

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March cont'd 30 10:45 † Metropolitan United Church Virtual Online Service - Auditorium 2:00 ♥ Movie Matinee: The Man Who Knew Too Much (1956) - Auditorium 3:30 ☞ Tea Social - Macdonald Room 4:30 ☞ Happy Hour - Link	National Indigenous Languages Day 31 9:30 ☞ Exercises - Auditorium 10:30 ♥ Music Appreciation - Auditorium 1:30 ☞ Walks around Belmont 2:30 ☞ Monday Mocha Meet-up - Macdonald Room 4:30 ☞ Happy Hour - Link 7:00 ☞ Famous Faces Trivia - Auditorium	Recreation Coordinator: Kim 416-964-9231 ext. 375 Recreation Supervisor : Elleni 416-964-9231 ext. 242	March Highlights 4th - Shrove Tuesday 5th - Ash Wednesday 5th - outing to Red Lobster for lunch 9th - Daylight Saving Time begins 10th - "The Power of Music" with Steve Koven 12th - fiddling and stepdancing with HASO 17th - St. Patrick's Day			International Wheelchair Day 1 World Compliment Day 9:30 ☞ Exercises - Auditorium 2:00 ♥ Documentary series: Born in the Rockies "First Steps" - Auditorium 4:30 ☞ Cocktail Party - Macdonald Room 4:30 ☞ Happy Hour - Link 7:00 ♥ Movie Night: Silent Movie (1976) - Auditorium
10:45 † Metropolitan United Church Virtual Online Service - Auditorium 2 2:00 ♥ Movie Matinee: Silent Movie (1976) - Auditorium 3:30 ☞ Tea Social - Macdonald Room 4:30 ☞ Happy Hour - Link 6:30 ♥ 97th Academy Awards screening - Auditorium	World Hearing Day World Wildlife Day 3 9:30 ☞ Exercises - Auditorium 10:00 ♥ Vendor: Ivonne Homemade Creations - Main Lobby 2:00 ♥ Monday Movie Matinee: 12 Angry Men (1957) - Auditorium 2:30 ☞ Monday Mocha Meet-up - Macdonald Room 4:30 ☞ Happy Hour - Link 7:00 ♥ Monday Evening Movie: 12 Angry Men (1957) - Auditorium	Shrove Tuesday 4 9:15 ♥ Daily Data - Auditorium 9:30 ☞ Exercises - Auditorium 9:30 ♥ Short Stories - Craftroom 10:30 ☞ Falls Prevention - Auditorium 10:30 ☞ Trivia - Craftroom 1:30 ☞ Tech Help Tuesday - Craftroom 2:00 ♥ Artistic Expressions - Craftroom 2:30 ☞ Mardi Gras Social - Macdonald Room 4:30 ☞ Happy Hour - Link 7:00 ♥ An evening of classical music with flautist Laura Nashman - Macdonald Room	Ash Wednesday 5 9:15 ♥ Daily Data - Auditorium 9:30 ♥ Art with Kim - Craftroom 9:30 ☞ Exercises - Auditorium 10:30 ☞ Textiles & Tea - Craftroom 11:00 ☞ Outing to Red Lobster for lunch 2:00 † Ash Wednesday Service - Auditorium 4:30 ☞ Happy Hour - Link 7:00 ♥ Drama Series: Parade's End - episode 1 - Auditorium	9:15 ♥ Daily Data - Auditorium 6 9:30 ☞ Exercises - Auditorium 9:30 ♥ Pet Visits with Blue & Dexter - Macdonald Room 10:30 ☞ Falls Prevention - Auditorium 10:30 ♥ Reminisce & Recollect - Craftroom 1:30 ♥ Art Programme with Upper Canada College - Auditorium 2:00 ☞ Not Averse to Verse Poetry Group - Library 4:30 ☞ Happy Hour - Link 7:00 ♥ An evening of jazz with pianist James Levac - Macdonald Room	9:15 ♥ Daily Data - Auditorium 7 9:30 ☞ Exercises - Auditorium 9:30 ☞ Table Games - Craftroom 11:00 ♥ Spa - Craftroom 2:30 ☞ Tenant Recreation Surveys and Timbit Social - Macdonald Room 3:30 † Ecumenical Prayer Service - Chapel 4:30 ☞ Happy Hour - Link 7:00 ♥ Documentary Night: Fly with Me (2024) - Auditorium	International Women's Day 8 9:30 ☞ Exercises - Auditorium 2:00 ♥ Documentary series: Born in the Rockies "Growing Up" - Auditorium 4:30 ☞ Happy Hour - Link 7:00 ♥ Movie Night: Mrs. Harris Goes to Paris (2022) - Auditorium
