

March 2020 Harmony Hill Retirement Community

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Not sure where you are going? Use this guide to find your way around.

Second Floor

AR—Activity Room

C/T—Chapel/Theatre

B/L—Bar Lounge

BR—Billiards Room

Main Floor

B—Bistro

L—Library

LB—Lobby

DR—Dining Room


GH—Green House

P—Pool



It was one of those March days when the sun shines hot and the wind blows cold, when it's summer in the light and winter in the shade.

Charles Dickens

1	2	3	4	5	6	7
<p>10:30 Coffee & Conversation B/L</p> <p>2:30 Card Games Your Choice B/L</p> <p>3:00 Movie Matinee C/T</p> <p>7:00 New Game Five Crowns B/L</p>	<p>10:00/11:00 Fitness AR</p> <p>11:00 Aerobics with Stephanie B/L</p> <p>2:15 Bingo AR</p> <p>2:30 Downton Abbey C/TH</p> <p>3:30 Tea Time B/L</p> <p>5:45 Outing The Keg SU</p> <p>7:00 Bridge B/L</p> <p>7:00 Dominos GH</p>	<p>9:15 Functional Fitness AR</p> <p>10:30 Aqua Fit P</p> <p>11:00 Outing White Feather for lunch SU</p> <p>11:00 Scrabble L</p> <p>2:15 Falls Prevention AR</p> <p>2:30 Catholic Mass C/TH</p> <p>3:00 Euchre B/L</p> <p>4:00 Store Volunteer Mtg. AR</p> <p>7:15 Chair Yoga AR</p> <p>7:15 Triominos B/L</p>	<p>Walker Clinic</p> <p>10:00 in the Greenhouse</p> <p>9:30 Outing Walmart SU</p> <p>10:00/11:00 Fitness AR</p> <p>11:00 Aerobics with Stephanie B/L</p> <p>2:15 Bingo AR</p> <p>2:30 Hand Wax/Mini Mani</p> <p>3:30 TED Talk –Ideas About Medicine C/TH</p> <p>3:30 Computer Help SU</p> <p>7:15 Colouring & Cocktails B/L</p>	<p>EZ Fit Shoes</p> <p>9:15 Functional Fitness AR</p> <p>10:30 Aqua Fit P</p> <p>10:30 Fit Minds B/L</p> <p>11:00 New Resident Orientation Tea AR</p> <p>2:30 Java Music Club C/TH</p> <p>4:00 Social Time B/L</p> <p>6:00 Meet Dr. Jit</p> <p>Chiropractor-We Fix U B</p> <p>7:00 Bridge B/L</p> <p>7:15 Card Bingo AR</p>	<p>10:00/11:00 Fitness AR</p> <p>2:30 Biography Nat King Cole C/TH</p> <p>3:30</p> <p>4:00 Social Time B/L</p> <p>7:00 Pub Night with Generation Gap B/L</p>	<p>Open House Today</p> <p>Turn your clocks ahead at Bedtime</p> <p>10:00 Billiards B</p> <p>10:15 Scattergories B/L</p> <p>2:15 Bingo AR</p> <p>3:00 Card Games Your Choice B/L</p> <p>3:00 Movie Matinee C/T</p> <p>7:00 Durham Swing Band B/L</p>
<p>Durham Chamber Outing Ticket Holders meet at 1:30 in the Lobby</p> <p>10:30 Coffee & Conversation B/L</p> <p>2:30 Card Games Your Choice B/L</p> <p>3:00 Movie Matinee C/T</p> <p>7:00 New Game Five Crowns B/L</p>	<p>10:15/11:00 Fitness AR</p> <p>11:00 Aerobics with Stephanie B/L</p> <p>2:15 Bingo AR</p> <p>2:30 Downton Abbey C/TH</p> <p>3:30 Tea Time B/L</p> <p>7:00 Bridge B/L</p> <p>7:00 