



**ALMAGE SENIOR  
COMMUNITY  
CENTRE**

**8680 Hochelaga  
Montreal, Quebec  
H1L 2M6**

**Phone: 514-355-1712**

**Fax: 514-355-0806**

**Website:**

[www.almage.org](http://www.almage.org)

**Email: [info@almage.org](mailto:info@almage.org)**

**STAFF**

**Executive Director**

*Sylvie Lo Bianco*

Email: [sylviel@almage.org](mailto:sylviel@almage.org)

**Assistant Executive Director**

*Gloria King*

Email: [gloriak@almage.org](mailto:gloriak@almage.org)

**Home Support Coordinator**

*Rosanna Padula*

Email: [rosannap@almage.org](mailto:rosannap@almage.org)

**Community Support Worker**

*Lynne Tinman*

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**Activity Coordinator**

*Rajneet Dhesi*

Email: [rajneetd@almage.org](mailto:rajneetd@almage.org)

**Chef**

*Rami Al Khateeb*

Email: [alkhatib\\_rami@yahoo.ca](mailto:alkhatib_rami@yahoo.ca)

# Newsletter

**January, February, and March 2023**

**CENTRE NEWS:**

**Centre Hours:**

The Centre hours are between 8:30 AM to 4:00 PM

The Centre Reopens on January 4th, 2023 (Office)  
Activities will resume the week of January 9<sup>th</sup>, 2023

**BOARD OF DIRECTORS:**

President: Kenneth Henderson

Interim President: Mirella Castrechini

Vice President: Caroline Mrazik

Interim Treasurer: Laurie Kerr

Secretary: Dorothy Letang

Director: Rev. Paul Pomkoski

Director: Maria Maiolo

Director: Yolande Zielinski

**DONATIONS TO THE CENTRE:**

Almage Senior Community Centre is a non-profit organization. Income tax receipts will be issued for any donations of 10\$ or more. We thank all our members for their ongoing support, and we appreciate all contributions.

**DIRECTORY**

CLSC Hochelaga (514-253-2181)

CLSC St. Leonard (514-722-3000)

CLSC Rosemont (514-524-3541)

CLSC Mercier (514-356-2572)

CLSC PAT (514-642-4050)

# Membership Information

## *Membership Drive*

Help us recruit new members! Tell your friends and family about Almage and all the wonderful programs that we offer for seniors. For more information, have them call the Centre. Every little gesture helps, so put in a good word for us!

- New members will receive a complimentary meal program voucher.
- Know someone who wants to join? You too will receive a complimentary meal program voucher once your referral has become a member.

## *New Members*

Welcome to the Almage family! We hope you enjoy your time at the Centre with us.

Cecilia Ignacio (as of October 2022), Garnet Brisbane (October 2022)

# Volunteers

If you are interested or may know someone who is interested, please call the Almage Centre or email Rajneet and we will schedule you for specific days when we require your assistance.

We thank and appreciate all our volunteers for their generosity, dedication, and involvement in contributing to the centre's success.



# New Website

We would like to inform you all that our new website is officially out.

Here is the link to access it: <https://almage.org/>



## Happy Birthday

We would like to wish all the following members a very

**HAPPY BIRTHDAY!**

Health and happiness to you and many more to come.

### January

Rocco Barbieri, Irene Bonowsky, Beladel Brahim, Nancy Curran, Yves Choquette, Cecile Dubois, Therese D'Amboise, John Henry, James Kavanagh, H el ene Le Boulaire, Wanda Manchel, Douglas Mitchell, Helena Pignereau, Cleveland Robinson, Galina Satokal, Nancy Saukas, Gordon Snell, Lorraine Ste.Croix.

### February

Charlie Anderson, Beverley Baird, Carol Doherty, Angela Donnici, Joyce Fabes, Virginia Guarino, Xavier Herrera, Reina Herrera (Gonzalez), Phyllis Leigh, Walter Liczner, Margaret Mallet, Luisa Marcogliese, Mike Michaliszyn, Luigi Montanaro, Maria Morcos, Thomas Morcos, Louise Racker, Yvan Roy, Maud Solon, Nellie Yacyk, Phyllis Keddy, Stella Buckingham.

### March

Stanley Bardo, Doreen Bell, Marilyn Crook, Marguerite Drolet, Henro Durr, Mary Kavanagh. J.P Mallet, Margaret Michaliszyn, Jennie Piech, Terry Yasunaka, Carol Jones, Ronelda Smotrycki, Julie Leslie.

