

Weekly Activities at the Manor

Monday, March 20

- 9:15 Morning Coffee & Snacks (Dining Rm.)
- 10:00 Exercise Class (Dining Rm.)
- 1:00 Music Group with Julia (Dining Rm.)
- 2:15 Afternoon Snacks & Social Time (Dining Rm.)



Tuesday, March 21

- 9:15 Morning Coffee & Snacks (Dining Rm.)
- 10:00 Exercise Class (Dining Rm.)
- 1:00 Bus to the Mall (Meet at Entrance)
- 2:30 Afternoon Snacks & Social Time (Dining Rm.)



Wednesday, March 22

- 9:15 Morning Coffee & Snacks (Dining Rm.)
- 10:00 Exercise Class (Dining Rm.)
- 1:00 Bingo with Jenni (Dining Rm.)
- 2:15 Afternoon Snacks & Social Time (Dining Rm.)



Thursday, March 23 - Fire Alarm and Inspections

- 9:15 Morning Coffee & Snacks (Dining Rm.)
- 10:00 Exercise Class (Dining Rm.)
- 1:15 Spring Craft (Dining Rm.)
- 2:15 Music & Happy Hour with Darlene & Carolyn (Dining Rm.)



Friday, March 24

- 9:15 Morning Coffee & Snacks (Dining Rm.)
- 1:00 Cribbage with Rae & Nan (Dining Rm.)
- 2:15 Afternoon Snacks (Dining Rm.)



Saturday, March 25

- 9:15 Self Serve Snacks (Dining Rm.)
- 1:00 Bingo with Diane & Paul (Dining Rm.)
- 2:15 Snacks with Jo & Nena (Dining Rm.)



Sunday, March 26

- 9:15 & 2:15 Self Serve Snacks (Dining Rm.)

The Manor Weekly March 20 to March 26, 2023



Final Music Group with Julia

This Monday is our final session for our music group with Music Therapist Julia Adam. We are happy to have friends of family join in for this session so please invite anyone you like!

**Please join us!
Monday at 1:00 PM in the
Dining Room**



Shopping Trip to the Mall

Our bus will be taking tenants to the Mall for shopping this Tuesday. Tenants will be shopping independently so a friend or family member may want to meet you at the mall if you require assistance.

**Tuesday March 21st
1:00pm - 2:30pm**

Fire Panel Inspection

Once per year our fire panel and sprinkler system needs to be inspected. This will be happening on the morning of Thursday March 23rd.

The inspectors do need to access tenant suits to inspect the fire system in the suite. Tenants are not required to do anything and do not need to leave their suite, this is just a notification letting you know what is happening.

The fire bells will ring for testing and training purposes but again tenants are not required to do anything.



Spring Craft

Join us in the dining room on Thursday afternoon to make a Spring themed craft. Tenants will be able to take what they make with them.

**Thursday
March 23rd
1:15 pm**

