

MONDAY	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4	SATURDAY 5	SUNDAY 6
	<p>10:00 Balloon Badminton</p> <p>6:30 Documentary (T) Vienna City of Dreams</p> <p>8:00 Cello (LL)</p>	<p>9:30 Fitness: Standing 10:15 Fitness: Sit & Stand 11:00 Fitness: Seated</p> <p>1:30 Art Workshop: Suncatchers</p> <p>3:00 MRU Series: Richard Sutherland on Canada/US Trade in Culture</p> <p>6:30 Movie: (T) Becoming Jane Drama 2007</p>	<p>9:00 Hair Salon</p> <p>10:00 Fitness: Stretch and Breathe</p> <p>10:30 Shopping Trip IGA and Shoppers</p> <p>1:00 Resident Town Hall (T)</p> <p>6:30 Sing Along (T)</p>	<p>9:30 Fitness: Standing 10:15 Fitness: Sit & Stand 11:00 Fitness: Seated</p> <p>3:00 Resident Choir (T)</p> <p>6:30 Movie and Trivia: (T) The Man in the White Suit Comedy, 1951</p>	<p>1:30 Cribbage & Bridge</p> <p>2:00 Clay Workshop with Meghan: Hand Building Pots</p> <p>4:00 BYOB</p> <p>6:30 Movie and Trivia: (T) Educating Rita Comedy, Drama, 1983</p>	<p>9:15 Church (T)</p> <p>10:30 Trivia Sunday (LL)</p> <p>2:00 Wheel Demonstration in the Art Studio</p> <p>6:30 TV Series: (T) Downton Abby Season 1 Episodes 1 and 2</p>
7	8	9	10	11	12	13
<p>9:30 Fitness: Standing 10:15 Fitness: Sit & Stand 11:00 Fitness: Seated 11:00 Footcare</p> <p>1:30 Fibre Arts Club (PD)</p> <p>3:00 Journeys Through (T) Art: Cover to Cover</p> <p>6:30 M*A*S*H Monday (T) with Laurie</p>	<p>10:00 Seated Volleyball</p> <p>11:30 Nutman</p> <p>6:30 Documentary (T) Castles and Lakes: Along Austria's Summits</p> <p>8:00 Cello (LL)</p>	<p>9:30 Fitness: Standing 10:15 Fitness: Sit & Stand 11:00 Fitness: Seated</p> <p>1:30 Art Workshop: Dream Landscapes</p> <p>3:00 Virtual Music Appreciation with Jill: Music of Vienna - Part 1</p> <p>6:30 Movie: (T) Les Misérables Musical 2012</p>	<p>9:00 Hair Salon</p> <p>10:00 Fitness: Stretch and Breathe</p> <p>10:30 Shopping Trip Superstore</p> <p>3:00 Olympian Hayley Daniels Talk (T)</p> <p>6:30 Residents Writers (LC) Corner</p> <p>6:30 Movie: (T) Atonement Drama 2008</p>	<p>9:30 Fitness: Standing 10:15 Fitness: Sit & Stand 11:00 Fitness: Seated</p> <p>1:30 Peter at the Piano: Music - is it in English or in French</p> <p>3:00 Resident Choir (T)</p> <p>6:30 Movie and Trivia: (T) The Aviator Part 1 Drama 2004</p>	<p>1:30 Cribbage & Bridge</p> <p>2:00 Clay Workshop with Meghan: Surface Decoration-Monoprinting</p> <p>4:00 BYOB</p> <p>6:30 Movie and Trivia: (T) The Aviator Part 2 Drama 2004</p>	<p>9:15 Church (T)</p> <p>10:30 Trivia Sunday (LL)</p> <p>2:30 Soundboard Studio Piano Students Recital</p> <p>6:30 TV Series: (T) Downton Abby Season 1 Episodes 3 and 4</p>
14	15	16	17	18	19	20
<p>9:30 Fitness: Standing 10:30 Fitness: Sit & Stand 11:00 Fitness: Seated</p> <p>1:30 Fibre Arts Club (PD)</p> <p>2:30 Afternoon Tea with GG (Art Studio)</p> <p>6:30 M*A*S*H Monday (T) with Laurie</p>	<p>10:00 Carpet Bowling</p> <p>6:30 Documentary (T) Climbed Every Mountain: The Story Behind the Sound of Music</p> <p>8:00 Cello (LL)</p>	<p>9:30 Fitness: Standing 10:15 Fitness: Sit & Stand 11:00 Fitness: Seated</p> <p>1:30 Art Workshop: Painting like Pollock</p> <p>6:30 Movie: (T) Wild Mountain Thyme Romance 2020</p>	<p>9:00 Hair Salon</p> <p>10:00 Fitness: Stretch and Breathe</p> <p>10:30 Shopping Trip IGA and Shoppers</p> <p>2:00 Kelly Kalden Irish Days Virtual Concert</p> <p>2:30 Welcome Tea St Patrick's Day PARTY</p> <p>6:30 Sing Along (T)</p>	<p>9:30 Fitness: Standing 10:15 Fitness: Sit & Stand 11:00 Fitness: Seated</p> <p>3:00 Resident Choir (T)</p> <p>6:30 Movie and Trivia: (T) Flower Drum Song Musical, 1961</p>	<p>1:30 Cribbage & Bridge</p> <p>2:00 Clay Workshop with Meghan: DIY Vienna Porcelain with Ceramic Decals</p> <p>4:00 BYOB</p> <p>6:30 Movie and Trivia: (T) Shirley Valentine Comedy, Drama, 1989</p>	<p>9:15 Church (T)</p> <p>10:30 Trivia Sunday (LL)</p> <p>2:00 Wheel Demonstration in the Art Studio</p> <p>6:30 TV Series: (T) Downton Abby Season 1 Episodes 5 and 6</p>

MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25	SATURDAY 26	SUNDAY 27
<p>9:30 Fitness: Standing 10:15 Fitness: Sit & Stand 11:00 Fitness: Seated 10:00 Footcare</p> <p>1:30 Fibre Arts Club (PD)</p> <p>3:00 Journeys Through (T) Art: Vienna Succession – Past and Present</p> <p>6:30 M*A*S*H Monday (T) with Laurie</p>	<p>10:00 Balloon Badminton</p> <p>11:30 Nutman</p> <p>6:30 Documentary (T) Rick Steve's - Vienna</p>	<p>9:30 Fitness: Standing 10:15 Fitness: Sit & Stand 11:00 Fitness: Seated</p> <p>1:30 Art Workshop: Image Transfers</p> <p>6:30 (T) Movie: The Lightkeepers Period Drama 2010</p>	<p>9:00 Hair Salon 10:00 Fitness: Stretch and Breathe 10:30 Shopping Trip Walmart 3:00 Music Appreciation with Mark 6:30 Residents Writers (LC) Corner 6:30 Movie: (T) Downton Abby the Movie. Drama 2019</p>	<p>9:30 Fitness: Standing 10:15 Fitness: Sit & Stand 11:00 Fitness: Seated</p> <p>3:00 Resident Choir (T)</p> <p>6:30 Movie and Trivia: (T) Best in Show Comedy, 2015</p>	<p>1:30 Cribbage & Bridge</p> <p>2:00 Clay Workshop with Meghan: Hand Building Spring Inspirations</p> <p>4:00 BYOB</p> <p>6:30 Movie and Trivia: (T) Auntie Mame Comedy, 1958</p>	<p>9:15 Church (T)</p> <p>10:30 Trivia Sunday (LL)</p> <p>2:00 Doug Coats Calgary's Connection to Downton Abby</p> <p>6:30 TV Series: (T) Downton Abby Season 1 Episode 7</p>
28	29	30	31	Vienna: City of Dreams		
<p>9:30 Fitness: Standing 10:15 Fitness: Sit & Stand 11:00 Fitness: Seated 11:00 Anglican Worship Service</p> <p>1:30 Fibre Arts Club (PD)</p> <p>3:00 Ballroom dancing Demo</p> <p>6:30 M*A*S*H Monday (T) with Laurie</p>	<p>10:00 Seated Volleyball</p> <p>2:00 Resident Birthday Party</p> <p>6:30 Movie: (T) I Care A Lot Comedy 2021</p> <p>8:00 Cello (LL)</p>	<p>9:30 Fitness: Standing 10:15 Fitness: Sit & Stand 11:00 Fitness: Seated</p> <p>1:30 Art Workshop: Creative Writing on Dreams</p> <p>3:00 Virtual Music Appreciation with Jill Music of Vienna – Part 2: The Lighter Side</p> <p>6:30 Johann Strauss – (T) Gala Concert in Vienna</p>	<p>9:00 Hair Salon 10:00 Fitness: Stretch and Breathe 10:30 Shopping Trip IGA and Shoppers 5:00 Wild Rose Duo (Lobby Performance) 6:30 Movie: (T) Mr and Mrs Smith Action 2005</p>	<p>What does the word Vienna conjure up for you? Schnitzel & strudel? Waltzing to the music of Johann Strauss? The famous "Kiss" painting by Gustav Klimt? Sigmund Freud? Cruising the Danube River? This month we'll focus on the city that was the culture capital of Europe throughout the 19th century and still reflects its past glories today. Join us for a variety of special programming including a Viennese dinner, a ballroom dancing demo, Music Appreciations focused on the Music of Vienna, documentaries and much more.</p>		

Hair Salon, Footcare, Outings: Everyone attending these programs must sign up at reception.

Fitness Classes: All Classes in the Fitness area. Fitness Classes are 30 minutes long. All programs are being operated on a first come/first served basis.

(PD) = Private Dining Room on the Main Floor (LL) = Lower Level by the Fitness Room (T) = Theatre on the Lower Level

***For more details about the programs please see the Community Connections Newsletter**