### STAFF BIRTHDAY'S

Sylvie Lo Bianco (February)

Rami Al Khateeb (February)



## ***In Memoriam***

We are always sad to hear when a member passes away. Our sincerest sympathies to the families and friends; peace and courage through these difficult times.

*We will always remember our cherished friends. May they rest in eternal peace.*

***Tony Froncioni, Therese Zuccala***

### ***In Memoriam by William Morecomb***

*For a second you were flying*

*Like you always wanted to*

*Now you'll fly forever*

*In skies of azure blue*



*We'll see your smile in every ray*

*Of sunshine after rain*

*And hear the echo of your laughter*

*Over all the pain*

*The world's a little quieter now*

*The colours have lost their hue*

*The birds are singing softly*

*And our hearts are missing you*



*Each time we see a little cloud*

*Or a rainbow scaring high*

*We'll think of you and gently*

*Wipe a tear from our eye.*

## Upcoming Special Events

Please call Rajneet to reserve a spot for any of the following event(s).

### *Special Lunches*

#### February 2023

##### **Valentine's Day Lunch**

**Date:** Tuesday, February 14<sup>th</sup>, 2023

**Time:** 11:45 am –3:00 pm

**Entertainment:** Rob Lutes

**Cost:** 15\$(Members) / 18\$ (Non-Members)

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#### March 2023

##### **St Patrick's Day Lunch**

**Date:** March 14<sup>th</sup>, 2023

**Time:** 11:45 am –3:00 pm

**Entertainment:** Greg Innis

**Cost:** 15\$ (Members) / 18\$ (Non-Members)

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### *Trips*

#### MARCH

##### **Cabane a Sucre (St Constantin)**

**Date:** Wednesday, March 29th, 2023

**Time:** 10:00 am – 3:30pm

(Leaving Almagne at 10:00 AM)

(Leaving St Constantin at 2:15 pm)

**Cost:** 40\$ (Members) / 45\$ (Non-Members)

**Location:** 1054, boul. Arthur-Sauvé (Route 148) Saint-Eustache (Québec) J7R 4K3

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##### **Grease the Musical (St Thomas High School)**

**Date:** To be determined

**Time:** To be determined

**Cost:** To be determined

**Location:** 111 Broadview Avenue, Pointe-Claire, Quebec H9R 3Z3



# Speakers/Presentations

## ZOOM PRESENTATIONS

*Organized by CHSSN as a part of the Community Health Education Program (CHEP)*

If you wish to watch the zoom presentation at the center. Please inform Rajneet one week prior to the session so we can set up a computer for you.

If you wish to watch the zoom presentations from home, please request the link from Rajneet to register for the session(s).

**1. Wednesday, January 18th, 2023 (10 am-11:30 am)**

**Topic:** Financial health and stigma: The hidden cost of debt

**Presenter:** Yves Patrice Beaudin, CIRP, Licensed Insolvency Trustee

**Zoom Link:** <https://chssn-org.zoom.us/meeting/register/tZlvde-rpzMuE9Dr91JSLz8MaOs3jPR9pH3l>

**2. Wednesday, February 15<sup>th</sup>, 2023 (10 am-11:30 am)**

**Topic:** keeping your back and spine healthy as you age

**Presenter:** Samya Tatone, Pilates Instructor and Candidate in Doctorate of Osteopathy

**Zoom Link:** <https://chssn-org.zoom.us/meeting/register/tZAvd-CsqTIjG9JGV3sIpN-Vos9TTnrxrMEz>

**3. Wednesday, March 15<sup>th</sup>, 2023 (10 am-11:30 am)**

**Topic:** Eating well for Preventing and living with Diabetes

**Hosted by:** ECO-02

**Zoom Link:** <https://chssn-org.zoom.us/meeting/register/tZYof-2hrzsoH9XL0B1zYcMEcSHReCisqq9J>

## iPad's Available



We would like to inform you that we have 3 iPads available for any member who would like to borrow one for 2 weeks at a time at no cost.

We will provide any training that is needed to ensure that you are able to navigate the system comfortably.

This will allow you to be able to participate in the Almage zoom activities and will give you a chance to set up e-mails to be able to stay connected with the centre.