Daylight Saving Time Begins - "Spring Forward" 9 Feast of St. Francis of Assisi 10:00 † Grace Church On-The-Hill Virtual Online Service - Auditorium 2:00 ♥ Movie Matinee: Mrs. Harris Goes to Paris (2022) - Auditorium 3:30 ☞ Tea Social - Macdonald Room 4:30 ☞ Happy Hour - Link	Commonwealth Day International Day of Awesomeness 10 9:30 ☞ Exercises - Auditorium 10:30 ♥ Music Appreciation - Auditorium 1:30 ☞ Walks around Belmont 2:30 ☞ Monday Mocha Meet-up - Macdonald Room 4:30 ☞ Happy Hour - Link 7:00 ♥ The Power of Music with guest Steve Koven - Auditorium	Tenant Council Elections - Retirement Assistant Office 11 9:15 ♥ Daily Data - Auditorium 9:30 ☞ Exercises - Auditorium 9:30 ♥ Short Stories - Craftroom 10:30 ☞ Falls Prevention - Auditorium 10:30 ☞ Trivia - Craftroom 1:30 ☞ Tech Help Tuesday - Craftroom 2:00 ♥ Artistic Expressions - Craftroom 2:30 ☞ Current Events - Library 4:30 ☞ Happy Hour - Link 7:00 ♥ An evening of classical piano with tenor Taras Chmil - Macdonald Room	9:15 ♥ Daily Data - Auditorium 12 9:30 ♥ Art with Kim - Craftroom 9:30 ☞ Exercises - Auditorium 10:30 ♥ Textiles & Tea - Craftroom 1:30 ☞ Let's Get Physical 2:30 ☞ Birthday Party - Auditorium 4:30 ☞ Happy Hour - Link 7:00 ♥ Special evening of Fiddling and Stepdancing with HASO - Macdonald Room	World Kidney Day 13 9:15 ♥ Daily Data - Auditorium 9:30 ☞ Exercises - Auditorium 10:00 ♥ Vendor: Labucci Fashions - Main Lobby 10:30 ☞ Falls Prevention - Auditorium 10:30 ♥ Reminisce & Recollect - Craftroom 2:00 ☞ Not Averse to Verse Poetry Group - Library 2:30 ♥ Nutrition Month - Nourish & Flourish Main Lobby 4:30 ☞ Happy Hour - Link 7:00 ♥ An evening of jazz with pianist Jim Clayton - Macdonald Room	World Pi Day 14 World Sleep Day 9:15 ♥ Daily Data - Auditorium 9:30 ☞ Exercises - Auditorium 9:30 ☞ Table Games - Craftroom 10:30 † Grace Church on the Hill Communion Service - Auditorium 11:00 ♥ Spa - Craftroom 1:30 ☞ Walks around Belmont 2:30 ☞ Pi(e) Party - Macdonald Room 3:30 † Ecumenical Prayer Service - Chapel 4:30 ☞ Happy Hour - Link 7:00 ♥ Documentary Night: Young @ Heart (2008) - Auditorium	Ides of March 15 9:30 ☞ Exercises - Auditorium 2:00 ♥ Documentary series: Wonders of Mexico "Forests of the Maya" - Auditorium 4:30 ☞ Happy Hour - Link 7:00 ♥ Movie Night: The Fugitive (1993) - Auditorium
10:45 † Metropolitan United Church Virtual Online Service - Auditorium 16 2:00 ♥ Movie Matinee: The Fugitive (1993) - Auditorium 3:30 ☞ Tea Social - Macdonald Room 4:30 ☞ Happy Hour - Link	St. Patrick's Day 17 9:30 ☞ Exercises - Auditorium 1:30 ☞ Walks around Belmont 2:30 ☞ St. Patrick's Day Party - Auditorium 4:30 ☞ Happy Hour - Link 7:00 ☞ Lucky Leprechaun Bingo - Solarium	9:15 ♥ Daily Data - Auditorium 18 9:30 ☞ Exercises - Auditorium 9:30 ♥ Short Stories - Craftroom 10:30 ☞ Falls Prevention - Auditorium 10:30 ☞ Trivia - Craftroom 1:30 ☞ Tech Help Tuesday - Craftroom 2:00 ♥ Artistic Expressions - Craftroom 2:30 ☞ Current Events - Library 4:30 ☞ Happy Hour - Link 7:00 ♥ An evening of entertainment with Smile Theatre - Auditorium	St. Joseph's Day 19 9:15 ♥ Daily Data - Auditorium 9:30 ♥ Art with Kim - Craftroom 9:30 ☞ Exercises - Auditorium 10:30 ☞ Fraud Prevention: Special Presentation with Toronto Police - Auditorium 10:30 ♥ Textiles & Tea - Craftroom 1:30 ☞ Let's Get Physical 