March 2026

Trillium
ST. CHARLES MANOR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **8:30am 1-1 Companionship Visits** 9:15am Balloon Badminton **10:00am Spiritual Service** 11:00am Board Games **1:30pm Bingo** 3:30pm 1-1 Companionship Visits	**2** **8:45am 1-1 Companionship Visits** **9:15am Seated Yoga With Anna** 10:30am Nail Care & Hand Massages **1:30pm Decorating Home** **3:00pm Movie Matinee** 3:30pm 1-1 Companionship Visits	**3** **8:45am 1-1 Companionship Visits** **9:15am Seated Yoga With Anna** **10:30am Beauty Hour** **1:30pm Bingo** 3:00pm Trivia 3:30pm 1-1 Companionship Visits	**4** **8:45am 1-1 Companionship Visits** 9:30am Aromatherapy 10:30am Food Science: Myth or Fact **1:30pm Bingo** **2:30pm Zumba with Colleen** 3:30pm 1-1 Companionship Visits	**5** **8:45am 1-1 Companionship Visits** **9:30am Walking Group** **10:30am Balloon Badminton** **1:30pm Live Music with Ian** **3:00pm Virtual Museum Tours** 3:30pm 1-1 Companionship Visits	**6** **National Oreo Cookie Day** **8:45am 1-1 Companionship Visits** 9:30am Snakes and Ladders **10:30am Seated Yoga With Anna** **1:30pm Live Music with Eugene** **3:00pm Conversation Catch** 3:30pm 1-1 Companionship Visits	**7** **8:30am 1-1 Companionship Visits** 10:15am Ball Toss 11:00am Board Games **1:00pm Balloon Badminton** 2:00pm Mens Club 3:30pm 1-1 Companionship Visits
8 *International Women's Day* **8:30am 1-1 Companionship Visits** 9:15am Balloon Badminton **10:00am Spiritual Service** 11:00am Board Games **1:30pm Bingo** 3:30pm 1-1 Companionship Visits	**9** **8:45am 1-1 Companionship Visits** **9:15am Seated Yoga With Anna** 10:30am Nail Care & Hand Massages **1:30pm Live Music with Mark** **3:00pm St. Patrick's Day Coloring** 3:30pm 1-1 Companionship Visits	**10** **8:45am 1-1 Companionship Visits** **9:15am Seated Yoga With Anna** 10:30am Multi-sensory stations **1:30pm Irish- Themed Crafts** **3:00pm Memory Games** 3:30pm 1-1 Companionship Visits	**11** **8:45am 1-1 Companionship Visits** 9:30am Bean Bag Toss **10:30am Charades** **1:30pm Bingo** **3:00pm Colour by Numbers** 3:30pm 1-1 Companionship Visits	**12** **8:45am 1-1 Companionship Visits** **9:30am Reading Circle** **10:30am Chair Volleyball** **1:30pm Live Music with Ian** **3:00pm Flower Arranging** 3:30pm 1-1 Companionship Visits	**13** **8:45am 1-1 Companionship Visits** 9:30am Board Game Cafe **10:30am Seated Yoga With Anna** 1:30pm Music and Culture **3:00pm Hangman** 3:30pm 1-1 Companionship Visits	**14** **8:30am 1-1 Companionship Visits** 10:15am Ball Toss 11:00am Reading Circle **1:00pm Balloon Badminton** 2:00pm Mens Club 3:30pm 1-1 Companionship Visits
15 **8:30am 1-1 Companionship Visits** 9:15am Balloon Badminton **10:00am Spiritual Service** 11:00am Board Games **1:30pm Bingo** 3:30pm 1-1 Companionship Visits	**16** **8:45am 1-1 Companionship Visits** **9:15am Seated Yoga With Anna** 10:30am Nail Care & Hand Massages **1:30pm Armchair Travel to Ireland** **3:00pm Cupcake Decorating** 3:30pm 1-1 Companionship Visits	**17** **National Irish Food Day** **8:45am 1-1 Companionship Visits** **9:15am Seated Yoga With Anna** **10:30am St. Patrick's Day Scavenger Hunt** **1:30pm Irish Dancing Performance** **2:30pm Happy Hour** 3:30pm 1-1 Companionship Visits 	**18** **8:45am 1-1 Companionship Visits** **9:30am Bowling** 10:30am Tactile Therapy **1:30pm Jazz Music** **2:30pm Zumba with Colleen** 3:30pm 1-1 Companionship Visits	**19** **8:45am 1-1 Companionship Visits** **9:30am Walking Group** **10:30am Balloon Badminton** **12:00pm Diner's Club** **1:30pm Live Music with Ian** **3:00pm Jigzaw Puzzles** 3:30pm 1-1 Companionship Visits	**20** **8:45am 1-1 Companionship Visits** 9:30am Storytelling **10:30am Seated Yoga With Anna** **1:30pm Live Music with Eugene** **3:00pm Jenga** 3:30pm 1-1 Companionship Visits	**21** **8:30am 1-1 Companionship Visits** 10:15am Ball toss 11:00am Board Games **1:00pm Balloon Badminton** 2:00pm Mens Club 3:30pm 1-1 Companionship Visits
22 **8:30am 1-1 Companionship Visits** 9:15am Balloon Badminton **10:00am Spiritual Service** 11:00am Board Games **1:30pm Bingo** 3:30pm 1-1 Companionship Visits	**23** **8:45am 1-1 Companionship Visits** **9:15am Seated Yoga With Anna** 10:30am Nail Care & Hand Massages **1:30pm Live Music with Mark** **3:00pm Movie Matinee** 3:30pm 1-1 Companionship Visits	**24** **National Chocolate Covered Raisin Day** **8:45am 1-1 Companionship Visits** **9:15am Seated Yoga With Anna** **10:30am ABC of Kind Words Game** **1:30pm Bingo** 3:00pm Trivia 3:30pm 1-1 Companionship Visits	**25** **8:45am 1-1 Companionship Visits** **9:30am Armchair Basketball** 10:30am Letter Draw Challenge **1:30pm Bingo** 3:00pm Afternoon Tea Party 3:30pm 1-1 Companionship Visits	**26** **8:45am 1-1 Companionship Visits** **9:30am Reminiscing Discussion** **10:30am Balloon Badminton** **1:30pm Live Music with Ian** **3:00pm Birthday Cake Celebration** 3:30pm 1-1 Companionship Visits	**27** **8:45am 1-1 Companionship Visits** **10:30am Seated Yoga With Anna** 10:30am Exploring Feelings Through Color **1:30pm Music Sing Along** **3:00pm Hangman** 3:30pm 1-1 Companionship Visits	**28** **8:30am 1-1 Companionship Visits** 10:15am Ball toss 11:00am Reading Circle **1:00pm Balloon Badminton** 2:00pm Mens Club 3:30pm 1-1 Companionship Visits
29 **8:30am 1-1 Companionship Visits** 9:15am Balloon Badminton **10:00am Spiritual Service** 11:00am Board Games **1:30pm Bingo** 3:30pm 1-1 Companionship Visits	**30** **8:45am 1-1 Companionship Visits** **9:15am Seated Yoga With Anna** 10:30am Nail Care & Hand Massages **1:30pm Music and Singing** **3:00pm Jigsaw Puzzles** 3:30pm 1-1 Companionship Visits	**31** **Tater Day** **8:45am 1-1 Companionship Visits** **9:15am Seated Yoga With Anna** **10:30am Beauty Hour** **1:30pm Bingo** 3:00pm Word Games 3:30pm 1-1 Companionship Visits				