Please call Rajneet at the centre if you would like to book a 2-week slot to reserve an iPad.

# January 2023 IN-HOUSE MEALS

Tuesday (8\$) / Wednesday (6\$) Meal Program  
Meal Includes: Dessert & Coffee/Tea

NOTE: PLEASE CALL US BY FRIDAY TO RESERVE YOUR SEAT

TUESDAY	WEDNESDAY
<b>January 10th</b> <i>Chicken a la King</i>	<b>January 11th</b> <i>Egg Sandwich with Vegetable Soup</i>
<b>January 17<sup>th</sup></b> <i>Beef Stew + Potatoes + Vegetables</i>	<b>January 18<sup>th</sup></b> <i>Smoked ham and cream of celery Soup</i>
<b>January 24<sup>th</sup></b> <i>Chicken parmesan + Pasta</i>	<b>January 25<sup>th</sup></b> <i>Bagel with cream cheese and beef barley soup</i>
<b>January 31st</b> <i>Stuffed peppers</i>	<b>HAPPY NEW YEAR</b>

# Community Support Services

For more information on our community support services, please do not hesitate to call us at

TEL: 514-355-1712 ext 123

## OUR SERVICES:

- Take-Out Meal Program
- Taxi Transportation
- Blood Pressure Clinic
- Friendly visits
- Friendly/Check-In Calls
- Christmas Treats
- Personalized Mailing Cards



## ○ TAKE-OUT MEAL PROGRAM

The Chef is busy cooking up a storm for our Almage take-out meal program on Thursday's. A member may order homemade meals which are delivered to your home by Thursday afternoon. Each meal costs \$8.00. A minimum of 3 meals must be purchased (\$24.00). Delivery is an additional \$3.00. Orders are placed on Monday's.



## ○ TAXI TRANSPORTATION

Call Lynne or email ([lynnet@almage.org](mailto:lynnet@almage.org))

### **Transportation For Medical Appointments**

If you are a member aged 65 and over and require assistance with transportation to a medical appointment, you are eligible to request a taxi voucher.

Approximate Cost of Transportation: Downtown Area (Minimum 50\$ return) Local Area (Minimum 25\$ return)

### **Transportation To Almage and Satellite Centres**

The taxi services to the different Centres are restricted for members who do not have a car nor use Transport Adapté and have difficulty getting on and off the bus.

Friendly reminder on the usage for the taxi service to the Centre. Every member is entitled to a taxi service from their home to the Centre twice (2x) per week for Centre activities.

Cost of Transportation: The fee per usage will depend on the distance from your home to the Centres (Hochelaga Centre, Montreal-North Centre or Rosemont centre). A fee can range from 5\$ to 10\$

We want to continue servicing all our members as much as we can while respecting the transportation services program criteria.





**COMING SOON TO**  
**ALMAGE!**  
**FOOT CLINIC**

We would like to resume our Foot Clinic Service at Almage in the near future. A registered nurse will be available for a fixed cost. We require a minimum of 5-7 members who are interested in receiving this foot care service. The date and cost will be determined once we know the number of participants. Interested members are asked to please call Lynne at the Centre or email her at: [lynnet@almage.org](mailto:lynnet@almage.org)

***Stay Tuned! Dates to follow  
in January***



○ **BLOOD PRESSURE CLINIC with Nurse Kim Cannon**

**Dates: To Be Determined**

Nurse Kim will be at the center once a month. She will take your blood pressure and will reply to any questions you may have concerning your health.

○ **FRIENDLY VISITS**

Home visits occur over a monthly period. During these visits, members will enjoy coffee/tea followed by an activity. (Ex: cards, games, Arts & Crafts etc.)

○ **FRIENDLY & CHECK-IN CALLS**

Friendly calls are placed to check in on members who are isolated and do not take part in activities at the centre. Some of our members are currently receiving calls on a weekly basis from Lori, our amazing volunteer who enjoys speaking to all of you.


