

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# March 2023

			<p>Shuttle Today Hairdresser Today</p>  <p>11:00 (C) Technology Assistance 1:00 (cl) Racket Balloon 2:00 (cl) Happy Hour with Musical Entertainer Ken Lighthouse 3:00 Dog visit with Scott &amp; Lily</p>	<p>10:15 (cl) General Exercises 11:00 (C) Seated Dance Class 1:00 (cl) Ball Toss</p> <p>1:30 (cl) Beer &amp; Cider Tasting 2:30 (C) *NEW* Whole Body Care with Maria</p>	<p>Shuttle Today Hairdresser Today</p>  <p>10:30 (C) Java Music Club</p>  <p>2:30 (cl) LEV Senior Living Re-brand Announcement.</p>	<p>2:00 (C) (N) Movie: "Showdogs" 7:00 (C) (P) Movie: "A Walk In The Woods"</p>
<p>10:30 (C) Hymn Sing</p> <p>2:00 (C)(N) "Wild Babies Ep 1 &amp; 2"</p>	<p>Shuttle Today 11:00 (C) (P) Music Appreciation: Elton John: A Life in Song 1:00 (cl) Racket Balloon 1:30 (Sign Up) TRIP: Scenic Drive</p>  <p>2:00 (C) DRUM BALL 3:00 (C) Colouring with The Classics</p> <p>Purim Begins</p>	<p>Esthetician Today 9:00 (fl) Dog visits with Hank and Linnea 11:00 (C) Train your Brain 1:20 (C) Funny Animal Videos</p>  <p>2:00 (C) BINGO 3:00 (L) Reading with Jim 3:15 (C) Meditation Session</p>	<p>Shuttle Today Hairdresser Today</p> <p>11:00 (C) Technology Assistance 1:00 (cl) Racket Balloon 1:00 (sign up) Flamboro Casino 2:00 (C) Jeopardy Style Trivia 3:00 (C)(N) Documentary "Kangaroo Valley" 3:00 Dog visit with Scott &amp; Lily</p>	<p>10:00 (L) Exploring Scripture 10:15 (cl) General Exercises 11:00 (C) Talk with Senior Support officer Andrea Mclaughlin 1:00 (cl) Ball Toss 1:30 (cl) Sing Along 2:30 (C) *NEW* Whole Body Care with Maria</p>	<p>Hairdresser Today</p>  <p>10:30 (C) Java Music Club 2:00 (cl) Happy Hour with Musical Entertainer Kim Atkins</p>	<p>2:00 (C) (N) Movie: "Elephant Whisperer" 7:00 (C) (P) Movie: "The Estate"</p>
<p>10:30 (C) Hymn Sing</p> <p>2:00 (C)(N) "Wild Babies Ep 3 &amp; 4"</p> <p>Daylight Saving Time Begins</p>	<p>Shuttle Today Hairdresser Today 10:00 (Sign Up) Trip: Spring Tide Bulb Show (FREE) 11:00 (C) Music Appreciation: Celtic Music 1:00 (cl) Racket Balloon 2:00 (C) DRUM BALL 3:00 (C) Colouring with The Classics</p>	<p>Esthetician Today 9:00 (fl) Dog visits with Hank and Linnea 11:00 (C) Train your Brain 1:20 (C) Funny Animal Videos</p>  <p>2:00 (C) BINGO 3:00 (L) Reading with Jim 3:15 (C) Meditation Session</p>	<p>Shuttle Today Hairdresser Today</p> <p>11:00 (C) Technology Assistance 1:00 (cl) Racket Balloon 1:00 (sign up) Spring Tide Bulb Show (FREE) 2:00 (C) Jeopardy Style Trivia 3:00 (C)(N) Documentary "Wildcat" 3:00 Dog visit with Scott &amp; Lily</p>	<p>Voting Here for By-Election</p> <p>10:15 (cl) General Exercises 11:00 (C) Seated Dance Class 1:00 (cl) Ball Toss 2:30 (C) *NEW* Whole Body Care with Maria</p>	<p>Shuttle Today ST. PATRICKS DAY Hairdresser Today</p> <p>10:30 (C) Java Music Club 2:00 (cl) Happy Hour with Musical Entertainer Jamie Reinhart</p> <p>St. Patrick's Day</p>	<p>2:00 (C) (N) Movie: "Edie" 7:00 (C) (P) Movie: "Shotgun Wedding"</p>
<p>10:30 (C) Hymn Sing</p> <p>2:00 (C)(N) "Wild Babies Ep 5 &amp; 6"</p>	<p>Shuttle Today Hairdresser Today 10:00 (Sign Up) Trip: Walmart 11:00 (C) A closer look at Irish dance 1:00 (cl) Racket Balloon 2:00 (C) DRUM BALL 3:00 (C) Colouring with The Classics</p> <p>Spring Begins</p>	<p>Esthetician Today 9:00 (fl) Dog visits with Hank and Linnea 11:00 (C) Train your Brain 1:20 (C) Funny Animal Videos</p>  <p>2:00 (C) BINGO 3:00 (L) Reading with Jim 3:15 (C) Meditation Session</p>	<p>Shuttle Today Hairdresser Today</p> <p>10:00 (sign up) Giant Tiger 11:00 (C) Technology Assistance 1:00 (cl) Racket Balloon 2:00 (C) Jeopardy Style Trivia</p>  <p>3:00 (C) Glamour Gals Visit 3:00 Dog visit with Scott &amp; Lily</p> <p>Ramadan Begins</p>	<p>10:00 (L) Exploring Scripture 10:15 (cl) General Exercises 11:00 (C) Seated Dance Class 1:00 (cl) Ball Toss 1:30 (cl) Sing Along 2:30 (C) *NEW* Whole Body Care with Maria</p>	<p>Shuttle Today Hairdresser Today 10:30 (sign Up) HPO Talk and Tea: Mozart (FREE)</p>  <p>10:30 (C) Java Music Club 2:00 (cl) Happy Hour with Musical Entertainer Paula French</p>	<p>10:15 (C) Musical Performance &amp; Sing Along with Nathalia 2:00 (C) (P) Movie: "5 Flights Up" 7:00 (C) (N) Movie: "Somebody I Used To Know"</p>
<p>10:30 (C) Hymn Sing</p> <p>2:00 (C)(N) "Wild Babies Ep 7 &amp; 8"</p>	<p>Shuttle Today Hairdresser Today</p>  <p>11:00 (C) Funny Videos of the month 1:00 (cl) Racket Balloon 2:00 (C) Townhall Meeting 3:00 (C) DRUM BALL</p>	<p>Esthetician Today 9:00 (fl) Dog visits with Hank and Linnea 11:00 (C) Train your Brain 1:20 (C) Funny Animal Videos</p>  <p>2:00 (C) BINGO 3:00 (L) Reading with Jim 3:15 (C) Meditation Session</p>	<p>Shuttle Today Hairdresser Today</p> <p>1:00 (cl) Racket Balloon 10:30 (sign up) Red Lobster for lunch 11:00 (C) Technology Assistance 2:00 (C) Afternoon Singers Choir Performance! 3:15 (C)(N) Documentary "Diana: The New Evidence" 3:00 Dog visit with Scott &amp; Lily</p>	<p>10:15 (cl) General Exercises 11:00 (C) Seated Dance Class 1:00 (cl) Ball Toss</p> <p>1:30 ART SHOW OPENING IN ROOM 315 Come and enjoy an artwork display of Resident Art</p>	<p>Hairdresser Today</p>  <p>10:30 (C) Java Music Club 2:00 (cl) Happy Hour with Musical Entertainer David Horton</p>	<p>LEGEND: (cl)- Café/Lounge (C)- The Cottage (fl)- Front Lobby (L)- Library</p>



