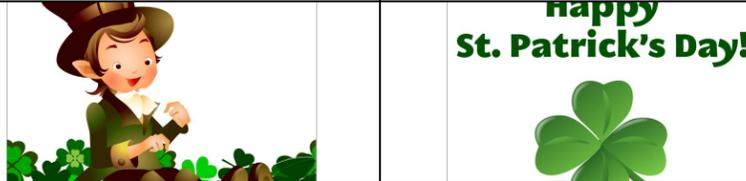


# March 2026



## 3 East Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>1</b> 2:30pm Travel the World - MPR	<b>2</b> 10:30am Adapted Dance with Riki - MPR 10:30am Comedy Hour - V 3E 2:30pm music appreciation - V 3E	<b>3</b> 10:30am Cognitive game - AR3E 10:30am armchair travel - V 3E 1:30pm Special Event - Purim Gathering - MPR 2:30pm Cognitive game - AR3E 2:30pm Throwback Tuesdays - MPR	<b>4</b> 10:30am Church Service - MPR 10:30am cook show - V 3E 1:30pm Group Exercise - TV3E 2:30pm Current Events 2:30pm animal show - TV3E	<b>5</b> 10:30am Cognitive game - AR3E 10:30am Nature appreciation. - TV3E 2:00pm I Love Lucy Show - MPR	<b>6</b> 10:30am Arts & Crafts Appreciation - V 3E 10:30am Cognitive game - AR3E 1:30pm Group Exercise - TV3E 2:00pm Jewish Service - MPR 2:30pm cook show - V 3E	<b>7</b> 10:30am Church Service - MPR 2:00pm Spiritual Songs 2:30pm Hymn Singing on 3 West	
<b>8</b>  10:00am Ball Throw 10:30am Sing along 2:30pm Bingo on 3 West 2:30pm Travel the World - MPR	<b>9</b> 10:30am Adapted Dance with Riki - MPR 10:30am Comedy Hour - V 3E 10:30am Hearts in Action St. Patrick's Day Craft - CHAP 2:30pm music appreciation - V 3E	<b>10</b> 10:30am Cognitive game - AR3E 10:30am armchair travel - V 3E 2:30pm Cognitive game - AR3E 2:30pm Throwback Tuesdays - MPR	<b>11</b> 10:30am Church Service - MPR 10:30am cook show - V 3E 1:30pm Group Exercise - TV3E 2:30pm Puzzle Club - MPR 2:30pm animal show - TV3E	<b>12</b> 10:30am Cognitive game - AR3E 10:30am Nature appreciation. - TV3E 2:30pm Community Bingo Club - MPR	<b>13</b> 10:30am Arts & Crafts Appreciation - V 3E 10:30am Cognitive game - AR3E 1:30pm Group Exercise - TV3E 2:00pm Jewish Service - MPR	<b>14</b> 10:30am Church Service - MPR 2:00pm Spiritual Songs 3:00pm Special Event - Bethel Church Group - MPR	
<b>15</b> 2:00pm 1:1 - V 3E 2:30pm Travel the World - MPR	<b>16</b> 10:30am Adapted Dance with Riki - MPR 10:30am Comedy Hour - V 3E 2:30pm Residents' Council - MPR 2:30pm music appreciation - V 3E	<b>17</b> <b>St. Patrick's Day</b> 10:30am Cognitive game - AR3E 10:30am armchair travel - V 3E 2:30pm Cognitive game - AR3E 2:30pm St. Patrick's Day Celebration - MPR 	<b>18</b> 10:30am Church Service - MPR 10:30am cook show - V 3E 1:30pm Group Exercise - TV3E 2:30pm Men's Club - Science Experiment - MPR 2:30pm animal show - TV3E	<b>19</b> 10:30am Cognitive game - AR3E 10:30am Nature appreciation. - TV3E 2:30pm Community Melodies - Irish Music - MPR	<b>20</b> <b>Spring Equinox</b> 10:30am Arts & Crafts Appreciation - V 3E 10:30am Cognitive game - AR3E 10:30am Spring Planting - MPR 1:30pm Group Exercise - TV3E 2:00pm Jewish Service - MPR	<b>21</b> 10:30am Church Service - MPR 2:00pm Spiritual Songs 3:00pm Special Event - Japanese SDA Group - MPR	
<b>22</b> 2:00pm 1:1 - V 3E 2:30pm Travel the World - MPR	<b>23</b> 10:30am Adapted Dance with Riki - MPR 10:30am Comedy Hour - V 3E 2:15pm Hearts in Action - Trivia - CHAP 2:30pm music appreciation - V 3E	<b>24</b> 10:30am Cognitive game - AR3E 10:30am armchair travel - V 3E 2:30pm Cognitive game - AR3E 2:30pm Throwback Tuesdays - MPR	<b>25</b> 10:30am Church Service - MPR 10:30am cook show - V 3E 1:30pm Group Exercise - TV3E 2:00pm March Birthday Party - MPR  2:30pm animal show - TV3E	<b>26</b> 10:30am Cognitive game - AR3E 10:30am Nature appreciation. - TV3E 2:30pm Live Entertainment - Country Kenny - MPR 2:30pm cook show - V 3E	<b>27</b> 10:30am Arts & Crafts Appreciation - V 3E 10:30am Cognitive game - AR3E 1:30pm Group Exercise - TV3E 2:00pm Jewish Service - MPR	<b>28</b> 10:30am Church Service - MPR 2:00pm Spiritual Songs	
<b>29</b> 2:00pm 1:1 - V 3E 2:30pm Travel the World - MPR	<b>30</b> 10:30am Adapted Dance with Riki - MPR 10:30am Comedy Hour - V 3E 2:30pm music appreciation - V 3E	<b>31</b> 10:30am Cognitive game - AR3E 10:30am armchair travel - V 3E 2:30pm Cognitive game - AR3E 2:30pm Throwback Tuesdays - MPR					

AR3E - Activity Room 3E

CHAP - Chapel

MPR - Multi-Purpose Room

TV3E - TV Room 3E

V 3E - Varied 3E

Programs may be subject to change.