# SATELLITE CENTRE

## MONTREAL NORTH

Montreal North Centre **Will Reopen on January 13th** (Bring a lunch! Coffee/Tea will be provided)

**Location:** 12111 Rue Salk

**Time:** FRIDAYS FROM 11:00am TO 3:30pm

<p><b>January 6<sup>th</sup>, 2023</b></p> <p><u>CENTRE</u> <u>CLOSED</u></p>	<p><b>January 13<sup>th</sup>, 2023</b></p> <p><u>Café Chat</u> 11:00 am</p> <p><u>15 Min Stretch</u> 11:30 am – 11:45 am</p> <p><u>Lunch</u> 12 pm - 1 pm</p> <p><u>Card Game + Pictionary</u> 1:00 pm – 3:00 pm</p>	<p><b>January 20<sup>th</sup>, 2023</b></p> <p><u>Café Chat</u> 11:00 am</p> <p><u>Exercise</u> 11:30 am</p> <p><u>Lunch</u> 12 pm - 1 pm</p> <p><u>Bingo + Charades</u> 1:00 pm – 3:00 pm</p>	<p><b>January 27<sup>th</sup>, 2023</b></p> <p><u>Café Chat</u> 11:00 am</p> <p><u>Yoga</u> 11:30 am</p> <p><u>Lunch</u> 12 pm – 1 pm</p> <p><u>Rummy + Cribbage</u> 1:00 pm – 3:00 pm</p>	<p><b>HAPPY NEW YEAR</b></p>
<p><b>February 3<sup>rd</sup>, 2023</b></p> <p><u>Café Chat</u> 11:00 am</p> <p><u>Exercise</u> 11:30 am</p> <p><u>Lunch</u> 12 pm – 1 pm</p> <p><u>Arts + Crafts</u> 1:00 pm – 3:00 pm</p>	<p><b>February 3<sup>rd</sup>, 2023</b></p> <p><u>Café Chat</u> 11:00 am</p> <p><u>Special Lunch</u> Cost TBD 12 pm - 1 pm</p> <p><u>Bingo</u> 1:00 pm – 3:00 pm</p>	<p><b>February 17<sup>th</sup>, 2023</b></p> <p><u>Café Chat</u> 11:00 am</p> <p><u>Stretch</u> 11:30 am</p> <p><u>Lunch with Rami</u> 12:00 pm – 1:00 pm</p> <p><u>Birthday Party, Dominos + Rummy</u> 1:00 pm – 3:00 pm</p>	<p><b>February 24<sup>th</sup>, 2023</b></p> <p><u>Café Chat</u> 11:00 am</p> <p><u>Chair Exercise</u> 11:30 am</p> <p><u>Lunch</u> 12 pm - 1 pm</p> <p><u>Sing Along Game</u> 1:00 pm – 3:00 pm</p>	
<p><b>March 3<sup>rd</sup>, 2023</b></p> <p><u>Café Chat</u> 11:00 am</p> <p><u>Stretch</u> 11:30 am</p> <p><u>Lunch</u> 12 pm – 1 pm</p> <p><u>Birthday Party</u> 1:00 pm – 3:00 pm</p>	<p><b>March 10<sup>th</sup>, 2023</b></p> <p><u>Café Chat</u> 11:00 am</p> <p><u>Stretch</u> 11:30 am</p> <p><u>Lunch</u> 12 pm – 1 pm</p> <p><u>Arts + Crafts</u> 1:00 pm – 3:00 pm</p>	<p><b>March 17<sup>th</sup>, 2023</b></p> <p><u>Café Chat</u> 11:00 am</p> <p><u>Stretch</u> 11:30 am</p> <p><u>Special Lunch</u> 12 pm – 1 pm</p> <p><u>Card Games</u> 1:00 pm – 3:00 pm</p>	<p><b>March 24<sup>th</sup>, 2023</b></p> <p><u>Café Chat</u> 11:00 am</p> <p><u>Stretch</u> 11:30 am</p> <p><u>Lunch</u> 12 pm – 1 pm</p> <p><u>Rummy + Cribbage</u> 1:00 pm – 3:00 pm</p>	<p><b>March 31<sup>st</sup>, 2023</b></p> <p><u>Café Chat</u> 11:00 am</p> <p><u>Stretch</u> 11:30 am</p> <p><u>Lunch</u> 12 pm – 1 pm</p> <p><u>Bingo</u> 1:00 pm – 3:00 pm</p>

**ROSEMONT**

Rosemont Centre **Will Reopen on January 16th** (Coffee/Tea will be provided)

