









March Activity Calendar

2021

Monday	Tuesday	Wednesday	Thursday	Friday
1	Dr. Seuss Day 2	3	4	5
	10:30 Creative Writing: "As I walked into the woods..." 2:30: Art & Crafts: CD mirror collage – Theme: Inspiration	10:30: Stepping Stones Meeting 2:30: Creating a self-care routine to get you moving	10:30 Flyer Day: Come down to shop the sales and create your weekly shopping list 2:30: (Pilot) iChef meal prep	10:30: CCEA Virtual presentation 2:30: Bean Bag toss 
International Women's Day 8	9	10	11	12
10:30 Coffee social! 1pm: CCEA presentation International Women's Day (online) 	10:30: Decorate for St. Patrick's Day 2:30: Bingo 	10:30 Headspace: <i>How to fall in love with life</i> 2:30: Pool tournament	10:30 Flyer Day: Come down to shop the sales and create your weekly shopping list 2:30: (Pilot) iChef meal prep	10:30 CCEA Virtual presentation 2:30: Ted Talk: How to cope with anxiety 
15	16	17	18	19
10:30 St. Patrick's Day cupcake baking 2:30: Movie & popcorn: The DaVinci Code	St. Patrick's Day lunch and supper meal prep	11:30: St. Patrick's Day Lunch 3:00: St. Patrick's Day Supper 	10:30 Flyer Day: Come down to shop the sales and create your weekly shopping list 2:30: (Pilot) iChef meal prep	10:30 CCEA Virtual presentation 2:30 Tic Tac Toe Toss
World Water Day 22	23	24	25	26
10:30 Coffee social! 2:30: Club 90's Member's Feud	10:30 Creative Writing: "If I knew then what I know now," 2:30: Bingo 	10:30: Creating a feelings wheel and understanding your feelings 2:30: Outdoor walk (Masks needed) 	10:30 Flyer Day: Come down to shop the sales and create your weekly shopping list 2:30: (Pilot) iChef meal prep	10:30 CCEA Virtual presentation 2:30 Ted Talk: Why we get mad & why it's healthy 
29	30	31		
10:30 Coffee social! 2:30: Mind Matters Trivia	10:30: gentle chair exercise 2:30: Arts & Crafts: Create a glitter jar	10:30 Headspace: <i>How to deal with stress</i> 2:30: Birthday Celebration! Come out for a cupcake		

