespeare skeptics, consisting of performers and scholars, made an official "Declaration of Reasonable Doubt." Ample evidence exists to prove that Shakespeare was born in Stratford-upon-Avon and became a well-known actor and theater-owner in his time. But these skeptics believe that there is simply not enough evidence to prove that this Shakespeare was the same man who wrote so many famous works.

They believe Shakespeare's modest upbringing could not have afforded him the quality education that such a talented writer would have needed. The true author, they argue, must have been a traveler, writer, or aristocrat such as philosopher Francis Bacon, poet Christopher Marlowe, or Edward de Vere, the 17th Earl of Oxford.

Of course, Shakespeare has a wealth of defenders, too. They argue that Shakespeare's elementary education would have been adequate for his talents. Paper evidence may not exist because paper was a scarce resource back then and no one would have kept scraps of notes or letters. It instead would have been reused. Regardless of your belief in Shakespeare's identity, Shakespeare Week may be a time to enjoy the bard's words rather than question his good name.

McMaster University & Caroline Place Present:

## Exercise As Medicine Health Fair

Join us to learn about the latest science behind how exercise can help manage age related diseases from 3rd and 4th year McMaster Kinesiology students!

### Topics Include:

- Hypertension
- Diabetes
- Stroke
- Osteoarthritis
- And more...

### Date:

Monday March 18<sup>th</sup>

1:30pm-3:00pm

Caroline Place Retirement Residence



## Memorial Service



Join us

Sunday March 10<sup>th</sup>

At 2:00 PM In the Cottage

To honour those we have lost