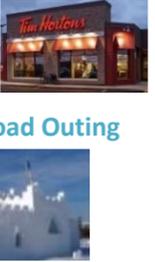


March 2026



AVENS Recreation Health & Wellness Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 10:00 SJA Dog Therapy - Qinu 11:00 Catholic Church 1:00 Bunny Visits 	2 Morning News 1:30 Let's Sing 3:45 SJA Dog Therapy - Rosie 7:00 Shuffleboard 	3 Morning Walk 10:30 Tai Chi / Exercise 1:15 Co-op Shopping 6:00 SJA Dog Therapy - Kirby 7:00 True North Rotary Bingo 	4 Morning News 1:00 SJA Dog Therapy-Belle 1:30 Obie 6:00 SJA Dog Therapy - Chicha 7:00 Game Night/ Crib with Social Committee	5 Morning Walk 11:00 Rosary 2:00 Craft a Gratitude Jar (P) 7:00 Plant Pot Painting with Social Committee 	6 Morning News 10:30 Craft (J) 1:30 Bingo & Snacks 	7 Bunny Visits 	
8 International Women's Day 11:00 Catholic Church 1:00 Her story, her strength sharing circle(P) Time Change  Spring Forward	9 Morning News 3:45 SJA Dog Therapy - Rosie 6:00 SJA Dog Therapy - Cora 7:00 Shuffleboard	10 Spring Break Week for Schools Morning Walk 10:30 Tai Chi / Exercise 11:15am Resident Council Meeting 1:15 Walmart Shopping 6:00 SJA Dog Therapy - Harlow 7:00 True North Rotary Bingo 	11 Morning News 10:00 Chickadees NEST 1:00 SJA Dog Therapy-Belle 6:00 SJA Dog Therapy - Hiccup 7:00 Game Night/ Crib with Social Committee	12 Spring Break Week for Schools Morning Walk 10:30 Obie 6:00 SJA Dog Therapy - Juno 7:00 Entertainment Night: Ryan and Fresh Bread	13 Morning News 10:30 Baking Cup Cakes (J) 1:30 Lucky Lady Tea Party  	14 Bunny Visits 	
15 Res. BDay	16 Spring Break Week for Schools	17 St. Patrick's Day	18 Res. BDay	19 Res. BDay	20 Spring Break Week for Schools	21	
10:00 SJA Dog Therapy - Qinu 11:00 Catholic Church 1:00 Bunny Visits 	10:30 Balloon Badminton (J) 3:45 SJA Dog Therapy - Rosie 6:00 SJA Dog Therapy - Juno 7:00 Shuffleboard 7:00pm Resident Family Council Meeting	Morning Walk 10:30 Tai Chi / Exercise 1:30 St. Patrick's Drive 6:00 SJA Dog Therapy - Kirby 7:00 True North Rotary Bingo 	Morning News 10:30 Family Connection 1:00 SJA Dog Therapy-Belle Rec Planning 6:00 SJA Dog Therapy - Chicha 7:00 Game Night/ Crib with Social Committee	Morning Walk 11:00 Rosary 2:00 Making a Lotus pond (P) 7:00 Entertainment Night: DJ Bruce 	Morning News 10:30 Cultural Program: Traditional Sewing and Beadwork 1:30 Bingo & Snacks 	Bunny Visits 	
22 Res. BDay	23	24	25	26	27	28	
11:00 Catholic Church 1:00 Bunny Visits 	Morning News 1:30 Let's Sing 3:45 SJA Dog Therapy - Rosie 6:00 SJA Dog Therapy - Cora 7:00 Shuffleboard	Morning Walk 10:30 Tai Chi / Exercise 1:15 Independent Shopping 6:00 SJA Dog Therapy - Harlow 7:00 True North Rotary Bingo 	Morning News 10:30 Board Games (J) 1:00 SJA Dog Therapy-Belle 6:00 SJA Dog Therapy - Hiccup 7:00 Game Night/ Crib with Social Committee	Morning Walk 10:30 Obie 2:00 Science Experiments with Prince 6:00 SJA Dog Therapy - Juno 7:00 Entertainment Night: Minnie & Moses 	Morning News/ 10:30 Tim Horton Cart (P) 1:30 Ice Castle & Ice Road Outing 	2:00pm Caribou Carnival 	
29	30	31	 HAPPY BIRTHDAY! James, Helen, Phillipe, & Pat F. 				
11:00 Catholic Church 1:00 Bunny Visits 	10:30 Traditional Story Telling in MPR (J) 1:30 Let's Sing 3:45 SJA Dog Therapy - Rosie 6:00 SJA Dog Therapy - Juno 7:00 Scottish Country Dancers 	Morning Walk 10:30 Tai Chi / Exercise 1:30 Dollarama Shopping 					

• Calendar activities are subject to change without notice – We apologies in advance for the inconvenience.

Update: Feb. 25/26