2:30 ☞ Baking with Kim - Craftroom 4:30 ☞ Happy Hour - Link 7:00 ♥ Drama Series: Parade's End - episode 2 - Auditorium	International Day of Happiness 20 Vernal Equinox 9:15 ♥ Daily Data - Auditorium 9:30 ☞ Exercises - Auditorium 10:30 ☞ Falls Prevention - Auditorium 10:30 ♥ Reminisce & Recollect - Craftroom 2:00 ☞ Not Averse to Verse Poetry Group - Library 4:30 ☞ Happy Hour - Link 7:00 ♥ An evening of music entertainment with HASO - Macdonald Room	International Day for the Elimination of Racial Discrimination 21 World Poetry Day 9:15 ♥ Daily Data - Auditorium 9:30 ☞ Exercises - Auditorium 10:30 † St. Thomas Anglican Communion Service - Auditorium 11:00 ♥ Spa - Craftroom 1:30 ☞ Walks around Belmont 2:30 ☞ Timbit Social - Macdonald Room 3:30 † Ecumenical Prayer Service - Chapel 4:30 ☞ Happy Hour - Link 7:00 ♥ Documentary Night: Sinatra in Palm Springs: The Place He Called Home (2018) - Auditorium	World Water Day 22 9:30 ☞ Exercises - Auditorium 2:00 ♥ Documentary series: Wonders of Mexico "Mountain Worlds" - Auditorium 4:30 ☞ Happy Hour - Link 7:00 ♥ Movie Night: Sweet Smell of Success (1957) - Auditorium 8:30 Earth Hour
World Meteorological Day 23 10:00 † Grace Church On-The-Hill Virtual Online Service - Auditorium 2:00 ♥ Movie Matinee: Sweet Smell of Success (1957) - Auditorium 3:30 ☞ Tea Social - Macdonald Room 4:30 ☞ Happy Hour - Link 7:00 † Deer Park United Service with Rev. D. Hart - Chapel	International Day for Achievers 24 9:30 ☞ Exercises - Auditorium 1:30 ☞ Walks around Belmont 2:30 ☞ Book Club - Library 4:30 ☞ Happy Hour - Link 7:00 ☞ Spring Social - Solarium	Greek Independence Day 25 9:15 ♥ Daily Data - Auditorium 9:30 ☞ Exercises - Auditorium 9:30 ♥ Short Stories - Craftroom 10:30 ☞ Falls Prevention - Auditorium 10:30 ☞ Trivia - Craftroom 1:30 ☞ Tech Help Tuesday - Craftroom 2:00 ♥ Artistic Expressions - Craftroom 2:30 ☞ Current Events - Library 4:30 ☞ Happy Hour - Link 7:00 ♥ An evening of popular music with Bruce Charlap - Macdonald Room	9:15 ♥ Daily Data - Auditorium 26 9:30 ♥ Art with Kim - Craftroom 9:30 ☞ Exercises - Auditorium 10:00 ♥ Vendor: Sonita Fashions - Main Lobby 10:30 ♥ Textiles & Tea - Craftroom 1:30 ☞ Let's Get Physical 2:00 ☞ Annual General Meeting and Discussion with CEO Maria Elias - Auditorium 3:00 ♥ Musical Journey with Jonathan - Auditorium 4:30 ☞ Happy Hour - Link 7:00 ♥ Drama Series: Parade's End - episode 3 - Auditorium	Major League Baseball opening day 27 9:15 ♥ Daily Data - Auditorium 9:30 ☞ Exercises - Auditorium 10:30 ☞ Falls Prevention - Auditorium 10:30 ♥ Flower Arranging with Kim - Craftroom 2:00 ☞ Not Averse to Verse Poetry Group - Library 4:30 ☞ Happy Hour - Link 7:00 ♥ An evening of entertainment with Minds on Music - Macdonald Room	International Women in Music Day 28 9:15 ♥ Daily Data - Auditorium 9:30 ☞ Exercises - Auditorium 10:30 † St. Basil's Catholic Communion Service - Auditorium 11:00 ♥ Spa - Craftroom 1:30 ☞ Walks around Belmont 2:30 ☞ Timbit Social - Macdonald Room 3:30 † Ecumenical Prayer Service - Chapel 4:30 ☞ Happy Hour - Link 7:00 ♥ Documentary Night: Blink (2024) - Auditorium	World Piano Day 29 9:30 ☞ Exercises - Auditorium 2:00 ♥ Documentary series: Wonders of Mexico "Burning North" - Auditorium 4:30 ☞ Happy Hour - Link 7:00 ♥ Movie Night: The Man Who Knew Too Much (1956) - Auditorium