

March 2026 - Poplar Heights Activities with Lynsey

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 Hymn Sing 2:00 Euchre Club	2	3 10:00 Bell Choir 2:00 Word Games	4 9:30 Country Drive 2:00 Bingo	5 10:00 Card Games 2:00 Sing-along	6 9:30 Walking Group 2:00 Birthday Party	7
8	9 9:30 Piano Music 10:00 Trivia 2:00 Sing-along	10 10:00 Table Games 2:00 United Church	11 10:00 History with Angela 1:15 Bowling Alley Bus Trip	12 10:00 Card Bingo 2:00 Choir Practice 2:00 Colouring	13 9:30 Walking Group 1:30 Card Making 2:00 Bingo	14
15	16 10:00 Reading Group 2:00 Bingo	17 10:00 Travelogue 2:00 Happy Hour	18 1:30 Physical Games 5:00 Supper Program	19 10:00 Craft 10:30 Catholic Mass 2:00 Table Games	20 9:15 Crokinole 10:30 Tuck Shop Visits 2:00 Sing-along	21
22	23 2:00 Bingo 6:00 Montessori	24 10:00 Ping-Pong Bocce Ball 2:00 Baptist Church	25 9:00-11:00 Norview Cafe	26 10:00 Maker's Club 10:00 Slot Machines 2:00 Music	27	28 10:00 Easter Egg Hunt 1:30 Word Games
29 10:00 Hymn Sing 2:00 Euchre Club	30	31 9:00 Sing-along 12:00 Luncheon 2:00 Jeopardy	Exercise calendars are posted in the resident home area.	One to One visit happens when recreation therapist is present.	Programs are subject to change	Recreation Therapist is Lynsey Sendrowski