**Location:** 4835 7e Avenue, Montreal Quebec

**Time:** MONDAYS FROM 10:00 am TO 3:00 pm

<p align="center"><b>January 9<sup>th</sup>, 2023</b></p> <p align="center"><b>HAPPY NEW YEAR</b></p> <p align="center"><u>CENTRE CLOSED</u></p>	<p align="center"><b>January 16<sup>th</sup>, 2023</b></p> <p align="center"><u>Beaubien Deli</u> 11 am-2 pm</p>	<p align="center"><b>January 23<sup>rd</sup>, 2023</b></p> <p align="center"><u>Yoga Exercise</u> 10:30 am-11:30 am</p> <p align="center"><u>Lunch</u> Tuna Sandwich 12:00 pm – 1:00 pm</p> <p align="center"><u>Bingo</u> 1:00 pm – 3:00 pm</p>	<p align="center"><b>January 30<sup>th</sup>, 2023</b></p> <p align="center"><u>Yoga Exercise</u> 10:30 am-11:30 am</p> <p align="center"><u>Lunch</u> Bagel with Cream Cheese 12:00 pm – 1:00 pm</p> <p align="center"><u>Rummy Tiles</u> 1:00 pm – 3:00 pm</p>
<p align="center"><b>February 6<sup>th</sup>, 2023</b></p> <p align="center"><u>Yoga Exercise</u> 10:30 am-11:30 am</p> <p align="center"><u>Lunch (Ordering Pizza)</u> 12:00 pm – 1:00 pm</p> <p align="center"><u>Bingo</u> 1:00 pm – 3:00 pm</p>	<p align="center"><b>February 13<sup>th</sup>, 2023</b></p> <p align="center"><u>Yoga Exercise</u> 10:30 am-11:30 am</p> <p align="center"><u>Lunch</u> Club sandwich 12:00 pm – 1:00 pm</p> <p align="center"><u>Horseracing</u> 1:00 pm – 3:00 pm</p>	<p align="center"><b>February 20<sup>th</sup>, 2023</b></p> <p align="center"><u>Yoga Exercise</u> 10:30 am-11:30 am</p> <p align="center"><u>Lunch</u> Pastrami Sandwich 12:00 pm – 1:00 pm</p> <p align="center"><u>Bingo</u> 1:00 pm – 3:00 pm</p>	<p align="center"><b>February 27<sup>th</sup>, 2023</b></p> <p align="center"><u>Yoga Exercise</u> 10:30 am-11:30 am</p> <p align="center"><u>Lunch</u> BLT Sandwich 12:00 pm – 1:00 pm</p> <p align="center"><u>Rummy Tiles</u> 1:00 pm – 3:00 pm</p>
<p align="center"><b>March 6<sup>th</sup>, 2023</b></p> <p align="center"><u>Allo Mon Coco</u> (7001 Pie-IX BLVD H2A 2G3) 11 am - 2 pm</p>	<p align="center"><b>March 13<sup>th</sup>, 2023</b></p> <p align="center"><u>Yoga Exercise</u> 10:30 am-11:30 am</p> <p align="center"><u>Lunch</u> Chicken Salad Sandwich 12:00 pm – 1:00 pm</p> <p align="center"><u>Horseracing</u> 1:00 pm – 3:00 pm</p>	<p align="center"><b>March 20<sup>th</sup>, 2023</b></p> <p align="center"><u>Yoga Exercise</u> 10:30 am-11:30 am</p> <p align="center"><u>Lunch</u> Philly Steak Sandwich 12:00 pm – 1:00 pm</p> <p align="center"><u>Bingo</u> 1:00 pm – 3:00 pm</p>	<p align="center"><b>March 27<sup>th</sup>, 2023</b></p> <p align="center"><u>Yoga Exercise</u> 10:30 am-11:30 am</p> <p align="center"><u>Lunch</u> Salami Sandwich 12:00 pm – 1:00 pm</p> <p align="center"><u>Rummy Tiles</u> 1:00 pm – 3:00 pm</p>

**January 2023 TAKE-OUT MEAL MENU  
FOR THURSDAY'S**

**January 5<sup>th</sup>, 2023**

1. Lasagna with meat sauce
2. Fish with rice and vegetables
3. Meatloaf with mashed potatoes and vegetables

**January 12<sup>th</sup>, 2023**

1. Shepard's Pie
2. Stuffed pork tenderloin
3. Chinese fried rice with chicken and vegetables

**January 19<sup>th</sup>, 2023**

1. Baked meat sauce pasta
2. Salmon with roasted potatoes and vegetables
3. Butter chicken with rice and veggies

**September 26<sup>th</sup>, 2023**

1. Beef Stir Fry
2. Hamburger steak with mashed potatoes, mushrooms, and gravy
3. Pork Stew

**Frozen Food (8\$):** Lasagna, Shepard's pie, chicken stir fry, pork roast, pulled pork, Meatloaf, Hamburger steak

# JANUARY 2023 CALENDAR

TO RESERVE THE ACTIVITIES EMAIL: [rajneetd@almage.org](mailto:rajneetd@almage.org)

