

South Granville Park Lodge

Activity Calendar

March 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
9:00am Walk-A-Block 10:30am Fitness - 2 11:00am Fitness - 3 12:00pm NeuroFit - 4 2:00pm Bingo 4:00pm Happy Half 6:45pm Pub Night Trivia	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Weight Class - 3 11:15am Fitness - 2 12:00pm Weight Class - 4 2:00pm Tea and Toast 4:00pm Happy Half	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:15am Fitness - 2 11:30am Lunch & Learn - Purim 2:00pm Sing a long with Natasha - 3 2:00pm Domino - 4 2:15pm Sensory - 2 3:00pm Sing a long with Natasha - 4 4:00pm Happy Half PURIM	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Chair Yoga with Laina Barber - 3 11:15am Fitness - 2 11:40am Chair Yoga with Laina Barber - 4 2:30pm Birthday Party with Luna Rossa 4:00pm Happy Half 6:45pm Movie Night Holi: Festival of Colours	9:00am Walk-A-Block 10:30am Parkinson's Fitness 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Chair Yoga - 4 2:00pm Music Therapy - 2 2:30pm SGPL Rotary Club 4:00pm Happy Half 6:45pm Hand Massage/ Manicure	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:30pm Classical Music with Patrick Ray 4:00pm Happy Half 6:45pm Cookie Baking	9:00am Walk-A-Block 9:30am Catholic Service 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:00pm Indoor Bowling 4:00pm Happy Half 6:45pm Arts and Crafts - Painting
8	9	10	11	12	13	14
9:00am Walk-A-Block 10:30am Fitness - 2 11:00am Fitness - 3 12:00pm NeuroFit - 4 2:30pm International Women's Day with Bob Collins 4:00pm Happy Half 6:45pm Word Timer International Women's Day	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Weight Class - 3 11:15am Fitness - 2 12:00pm Weight Class - 4 2:00pm Afternoon @ the Cafe 4:00pm Happy Half	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:15am Fitness - 2 11:30am Picnic Lunch - 4 2:00pm Sing a long with Natasha - 3 2:00pm Domino - 4 2:15pm Sensory - 2 3:00pm Sing a long with Natasha - 4 4:00pm Happy Half	9:00am Walk-A-Block 10:00am Intergenerational Visit with Students from Fraser Academy 10:00am Music Therapy - 2 11:15am Fitness - 2 12:00pm Fitness - 4 2:00pm Karaoke 2:00pm Soup club -2 4:00pm Happy Half 6:45pm Movie Night	9:00am Walk-A-Block 10:30am Parkinson's Fitness 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Chair Yoga - 4 2:00pm Music Therapy - 2 2:30pm SGPL Rotary Club 4:00pm Happy Half 6:45pm Hand Massage/ Manicure	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:00pm Persian Marbling Class 4:00pm Happy Half 6:45pm Cinnamon Bun Baking	9:00am Walk-A-Block 9:30am Catholic Service 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:00pm Flower Arranging 4:00pm Happy Half 6:45pm Bean Bag Toss
15	16	17	18	19	20	21
9:00am Walk-A-Block 10:30am Fitness - 2 11:00am Fitness - 3 12:00pm NeuroFit - 4 2:00pm Bingo 4:00pm Happy Half 6:45pm Hangman	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Weight Class - 3 11:15am Fitness - 2 12:00pm Weight Class - 4 2:00pm Tea and Decorating for St. Patty's Day 4:00pm Happy Half	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:15am Fitness - 2 11:30am Picnic Lunch - 3 (St. Patty's Themed) 2:00pm Sing a long with Natasha - 3 2:00pm Domino - 4 2:15pm Sensory - 2 3:00pm Sing a long with Natasha - 4 4:00pm Happy Half St. Patrick's Day	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:30pm St. Patty's Party with Moira Latimer 4:00pm Happy Half 6:45pm Movie Night	9:00am Walk-A-Block 10:30am Parkinson's Fitness 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Chair Yoga - 4 2:00pm Music Therapy - 2 2:30pm SGPL Rotary Club 4:00pm Happy Half 6:45pm Hand Massage/ Manicure	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:00pm 'Picture Perfect' Photo Day! 4:00pm Happy Half 6:45pm Cookie Baking Eid Al-Fitr	9:00am Walk-A-Block 9:30am Catholic Service 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:30pm Spring Fling with Robert Sproviero 4:00pm Happy Half 6:45pm Bingo

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Activity Calendar

March 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22	23	24	25	26	27	28
9:00am Walk-A-Block 10:30am Fitness - 2 11:00am Fitness - 3 12:00pm NeuroFit - 4 2:30pm Music with Michael Diaconu 4:00pm Happy Half 6:45pm Ocean Documentary World Water Day	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Weight Class - 3 11:15am Fitness - 2 12:00pm Weight Class - 4 2:00pm Afternoon @ the Cafe 4:00pm Happy Half	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:15am Fitness - 2 11:30am Lunch & Learn - Greek Day with Margareta 2:00pm Sing a long with Natasha - 3 2:00pm Domino - 4 2:15pm Sensory - 2 3:00pm Sing a long with Natasha - 4 4:00pm Happy Half	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:30pm Welcome New Residents with Hand Over Heart 4:00pm Happy Half 6:45pm Movie Night Greek Independence Day	9:00am Walk-A-Block 10:30am Parkinson's Fitness 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Chair Yoga - 4 2:00pm Music Therapy - 2 2:30pm SGPL Rotary Club 4:00pm Happy Half 6:45pm Hand Massage/ Manicure Purple Day for Epilepsy Awareness	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:30pm Celebration of Life with Rebecca Blair 4:00pm Happy Half 6:45pm Cinnamon Bun Baking	9:00am Walk-A-Block 9:30am Catholic Service 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:00pm Flower Arranging 4:00pm Happy Half 6:45pm Arts and Crafts - Painting
29	30	31				
9:00am Walk-A-Block 10:30am Fitness - 2 11:00am Fitness - 3 12:00pm NeuroFit - 4 2:00pm Bingo 4:00pm Happy Half 6:45pm Pub Night	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Weight Class - 3 11:15am Fitness - 2 12:00pm Weight Class - 4 2:00pm Word Timer 3:00pm Resident / Food Council Meeting 4:00pm Happy Half	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:15am Fitness - 2 11:30am Picnic Lunch - Mixed Floors 2:00pm Sing a long with Natasha - 3 2:00pm Domino - 4 2:15pm Sensory - 2 3:00pm Sing a long with Natasha - 4 4:00pm Happy Half				