



Harmony March 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 10:00 Coffee and Colouring 2:00 Afternoon Movie
2 10:00 Coffee and Colouring 2:00 Entertainment with Don Owen	3 9:30 Fun & Fitness 10:00 Boomer Visits 10:30 Sing-Along 2:00 Beauty Hour	4 9:30 Spring Picture Sorting 10:30 Guess the Object 2:00 Entertainment with Kathy Wiles	5 9:30 Fun & Fitness 10:30 Hand Massages 2:00 Reading Group	6 9:30 Chair Yoga 10:00 Sing-A-Long 2:00 Entertainment with Ian B	7 9:30 Jenga 10:00 Zumba 2:00 Mardi Gras Fiction and Facts	8 <i>International Women's Day</i> 10:00 Coffee and Colouring 2:00 Afternoon Movie
9 9:30 Travel to Ireland & Trivia 2:00 Entertainment with Don Owen	10 9:30 Fun & Fitness 10:00 Boomer Visits 10:30 Women in History Empowerment 2:00 Word Games	11 9:30 Noodle Balloon and Ball Toss 10:00 Finish That Phrase 2:00 Shamrock Painting Activity	12 9:30 Fun & Fitness 10:30 Sorting Activity 2:00 Harmony Bingo	13 9:30 Balloon Volleyball 10:00 Chair Yoga 2:00 St Patties Social with Ice Cream Floats	14 10:00 Zumba 10:30 Reminiscing Group 2:00 Entertainment with Ian Buchanan	15 10:00 Coffee and Colouring 2:00 Afternoon Movie
16 10:00 Coffee and Colouring 2:00 Entertainment with Don Owen	17 <i>St. Patrick's Day</i> 9:30 Fun & Fitness 10:00 Boomer Visits 10:15 St. Patrick's Day Story Time and Lore	18 <i>First Day of Spring</i> 10:00 Sing-A-Long 2:00 Entertainment with Sean Roberts	19 9:30 Fun & Fitness 10:30 Hand Massages 2:00 Entertainment with Darlene & The Shamrock	20 9:30 Bean Bag Toss 10:15 Sing-Along 2:00 Harmony Bingo	21 10:00 Zumba 10:30 Categories Word Challenge 2:00 Entertainment with Ed Smith	22 10:00 Coffee and Colouring 2:00 Afternoon Movie
23 10:00 Coffee and Colouring 2:00 Entertainment with Don Owen	24 9:30 Fun & Fitness 10:00 Boomer Visits 2:00 Picture Bingo	25 10:00 Trivia 10:30 Hallway Bowling 2:00 Flower Painting Hour	26 9:30 Fun & Fitness 10:30 Reminiscence: Careers 2:00 Name That Tune!	27 10:00 Hymn Sing 10:30 Catholic Church 2:00 Entertainment with Don Owen	28 10:00 Zumba 10:35 Trivia 2:00 Craft Group	29 10:00 Coffee and Colouring 2:00 Afternoon Movie
30 10:00 Coffee and Colouring 2:00 Entertainment with Don Owen	31 9:30 Fun & Fitness 10:00 Boomer Visits 2:00 Entertainment with Emilio					