Monday	Tuesday	Wednesday	Thursday	Friday
02 <b><u>Centre Closed</u></b>	03 <b><u>Centre Closed</u></b>	04	05	06
09 <u>1:00pm-3:00pm:</u> <b>Darts</b>	10 <u>10:00am-11:45am:</u> <b>Knitting Group</b> <u>11:45am-3:00pm:</u> <b>In-House Lunch + Bingo!</b>	11 <u>11:45am-3:00pm:</u> <b>In-House Lunch + Cribbage</b>	12 <u>11:00pm-12:00pm</u> <b>Yoga Exercises</b> <u>1:00pm-3:00pm:</u> <b>Carpet Bowling</b>	13
16 <u>11:00am – 12:00 pm</u> <b>Exercise</b> <u>1:00pm-3:00pm:</u> <b>Darts</b>	17 <u>10:00am-11:45am:</u> <b>Knitting Group</b> <u>11:45-3:00pm:</u> <b>In-House Lunch + Bingo!</b>	18 <u>11:45am-3:00pm:</u> <b>In-House Lunch + Horseracing</b>	19 <u>11:00pm-12:00pm</u> <b>Yoga Exercises</b> <u>1:00pm-3:00pm:</u> <b>Carpet Bowling</b>	20
23 <u>11:00am – 12:00 pm</u> <b>Exercise</b> <u>1:00pm-3:00pm:</u> <b>Darts</b>	24 <u>10:00am-11:45am:</u> <b>Knitting Group</b> <u>11:45pm-3:00pm:</u> <b>In-House Lunch + Bingo!</b>	25 <u>11:45am-3:00pm:</u> <b>In-House Lunch + Cribbage</b>	26 <u>11:00pm-12:00pm</u> <b>Yoga Exercises</b> <u>1:00pm-3:00pm:</u> <b>Carpet Bowling</b>	27
30 <u>11:00am – 12:00 pm</u> <b>Exercise</b> <u>1:00pm-3:00pm:</u> <b>Darts</b>	31 <u>10:00am-11:45am:</u> <b>Knitting Group</b> <u>11:45am-3:00pm:</u> <b>In-House Lunch + January Birthday Celebration + Bingo!</b>			<b>HAPPY NEW YEAR</b>


# FEBRUARY 2023 CALENDAR

TO RESERVE THE ACTIVITIES EMAIL: [rajneetd@almage.org](mailto:rajneetd@almage.org)

Monday	Tuesday	Wednesday	Thursday	Friday
		01  <u>11:45am-3:00pm:</u> <b>In-House Lunch + Cribbage</b>	02  <u>11:00pm-12:00pm</u> <b>Yoga Exercises</b>  <u>1:00pm-3:00pm:</u> <b>Carpet Bowling</b>	03
06  <u>11:00am – 12:00 pm</u> <b>Exercise</b>  <u>1:00pm-3:00pm:</u> <b>Darts</b>	07  <u>10:00am-11:45am:</u> <b>Knitting Group</b>  <u>11:45am-3:00pm:</u> <b>In-House Lunch + Bingo!</b>	08  <u>11:45am-3:00pm:</u> <b>In-House Lunch + Bingo</b>	09  <u>11:00pm-12:00pm</u> <b>Yoga Exercises</b>  <u>1:00pm-3:00pm:</u> <b>Carpet Bowling</b>	10
13  <u>11:00am – 12:00 pm</u> <b>Exercise</b>  <u>1:00pm-3:00pm:</u> <b>Darts</b>	14  <u>10:00am-11:45am:</u> <b>Knitting Group</b>  <u>11:45am-3:00pm:</u> <b>In-House Valentine’s Day Lunch + Bingo!</b>	15  <u>11:45am-3:00pm:</u> <b>In-House Lunch + Horseracing</b>	16  <u>11:00pm-12:00pm</u> <b>Yoga Exercises</b>  <u>1:00pm-3:00pm:</u> <b>Carpet Bowling</b>	17
20  <u>11:00am – 12:00 pm</u> <b>Exercise</b>  <u>1:00pm-3:00pm:</u> <b>Darts</b>	21  <u>10:00am-11:45am:</u> <b>Knitting Group</b>  <u>11:45am-3:00pm:</u> <b>In-House Lunch + Bingo!</b>	22  <u>11:45am-3:00pm:</u> <b>In-House Lunch + Cribbage</b>	23  <u>11:00pm-12:00pm</u> <b>Yoga Exercises</b>  <u>1:00pm-3:00pm:</u> <b>Carpet Bowling</b>	24
27  <u>11:00am – 12:00 pm</u> <b>Exercise</b>  <u>1:00pm-3:00pm:</u> <b>Darts</b>	28  <u>10:00am-11:45am:</u> <b>Knitting Group</b>  <u>11:45am-3:00pm:</u> <b>In-House Lunch + February Birthday Celebrations + Bingo!</b>			

