





















March 2023- Poppy Marshall Gowland Manor



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			9:00 Tasks and Activities 10:00 Coffee Social 1:00 Tuck Shop Open 1:30 BINGO with a Peanut Butter Twist! 6:00 Recreational Games 1	9:00 Morning Exercise 10:00 Fun & Fitness 1:30 Baking 6:00 Rosary Group 6:00 Evening Bingo!  2	9:00 Friendly Visits 10:00 Coffee Social 10:00 Music and Manicures 1:00 Tuck Shop Open 1:00 Ice Cream Galore 2:00 Pub Hour & Checkers  National Wildlife Day! 3	10:00 Friendly Visits 10:00 Coffee Social 1:30 Group Program 4
10:00 One to One Visits 10:00 Coffee Social 2:00 Church Service  5	9:00 One to One Visits 9:30 RC Communion 10:00 Hymn Sing 10:00 Coffee Social 1:00 Tuck Shop Open 1:30 Musical Entertainment featuring Jan Denk 6:00 Word/Card Games 6	9:00 Morning Exercise 10:00 Baking 1:00 Music Therapy with Laura 1:30 Bible Study Group 1:30 Library Book Exchange 6:00 Music & More  7	9:00 Tasks and Activities 10:00 Coffee Social 1:00 Tuck Shop Open 1:30 BINGO! 6:00 Rec Games  International Women's Day! Happy Birthday Nancy! 8	9:00 Morning Exercise 10:00 Fun & Fitness 1:30 Snacks and Chats 1:30 St. Patrick's Day Decorating 6:00 Rosary Group 6:00 Evening Bingo! 9	9:00 Friendly Visits 10:00 Coffee Social 10:00 Music and Manicures 1:00 Tuck Shop Open 1:00 Ice Cream Galore 2:00 Pub Hour & Checkers  10	10:00 Friendly Visits 10:00 Coffee Social 1:30 Group Program  11
10:00 One to One Visits 10:00 Coffee Social 2:00 Church Service  12	9:00 One to One Visits 10:00 Coffee Social 1:00 Tuck Shop Open 1:30 Musical Entertainment featuring Vic & the Campfire Band 6:00 Word/Card Games  13	9:00 Morning Exercise 10:00 Residents' Council Meeting 1:15 Music Therapy with Laura 1:30 Bible Study Group 1:30 Celebrating National Potatoe Chip Day with Movie & Chips 6:00 Music & More Happy Birthday Rhonda! 14	9:00 Tasks and Activities 10:00 Coffee Social 1:00 Tuck Shop Open 1:30 St. Patrick's Day Bingo! 6:00 Recreational Games  15	9:00 Morning Exercise 10:00 Library Program with Lisa! 11:30 Irish Take Out Lunch 6:00 Rosary Group 6:00 Evening Bingo!  16	9:00 Friendly Visits 10:00 Coffee Social 10:00 Music and Manicures 1:00 Tuck Shop Open 1:00 Ice Cream Galore 1:30 Irish Dance Performance 2:00 Pub Hour & Checkers St. Patrick's Day! 17	10:00 Friendly Visits 10:00 Coffee Social 1:30 Group Program  18
10:00 One to One Visits 10:00 Coffee Social 2:00 Church Service 19	9:00 One to One Visits 10:00 Hymn Sing 10:00 Coffee Social 1:00 Tuck Shop Open 1:30 Music and Manicures 6:00 Word/Card Games  20	9:00 Morning Exercise 10:30 Community Outing 1:00 Board Games 1:30 Bible Study Group 6:00 Music & More  21	9:00 Tasks and Activities 10:00 Coffee Social 1:00 Tuck Shop Open 1:30 BINGO! 6:00 Recreational Games 22	9:00 Morning Exercise 10:00 Fun & Fitness 1:30 Snacks and Chats 1:30 Baking 6:00 Rosary Group 6:00 Evening Bingo! 23	9:00 Friendly Visits 10:00 Library Craft Collaboration 10:00 Coffee Social 10:00 Music and Manicures 1:00 Tuck Shop Open 1:00 Ice Cream Galore 2:00 Pub Hour & Checkers  24	10:00 Friendly Visits 10:00 Coffee Social 1:30 Group Program 25
10:00 One to One Visits 10:00 Coffee Social 2:00 Church Service  26	9:00 One to One Visits 10:00 Coffee Social 1:00 Tuck Shop Open 1:30 Musical Entertainment featuring Randy Grey 6:00 Word/Card Games Happy Birthday Gerda! 27	9:00 Morning Exercise 10:00 Crafts 1:00 Board Games 1:30 Bible Study Group 6:00 Music & More 28	9:00 Tasks and Activities 10:00 Coffee Social 1:00 Tuck Shop Open 1:30 BINGO! 6:00 Recreational Games  29	9:00 Morning Exercise 10:00 Fun & Fitness 11:00 Lunch Outing 11:30 Men's Commur Lunch 6:00 Rosary Group 6:00 Evening Bingo!  30	9:00 Friendly Visits 10:00 Coffee Social 1:00 Tuck Shop Open 1:00 Ice Cream Galore 2:00 Pub Hour & Checkers  31	