

TO REGISTER, PLEASE CALL 705-435-7218

March 2026

Monday:

Weekly **Afternoon Tea** Kitchen 2:00-3:00PM
 Mar. 2 **Touching the Heart of Healing** 2nd Floor Library 10:00-11:30AM
 Mar. 16 **Spousal Loss Support Group** 2nd Floor Library 2:00-3:30PM
 Mar. 23 **Continuing The Journey: Spousal Loss Support Group** 2nd Floor Library 2:00-3:00PM

Tuesday:

Weekly **Therapy Dogs** Residence 1:45-2:45PM
 Weekly **Meditation** 2nd Floor Library 2:00-4:00PM
 Mar. 3, 10 **Grief & Bereavement Art Therapy Group** Somerville 10:00-11:30AM
 Mar. 3, 17 **Men's Group** Media Room 12:00-1:30PM
 Mar. 3 **WAY** 2nd Floor Library 6:00-7:30PM
 Mar. 10 **Cancer Support Group** 2nd Floor Library 10:30AM-12:00PM
 Mar. 10, 24 **Drumming** 2nd Floor Great Room 4:00-5:00PM
 Mar. 24 **Parkinson's Disease Support Group A** Merkley and Virtual (Zoom) 1:30-3:00PM
 Mar. 24 **Connecting Caregivers Lunch** 2nd Floor Library 12:30-2:00PM
 Mar. 31 **Compassionate Care Book Club** Virtual Program on Zoom 1:30-2:30PM

Wednesday:

Weekly **Walking Group** Glass Room 10:30-12:00PM
 Weekly **Therapeutic Touch** Residence/Wellness Room 2:00-4:00PM
 Mar. 4, 11, 18, 25 **Caregiver Art Therapy Group** Somerville 1:30PM-3:30PM
 Mar. 18 **Memory Care and Neuro Support Circle** 2nd Floor Library 9:30-11:00AM
 Mar. 18 **Community Dinner** 2nd Floor Great Room 5:00-7:00PM
 Mar. 25 **Death Cafe** Merkley Room 1:00-3:00PM

Thursday:

Weekly **Reiki** Residence/Wellness Room 9:00AM-12:00PM
 Weekly **Meditation** 2nd Floor Library 6:30 - 8:00PM
 Mar. 5, 12, 19, 26 **Alzheimer's Society Program: Carers** Somerville 10:00AM-12:00PM
 Mar. 12 **Caregiver Support Group** 2nd Floor Library 1:00-3:00PM
 Mar. 12 **Kintsugi Bowl Workshop** Merkley 1:00-3:30PM
 Mar. 26 **Parkinson's Disease Support Group B** Merkley and Virtual (Zoom) 1:30-3:00PM

Friday:

Weekly **Gentle Aroma Touch** Therapy Room/Residence 2:00-4:00PM
 Weekly **Therapy Dogs** Residence 1:00-2:00PM
 Mar. 13 **Multiple Sclerosis & Neuromotor Support Group** Somerville 1:00-2:30PM
 Mar. 27 **Cancer Support Group** 2nd Floor Library 1:30-3:00PM