Dominos GH</p>	<p>9:15 Functional Fitness AR</p> <p>10:30 Aqua Fit P</p> <p>10:30 Outing Casino Ajax SU</p> <p>11:00 News and Views GH</p> <p>11:00 Scrabble L</p> <p>2:00 Food Committee C/TH</p> <p>2:15 Falls Prevention AR</p> <p>3:00 Euchre B/L</p> <p>7:15 Chair Yoga AR</p> <p>7:15 Triominos B/L</p>	<p>No Hand Wax</p> <p>9:30 Outing Walmart SU</p> <p>10:00/11:00 Fitness AR</p> <p>11:00 Aerobics with Stephanie B/L</p> <p>2:15 Bingo AR</p> <p>3:30 It's Cherry Blossom Time C/TH</p> <p>3:30 Computer Help SU</p> <p>7:15 Rummoli B/L</p>	<p>Skye's Clothing</p> <p>9:15 Functional Fitness AR</p> <p>9:30 Outing Oshawa Centre SU</p> <p>10:30 Aqua Fit P</p> <p>10:30 Fit Minds B/L</p> <p>11:00 New Resident Orientation Tea AR</p> <p>11:00 Anglican Service C/T</p> <p>2:00 Outing Walmart SU</p> <p>4:00 Social Time B/L</p> <p>7:00 Bridge B/L</p> <p>7:15 Card Bingo AR</p>	 <p>10:00/11:00 Fitness AR</p> <p>2:30 Friday the 13th Lucky/Unlucky/Superstitions C/TH</p> <p>3:30 Travelogue - Ireland C/TH</p> <p>4:00 Social Time B/L</p> <p>7:00 Pub Night with 50's and 60's sounds of Red Corvette B/L</p>	<p>10:00 Billiards B</p> <p>10:15 Scattergories B/L</p> <p>2:15 Bingo AR</p> <p>3:00 Card Games Your Choice B/L</p> <p>3:00 Movie Matinee C/T</p> <p>7:15 Movie Night C/T</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>15</p> <p>10:30 Coffee & Conversation B/L</p> <p>2:30 Sunday sing Along With Janette C/TH</p> <p>3:30 Choose your Own Game B/L</p> <p>7:00 New Game Five Crowns B/L</p>	<p>16</p> <p>10:00/11:00 Fitness AR</p> <p>11:00 Aerobics with Stephanie B/L</p> <p>2:15 Leaping Leprechauns Lucky Bingo +\$5 AR</p> <p>2:30 Downton Abbey C/TH</p> <p>3:30 Tea Social B/L</p> <p>7:00 Bridge B/L</p> <p>7:00 Dominos GH</p>	<p>17</p> <p>9:15 Functional Fitness AR</p> <p>10:30 Aqua Fit P</p> <p>10:30 St. Patrick's Day Puzzles & Ponder AR</p> <p>11:00 Scrabble L</p> <p>2:15 Falls Prevention AR</p> <p>2:30 Catholic Prayers C/TH</p> <p>3:00 Euchre B/L</p> <p>7:00 St Patrick's Day Party with Darlene & The Shamrock B/L</p> <p>Toownie Toss/50/50 Draw</p>	<p>18</p> <p>9:30 Outing Walmart SU</p> <p>10:00 /11:00 Fitness AR</p> <p>11:00 Aerobics with Stephanie B/L</p> <p>12:30 Outing Swiss Chalet \$ SU</p> <p>2:15 Bingo AR</p> <p>2:30 Hand Wax/Mini Mani GH</p> <p>3:30 TED Talk –Medical Breakthroughs C/TH</p> <p>3:30 Computer Help SU</p> <p>7:15 Movie C/TH</p>	<p>19</p> <p>9:15 Functional Fitness AR</p> <p>10:30 Aqua Fit P</p> <p>10:30 Fit Minds B/L</p> <p>11:00 United Church Service C/TH</p> <p>11:00 New Resident Orientation Tea AR</p> <p>2:00 Food Demo AR</p> <p>Cherries Jubilee SU</p> <p>2:15 Falls Prevention