## Spring Into Wellness Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
10:15-11:00	Group Exercises	Group Exercises	Group Exercises	Group Exercises	Group Exercises
11:00-11:45	Seated Boxing	Advanced Exercises	Tai Chi	Hand Therapy	Advanced Exercises
1:00-2:00	Racket Balloon		Racket Balloon	Ball Toss	
2:00-3:00			Balance Class		

### Resident ART Show



Opening on Thursday March 30<sup>th</sup>  
At 1:30PM In Room 315 On The 3<sup>rd</sup>  
Floor

Join us for a showing of Art made by Artist who reside at Caroline Place. Come see a mix of Paintings, Fabric Work, Diamond Painting and more!



### Lev Senior Living Launch Party

Come on Friday March 3<sup>rd</sup> at 2:30 to the café for our Re-brand party with a special Virtual Presentation from our President!

**Why shouldn't you iron a four-leaf clover? You might press your luck!**

**How can you tell if a potato is not from Ireland? When it's a French fry.**

# MARCH

## The Best Generation

### The 1% age group... Born Between 1930 & 1946

This special group was born between 1930 & 1946 = 16 years. In 2022, the age range is between 76 & 92.

Interesting Facts for You . . .

You are the smallest group of children born since the early 1900's.

You are the last generation, who can remember the winds of war and the impact of a world at war.

You are the last to remember ration books for everything from gas to sugar.

You can remember milk being delivered to your house early in the morning and placed in the "milk box" on the porch.

You are the last generation who spent childhood without television; instead, you "imagined" what you heard on the radio.

You spent your childhood "playing outside." There was no Little League. There was no city playground for kids.

The lack of television in your early years meant that you had little real understanding of what the world was like.

Telephones were one to a house, often shared (party lines), and hung on the wall in the kitchen (no cares about privacy).

Telephones were one to a house, often shared (party lines), and hung on the wall in the kitchen (no cares about privacy). Computers were called calculators; they were hand-cranked. Typewriters were driven by pounding fingers, throwing the carriage, and changing the ribbon.

'INTERNET' and 'GOOGLE' were words that did not exist.

New highways would bring jobs and mobility.

The radio network expanded from 3 stations to thousands.

The second world war was over, and the cold war, terrorism, global warming, and perpetual economic insecurity had yet to haunt life with unease.

You grew up at the best possible time, a time when the world was getting better...

You are "The Last Ones."

More than 99% of you are retired, and feel privileged blessed, to have "lived in the best of times!"

For those that come behind. May they find a way to peace and prosperity in their years. It's great being part of the 1% Special Group!

Shared With You From Peggy B.