

# March 2026



## 3 West Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 10:00am Friendly Visits - V 3W 2:30pm Travel the World - MPR	<b>2</b> 9:00am One to One Visits - RR3W 10:30am Adapted Dance with Riki - MPR 1:30pm Group Exercise - TV3W 2:30pm Bingo - AR3W 3:15pm Oldies Music - AR3W	<b>3</b> 10:00am Seasonal Decorating - V 3W 1:30pm Group Exercise - TV3W 1:30pm Special Event - Purim Gathering - MPR 2:00pm Seasonal Decorating - V 3W 2:30pm Throwback Tuesdays - MPR	<b>4</b> 10:30am Church Service - MPR 2:30pm Current Events	<b>5</b> 10:00am Ball Throw - TV3W 11:15am Sing Along - AR3W 1:30pm Group Exercise - TV3W 2:00pm I Love Lucy Show - MPR	<b>6</b> 2:00pm Jewish Service - MPR	<b>7</b> 10:30am Church Service - MPR 2:00pm Spiritual Songs 2:30pm Hymn Singing - TV3W
<b>8</b> Daylight Savings Time begins (clocks move forward one hour) International Women's Day 11:15am Sing Along - TV3W 2:30pm Bingo - AR3W 2:30pm Travel the World - MPR	<b>9</b> 10:30am Adapted Dance with Riki - MPR 10:30am Hearts in Action St. Patrick's Day Craft - CHAP 1:30pm Group Exercise - TV3W	<b>10</b> 10:00am Baking - AR3W 1:30pm Group Exercise - TV3W 2:30pm Peppermint Social - AR3W 2:30pm Throwback Tuesdays - MPR	<b>11</b> 10:30am Church Service - MPR 2:30pm Puzzle Club - MPR	<b>12</b> 10:00am Challah Bread Baking - AR3W 10:30am Coffee/Tea Social - AR3W 11:15am Sing Along - TV3W 1:30pm Group Exercise - TV3W 2:30pm Community Bingo Club - MPR	<b>13</b> 10:00am Active Games - AR3W 11:15am Hymn Singing - TV3W 2:00pm Jewish Service - MPR 2:45pm Irish Music - AR3W	<b>14</b> 10:30am Church Service - MPR 2:00pm Spiritual Songs 3:00pm Special Event - Bethel Church Group - MPR
<b>15</b> 10:00am Friendly Visits - V 3W 2:30pm Travel the World - MPR	<b>16</b> 10:30am Adapted Dance with Riki - MPR 1:30pm Group Exercise - TV3W 2:30pm Residents' Council - MPR	<b>17</b> St. Patrick's Day 1:30pm Group Exercise - TV3W 2:30pm St. Patrick's Day Celebration - MPR	<b>18</b> 10:30am Church Service - MPR 2:30pm Men's Club - Science Experiment - MPR	<b>19</b> 1:30pm Group Exercise - TV3W 2:30pm Community Melodies - Irish Music - MPR	<b>20</b> Spring Equinox 10:30am Spring Planting - MPR 2:00pm Jewish Service - MPR 3:30pm Country Music - AR3W	<b>21</b> 10:30am Church Service - MPR 2:00pm Spiritual Songs 3:00pm Special Event - Japanese SDA Group - MPR
<b>22</b> 10:00am Friendly Visits - V 3W 2:30pm Travel the World - MPR	<b>23</b> 9:00am One to One Visits - RR3W 10:30am Adapted Dance with Riki - MPR 1:30pm Group Exercise - TV3W 2:15pm Hearts in Action - Trivia - CHAP	<b>24</b> 10:00am Baking - AR3W 1:30pm Group Exercise - TV3W 2:30pm Cookie Social - AR3W 2:30pm Throwback Tuesdays - MPR	<b>25</b> 10:30am Church Service - MPR 2:00pm March Birthday Party - MPR	<b>26</b> 10:00am Arts and Crafts - V 3W 11:15am Sing Along - TV3W 1:30pm Group Exercise - TV3W 2:30pm Live Entertainment - Country Kenny - MPR	<b>27</b> 10:00am One to One fitness - AR3W 11:15am Hymn Singing - TV3W 2:00pm Jewish Service - MPR 3:30pm Oldies Music - AR3W	<b>28</b> 10:30am Church Service - MPR 2:00pm Spiritual Songs
<b>29</b> 10:00am Friendly Visits - V 3W 2:30pm Travel the World - MPR	<b>30</b> 9:00am One to One Visits - RR3W 10:30am Adapted Dance with Riki - MPR 1:30pm Group Exercise - TV3W 3:15pm Rock and Roll Music - AR3W	<b>31</b> 10:00am Bingo - AR3W 1:30pm Group Exercise - TV3W 2:30pm Throwback Tuesdays - MPR				

AR3W - Activity Room 3W

CHAP - Chapel

MPR - Multi-Purpose Room

RR3W - Resident Rooms 3W

TV3W - TV Room 3W

V 3W - Varied 3W

Programs may be subject to change.