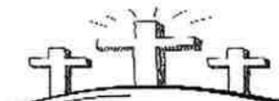


Kenny's Pond Recreation & Social Wellness Calendar - Independent Living

March 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>1 11:00 Wesley United Church(T) 3:30 Anglican Church (T) 6:45 Roman Catholic Service(T)</p> 	<p>2 10:00 Tea Talk (ML) 11:15 Yoga with Mary (ML) 2:00 Floor Curling (ML) 2:30 Singing Legionnaires Practice (6FL)</p> 	<p>3 11:00 Fitness with Tyler (ML) 2:00 Anglican Church Service with Rev. Keeping (T) 3:30 One-Liners (T)</p>	<p>4 11:00 Yoga with Mary (ML) 2:00 Musical Entertainment with Lloyd Forsey (ML)</p> 	<p>5 11:00 Fitness with Tyler (ML) 2:00 \$2 Bingo (6FL) 3:30 Mini Manicures (6FL)</p> 	<p>6 10:00 Tea Talk (ML) 11:00 Fitness with Tyler (ML) 2:00 Happy Hour (ML) with Stan Butler</p> 	<p>7 10:30 Land & Sea (T) 1:30 Dog Therapy (ML) 2:30 Knits & Knots (6FL) 3:00 Musical Concert (T): Otis Redding's Legacy 7:00 Music & Mingle (ML) with Stereo Music</p>	
<p>8 11:00 Wesley United Church(T) 3:30 Anglican Church (T) 6:45 Roman Catholic Service(T)</p> 	<p>9 10:00 Tea Talk (ML) 11:15 Yoga with Mary (ML) 2:00 Musical Entertainment with The Two of Us (ML) 2:30 Singing Legionnaires Practice (6FL)</p> 	<p>10 11:00 Fitness with Tyler (ML) 2:00 Musical Entertainment with George Bishop (ML)</p> 	<p>11 11:00 Yoga with Mary (ML) 1:30 Walmart Outing (L) 1:30 120's/Crib (ML) 2:30 Catholic Mass with Father Sullivan (6FL) 7:00 Musical Entertainment with Newfound Sound Choir (ML)</p>	<p>12 11:00 Fitness with Tyler (ML) 2:00 \$2 Bingo (6FL) 3:30 Mini Manicures (6FL)</p> 	<p>13 10:00 Tea Talk (ML) 11:00 Fitness with Tyler (ML) 2:00 Happy Hour (ML) with Music with Friends</p> 	<p>14 10:30 Land & Sea (T) 1:30 Dog Therapy (ML) 2:30 Knits & Knots (6FL) 3:00 Musical Concert (T): Marvin Gaye : Live in Belgium 7:00 Music & Mingle (ML) with Stereo Music</p>	
<p>15 11:00 Wesley United Church(T) 3:30 Anglican Church (T) 6:45 Roman Catholic Service(T)</p> 	<p>16 10:00 Tea Talk (ML) 11:15 Yoga with Mary (ML) 2:00 St. Patrick's Themed Create & Paint (ML) 2:30 Singing Legionnaires Practice (6FL)</p> 	<p>17 11:00 Fitness with Tyler (ML) 2:00 St. Patrick's Day Party with Reflection (ML) Wear Your Greens!</p> 	<p>18 10:00 Little Lions Group (2FL) 11:00 Yoga with Mary (ML) 1:30 120's/Crib (ML) 3:00 Hymn Sing (ML) with Rev. James 7:00 Musical Entertainment with Millie Janes (ML)</p>	<p>19 11:00 Fitness with Tyler (ML) 2:00 \$2 Bingo (6FL) 3:30 Mini Manicures (6FL)</p> 	<p>20 10:00 Tea Talk (ML) 11:00 Fitness with Tyler (ML) 2:00 Happy Hour (ML) with Rick Kelly</p> 	<p>21 10:30 Land & Sea (T) 1:30 Dog Therapy (ML) 2:30 Knits & Knots (6FL) 3:00 Musical Concert (T): Bo Diddley at the El Rey Theatre 7:00 Music & Mingle (ML) with Stereo Music</p>	
<p>22 11:00 Wesley United Church(T) 3:30 Anglican Church (T) 6:45 Roman Catholic Service(T)</p> 	<p>23 10:00 Tea Talk (ML) 11:15 Yoga with Mary (ML) 2:00 March High Tea (DR) with St. James' Guitar Group 2:30 Singing Legionnaires Practice (6FL)</p> 	<p>24 11:00 Fitness with Tyler (ML) 11:00 Swiss Chalet Lunch Outing (L) 2:00 Trivia (6FL)</p> 	<p>25 11:00 Yoga with Mary (ML) 1:30 Scenic Bus Drive (L) 1:30 120's/Crib (ML) 2:30 Prayer Service (T) with Divine Mercy</p>	<p>26 11:00 Fitness with Zach (ML) 2:00 \$2 Bingo (6FL) 3:30 Mini Manicures (6FL) 7:00 Musical Entertainment with Patrick Burke (ML)</p>	<p>27 10:00 Tea Talk (ML) 11:00 Fitness with Tyler (ML) 2:00 Birthday Happy Hour with The Roses (ML)</p> 	<p>28 10:30 Land & Sea (T) 1:30 Dog Therapy (ML) 2:30 Knits & Knots (6FL) 3:00 Musical Concert (T): Johnny Otis: North Sea Jazz Festival 7:00 Music & Mingle (ML) with Stereo Music</p>	
<p>29 11:00 Wesley United Church(T) 3:30 Anglican Church (T) 6:45 Roman Catholic Service(T)</p> 	<p>30 10:00 Tea Talk (ML) 11:15 Yoga with Mary (ML) 2:00 Musical Entertainment with Gallows Cove (ML) 2:30 Singing Legionnaires Practice (6FL)</p> 	<p>31 11:00 Fitness with Tyler (ML) 2:00 Sing-Along (6FL) with Elaine Stamp</p> 				 <p>Spring: A lovely reminder of how beautiful change can truly be</p>	



Contact:
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 Assisted & Independent Living
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www.tvkp.com

Please Sign-Up for Outings at the Concierge Desk to reserve your seat.
 Please review Program Notices as Daily Activity programs are Subject to Change.

Locations:
 Main Lounge (ML) 6th Floor Lounge (6FL)
 Theatre (T) Lobby (L)
 2nd Floor Lounge (2FL) Dining Room (DR)