



MARCH

DROP IN PROGRAM OPEN 9:00AM - 3:00PM MONDAY TO FRIDAY

2025

MONDAY

3
10:30 - **COFFEE SOCIAL**
1:00 - **MOVIE**

10
10:30 - **COFFEE SOCIAL**
1:00 - **BARBIE PARTY/
BARBIE MOVIE**

17
10:30 - **COFFEE SOCIAL**
1:00 - **ST. PATRICKS
DAY DANCE**

24
10:30 - **COFFEE SOCIAL**
1:00 - **MOVIE**

TUESDAY

4
Nail Painting in AM
10:30 - **COFFEE SOCIAL**
1:00 - **BINGO**
register by 12:45

11
Nail Painting in AM
10:30 - **COFFEE SOCIAL**
1:00 - **BINGO**
register by 12:45

18
Nail Painting in AM
10:30 - **COFFEE SOCIAL**
1:00 - **BINGO**
register by 12:45

25
Nail Painting in AM
10:30 - **COFFEE SOCIAL**
1:00 - **BINGO**
register by 12:45

Wellness WEDNESDAY

5
Foot Care Clinic
10:30 - **CHAIR DANCE**
1:00 - **DAL DENTAL
HYGIENE**

12
10:30 - **CHAIR DANCE**
1:00 - **SELF DEFENCE
WITH ROB**

19
10:30 - **CHAIR DANCE**
1:00 - **ALZHEIMER
SOCIETY NS**

26
10:30 - **BOOK CLUB**
1:00 - **WOMENS
WISDOM DAY**

THURSDAY

6
10:30 - **FITNESS**
1:00 - **CRIB CLUB**

13
10:30 - **FITNESS**
1:00 - **CRIB CLUB**

20
10:30 - **FITNESS**
1:00 - **CRIB CLUB**

27
10:30 - **FITNESS**
12:30 - **BIRTHDAYS**
1:00 - **CRIB CLUB**

FRIDAY

7
10:30 - **CRAFTING**
1:00 - **NAILED IT CAKE
DECORATING**

14
10:30 - **CRAFTING**
1:00 - **CONCERTS IN
CARE**

21
10:30 - **CRAFTING**
1:00 - **KARAOKE &
SINGALONG**

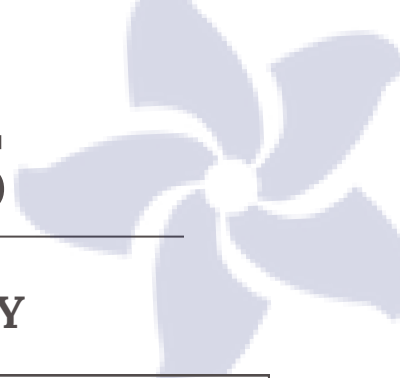
28
10:30 - **MUSIC BINGO**
WITH TD BANK
1:00 - **TRIVIA**

MARCH

9:00-10:00AM BREAKFAST. \$2.

12:00-12:30PM LUNCH. \$7 MEMBERS. \$10 NON-MEMBERS.

2025



MONDAY

TUESDAY

Wellness WEDNESDAY

THURSDAY

FRIDAY

3
**Spaghetti &
Meatsauce
Garden Salad
Garlic Bread**

4
**9:00 - Pancake B-fast
12:00 - Tortiere
Veggies
Dinner Rolls**

5
**Sweet and Sour
Chicken
Basmati Rice**

6
**Cabbage Rolls
Veggies
Dinner Rolls**

7
**Homestyle
Macaroni and Cheese
Veggies**

10
**Chicken (Pot Pie)
Chowder
Dinner Rolls**

11
**Pork Stirfry
Jasmine Rice
Spring Roll**

12
**Baked Haddock
Sweet Potato Mash
Roasted Carrots**

13
**Chicken Burgers
Oven Fries
Creamy Coleslaw**

14
**Pulled Pork
Mashed Potatoes
Cornbread**

17
**Saint Paddy's Day!
Guinness Stew
Homemade Biscuits**

18
**Shepherd's Pie
Dinner Rolls**

19
**Mexican
Tortilla Soup
Cornbread**

20
**Baked Ham
Scalloped Potatoes
Veggies**

7
**50's Diner Day!
Burgers
Potato Salad
Pickles**

24
**Chicken Alfredo
Pasta
Garlic Bread**

25
**Homestyle Meatloaf
Mashed Potatoes
Veggies**

26
**Traditional Cod
Cakes
Garden Salad
Dinner Rolls**

27
**Lasagna
Caesar Salad
Garlic Bread**

28
**1/4 Chicken Dinner
Mashed Potatoes
Veggies**