

March 2024

Forward Club House Monday–Friday 1-5:30, Saturday 10-5:30

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Connect grp 10-11* Natasha 10-1*	Meditation & QiGong 10:30*	Swimming group 9:30-1*		* PLEASE SIGN UP TO BE INCLUDED IN THESE ACTIVITIES
LGBTQ+ 1:30-2:30	Stephen's Stories 1:30-2	Kitchen Fun 1:30-3	Women's Group 1:30-2:30	HUG Meeting 1:30-2	2nd Quiz Time 10:30-11:30 Comedy Hour 11:30-12:30 Crib Tournament 2-4 Board Games 4-5:30
Event Planning 3-4 on 4th & 18th	Art in the Den 2:30-4:30	Men's Group 3:30-4:30	Gentle Stretch 2:30-3:30	Writing Circle 2-3	9th Meditation 10:30-11:30 Comedy Hour 11:30-12:30 Crib Tournament 2-4 Bingo 4-5:30
Music Fun 3-4:30 on 11th & 25th	Get Moving* 2:30-4:30			Mexican Train 3-4:30	
Dinner 5-5:30	Coffee House & Games 4:30-5:30	Dinner 5-5:30	Documentaries & Coffee House 4-5:30	Dinner 5-5:30	16th Discussion 10:30-11:30 Comedy Hour 11:30-12:30 Crib Tournament 2-4 Board Games 4-5:30
	Music Therapy on 12th & 26th*	Lunch served daily at 1pm.	House is open daily from 10-1 for Quiet Time/Reading/ Meditation	Get Moving* 5 - Cheeseworks 12 - NIWRC trip 19 - Driving Range 26 - Bowling Trip	23rd Relaxation 10:30-11:30 Comedy Hour 11:30-12:30 Crib Tournament 2-4 Bingo 4-5:30
CLOSED on Good Friday 29th March	Dental Hygienist March 4th at 11*	Dinner served on Mondays, Wednesdays & Fridays at 5pm	Sign up for Easter Dinner- 4pm on 30th 		30th Discussion 10:30-11:30 Comedy Hour 11:30-12:30 Easter Egg Hunt & Activities 2-4 Easter Dinner 4-5:30*