

## Weekly Activities at The Manor

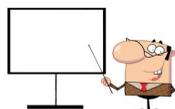
### **Monday March 9**

9:15 Morning Coffee & Snacks (Dining Rm.)  
 10:00 Exercise Class (Dining Rm.)  
 1:30 St. Patrick's Day Art Project (Dining Rm.)  
 2:15 Afternoon Snacks & Social Time (Dining Rm.)



### **Tuesday March 10 - No Exercise Class today**

9:15 Self-Serve Morning Coffee & Snacks (Dining Rm.)  
 1:30 Group Trivia Games with Bob (Fireside Lounge)  
 2:15 Self-Serve Afternoon Snacks (Dining Rm.)



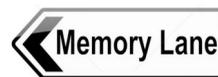
### **Wednesday March 11**

9:15 Morning Coffee & Snacks (Dining Rm.)  
 10:00 Exercise Class (Dining Rm.)  
 1:15 Bingo with Annie (Dining Rm.)  
 2:30 Afternoon Snacks (Dining Rm.)  
 2:30 Music on the Big Screen (Fireside Lounge)



### **Thursday March 12**

9:15 Morning Coffee & Snacks (Dining Rm.)  
 10:00 Exercise Class (Dining Rm.)  
 2:00 Birthday Cake & Recognitions (Dining Rm.)  
 2:30 Reminiscing Social (Dining Rm.)



### **Friday March 13 - Happy Birthday Wayne!**

9:15 Morning Coffee & Snacks (Dining Rm.)  
 10:00 Exercise Class (Dining Rm.)  
 1:15 Cribbage with Rae & Nan (Dining Rm.)  
 2:15 Afternoon Snacks & Social Time (Dining Rm.)



### **Saturday March 14 - Happy Birthday Mary-Anne!**

9:15 Self-Serve Morning Coffee & Snacks (Dining Rm.)  
 1:15 Bingo with Diane & Paul (Dining Rm.)  
 2:30 Afternoon Snacks with Jo & Nena (Dining Rm.)



### **Sunday March 15 - Happy Birthday Pat!**

9:15 & 2:30 Self-Serve Coffee & Snacks (Dining Rm.)

# The Manor Weekly

## March 9 to March 15, 2026



### **Happy Birthday!**

We are celebrating our March Birthdays this Thursday. Please join us for cake at 2:00 PM.

Happy Birthday to:

Wayne G. - March 13th  
 Mary-Anne F. - March 14th  
 Pat H. - March 15th  
 Lisa A. - March 17th  
 Don R. - March 30th



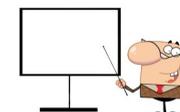
Following our Birthday recognitions and cake, we will have a reminiscing social.

### **No Exercises Tuesday**

Activity Coordinator Jenni is away on Tuesday so we will not have Exercise Class on this day.

### **Group Trivia Games with Bob**

Volunteer Bob Duggan will be here on Tuesday afternoon to lead some group trivia games. Come to play or just to watch!



### **St. Paddy's Day Art Project**

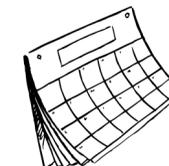
Join Jenni on Monday after lunch for a fun art project. We will be creating St. Patrick's Day themed pictures to decorate our bulletin board.

**Monday March 9th  
1:30 PM**



### **Comin up later in the month...**

Here are some dates to make note of for activities coming up in the next couple of weeks.



Mon. March 16th - next Bus trip to Shopping Center

Tue. March 17th - St. Patrick's Day

Thurs. March 19th - Live music with the Malaspina Ensemble Band

Mon. March 23rd - Sing-a-long with Trish & Kari

Tue. March 31st - Live music with *No Big Deal* Band