



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|--|---|----------|
| 1 All events take place at 165 Main Street in Drew Nursing Home's Coates Lounge, unless otherwise noted. | 2 Gentle Chair Fitness Session 10:30 to 11:30 a.m. Scheduled home visit and enrolment | 3 Caregivers' Support Group 1:30 p.m. Sackville United Church 110 Main St Sackville, NB Scheduled home visit and enrolment | 4 Rachelle off & Yara with client in Moncton | 5 Tea & Talk 9:30 to 10:45 a.m. Grief & Loss Recovery Group 2:00 to 4:00 p.m. Parsons Lounge (must be pre-registered to attend this 10-week program) | 6 Gentle Chair Fitness Session 10:30 to 11:30 a.m. Scheduled home visit and enrolment | 7 |
| 8 | 9 Gentle Chair Fitness Session 10:30 to 11:30 a.m. Scheduled home visit and enrolments | 10 Scheduled administration time | 11 Scheduled home visit and enrolments | 12 Tea & Talk 9:30 to 10:45 a.m. Grief & Loss Recovery Group | 13 Gentle Chair Fitness Session 10:30 to 11:30 a.m. Seniors' Health Support Group first meeting of 6-week program 1:30 to 3:30 p.m. Parsons Lounge | 14 |
| 15 | 16 Gentle Chair Fitness Session 10:30 to 11:30 a.m. Scheduled home visit and enrolments | 17 Caregivers' Support Group 1:30 p.m. Sackville United Church 110 Main St Sackville, NB | 18 Scheduled home visit and enrolments | 19 Tea & Talk 9:30 to 10:45 a.m. Grief & Loss Recovery Group Scheduled home visit and enrolments ⇨ | 20 Gentle Chair Fitness Session 10:30 to 11:30 a.m. Seniors' Health Support Group 1:30 to 3:30 p.m. Parsons Lounge Celebrate the first day of spring with The Sackville Strummers! 🎵 2:30 to 3:30 p.m. | 21 |
| 22/29 | 23/30 Gentle Chair Fitness Session 10:30 to 11:30 a.m. Scheduled meeting | 24/31 Painting Workshop with Maritime Art and Soul on March 24 9:30 a.m. to noon | 25 Errands Day – last Wednesday of the month – Please reach out to us by the 23 rd to book transportation to Sackville and/or Amherst for grocery shopping, etc. | 26 Tea & Talk 9:30 to 10:45 a.m. Grief & Loss Recovery Group | 27 Gentle Chair Fitness Session 10:30 to 11:30 a.m. Seniors' Health Support Group 1:30 to 3:30 p.m. Parsons Lounge Knitting Club 2:30 to 4:00 Activity Room at the Drew | 28 |