# MARCH 2023 CALENDAR

TO RESERVE THE ACTIVITIES EMAIL: [rajneetd@almage.org](mailto:rajneetd@almage.org)

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>01</p> <p><u>11:45am-3:00pm:</u> <b>In-House Lunch + Cribbage</b></p>	<p>02</p> <p><u>11:00pm-12:00pm</u> <b>Yoga Exercises</b></p> <p><u>1:00pm-3:00pm:</u> <b>Carpet Bowling</b></p>	<p>03</p>
<p>06</p> <p><u>11:00am - 12:00 pm</u> <b>Exercise</b></p> <p><u>1:00pm-3:00pm:</u> <b>Darts</b></p>	<p>07</p> <p><u>10:00am-11:45am:</u> <b>Knitting Group</b></p> <p><u>11:45am-3:00pm:</u> <b>In-House Lunch + Bingo!</b></p>	<p>08</p> <p><u>11:45am-3:00pm:</u> <b>In-House Lunch + Bingo</b></p>	<p>09</p> <p><u>11:00pm-12:00pm</u> <b>Yoga Exercises</b></p> <p><u>1:00pm-3:00pm:</u> <b>Carpet Bowling</b></p>	<p>10</p>
<p>13</p> <p><u>11:00am - 12:00 pm</u> <b>Exercise</b></p> <p><u>1:00pm-3:00pm:</u> <b>Darts</b></p>	<p>14</p> <p><u>10:00am-11:45am:</u> <b>Knitting Group</b></p> <p><u>10:00am-12:00pm</u> <b>Blood Pressure Clinic</b></p> <p><u>11:45am-3:00pm:</u> <b>In-House St Patrick's Day Lunch + Greg Innis</b></p>	<p>15</p> <p><u>11:45am-3:00pm:</u> <b>In-House Lunch + Horseracing</b></p>	<p>16</p> <p><u>11:00pm-12:00pm</u> <b>Yoga Exercises</b></p> <p><u>1:00pm-3:00pm:</u> <b>Carpet Bowling</b></p>	<p>17</p>
<p>20</p> <p><u>11:00am - 12:00 pm</u> <b>Exercise</b></p> <p><u>1:00pm-3:00pm:</u> <b>Darts</b></p>	<p>21</p> <p><u>10:00am-11:45am:</u> <b>Knitting Group</b></p> <p><u>11:45am-3:00pm:</u> <b>In-House Lunch + Bingo!</b></p>	<p>22</p> <p><u>11:45am-3:00pm:</u> <b>In-House Lunch + Painting with Noa</b></p>	<p>23</p> <p><u>11:00pm-12:00pm</u> <b>Yoga Exercises</b></p> <p><u>1:00pm-3:00pm:</u> <b>Carpet Bowling</b></p>	<p>24</p>
<p>27</p> <p><u>11:00am - 12:00 pm</u> <b>Exercise</b></p> <p><u>1:00pm-3:00pm:</u> <b>Darts</b></p>	<p>28</p> <p><u>10:00am-11:45am:</u> <b>Knitting Group</b></p> <p><u>11:45am-3:00pm:</u> <b>In-House Lunch + Bingo! +Birthday cake</b></p>	<p>29</p> <p><u>10:00am-3:30pm</u> <b>Cabane a sucre</b></p>		