GH</p> <p>4:00 Social Time B/L</p> <p>7:00 Bridge B/L</p> <p>7:15 Card Bingo AR</p>	<p>20</p> <p>Oshawa Theatre Ticket Holders Meet at 6:45</p> <p>Roaring 20's Day</p> <p>10:00 /11:00 Fitness AR</p> <p>2:30 Murder at The Great Gatsby Speakeasy SU B/L</p> <p>Wear Your Best Flapper Garb</p> <p>4:00 Social Time B/L</p> <p>7:15 Pub Night with Art B/L</p>	<p>21</p> <p>10:00 Billiards B</p> <p>10:15 Scattergories B/L</p> <p>2:15 Movie Matinee C/TH</p> <p>2:30 Bingo AR</p> <p>3:00 Card Games Your Choice B/L</p> <p>7:15 Movie Night C/TH</p>
<p>22</p> <p>10:30 Coffee & Conversation B/L</p> <p>2:30 Sunday Sing Along With Ruth and Shirl Special Guest C/T</p> <p>7:00 New Game Five Crowns B/L</p>	<p>23</p> <p>11:00 Aerobics with Stephanie B/L</p> <p>10:00/11:00 Fitness AR</p> <p>2:15 Bingo AR</p> <p>2:30 Downton Abbey C/TH</p> <p>3:30 Tea Social B/L</p> <p>7:00 Bridge B/L</p>	<p>24</p> <p>9:15 Functional Fitness AR</p> <p>10:30 Aqua Fit P</p> <p>11:00 Scrabble L</p> <p>2:15 Falls Prevention AR</p> <p>2:15 Outing Value Village, Dollarama, Metro SU</p> <p>2:30 Java Music Club C/TH</p> <p>3:00 Euchre B/L</p> <p>7:15 Chair Yoga AR</p> <p>7:15 Triominos B/L</p>	<p>25</p> <p>9:30 Outing Walmart SU</p> <p>10:00 /11:00 Fitness AR</p> <p>11:00 Aerobics with Stephanie B/L</p> <p>2:30 Monthly Birthday Celebration with The BEEZ B/L</p> <p>6:00 Outing The Greek Tycoon \$ SU</p> <p>7:15 Bingo AR</p>	<p>26</p> <p>9:15 Functional Fitness AR</p> <p>9:30 Outing Shoppers/Banks SU</p> <p>10:30 Aqua Fit P</p> <p>10:30 Fit Minds B/L</p> <p>11:00 New Resident Orientation Tea AR</p> <p>3:00 Resident Meeting Orchard & Grove C/TH</p> <p>4:00 Social Time B/L</p> <p>7:00 Bridge B/L</p> <p>7:15 Card Bingo AR</p>	<p>27</p> <p>10:00/11:00 Fitness AR</p> <p>2:30 Happy Hour with Dr. J B/L</p> <p>7:15 Progressive Euchre \$5.00 SU B/L</p>	<p>28</p> <p>10:00 Billiards B</p> <p>10:15 Scattergories B/L</p> <p>2:15 Movie Matinee C/TH</p> <p>2:30 Bingo AR</p> <p>3:00 Card Games Your Choice B/L</p> <p>7:15 Movie Night C/TH</p>
<p>29</p> <p>10:30 Coffee & Conversation B/L</p> <p>2:30 Movie Matinee C/TH</p> <p>3:30 Choose your Own Game B/L</p> <p>7:00 New Game Five Crowns B/L</p>	<p>30</p> <p>10:00/11:00 Fitness AR</p> <p>11:00 Aerobics with Stephanie B/L</p> <p>2:15 Bingo AR</p> <p>2:30 Downton Abbey C/TH</p> <p>3:30 Tea Social B/L</p> <p>7:00 Bridge B/L</p> <p>7:00 Dominos GH</p>	<p>31</p> <p>9:15 Functional Fitness AR</p> <p>10:30 Aqua Fit P</p> <p>11:00 Scrabble L</p> <p>2:15 Falls Prevention AR</p> <p>3:00 Euchre B/L</p> <p>7:15 Chair Yoga AR</p> <p>7:15 Triominos B/L</p>			<p>The Deepest Roots Believe Spring Will Come</p> 	