

Hope Street Terrace Main Calendar



MARCH



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Locations Legend

Activity Room (AR)	Main Dining Room (MDR)
2nd Floor Sitting Room (2nd)	3rd floor Nurse's station (3 NS)
3rd Floor Sitting Room (3rd)	2nd and 3rd Floor Sitting Room (2/3)
Room to Room (RR)	2nd Floor nurses station sitting area (NS)
Gathering Room (GR)	Room to Room (RR)
Beauty Salon (BS)	

Dimensions Of Wellness Legend

Emotional
Social
Physical
Intellectual
Spiritual

1

10:00 Hand massages (3 NS)
10:00 Group Exercise (2nd)
10:30 Group Exercise (3rd)
2:00 Ladies Choice (GR)
2:00 Scrabble (AR)
6:30 Wii Games (AR)

2

10:00 Saturday Morning Coffee Club (2nd)
2:00 Word Games (3rd)
2:00 Bingo (AR)
6:30 Dice Poker (AR)

3

9:30 Church Radio/TV (2nd)
10:00 Bible Stories (RR)
2:00 Crafts (AR)
2:00 Residents choice (2nd)
6:30 Scrabble (GR)

4

10:00 Java Music (3rd)
10:00 Group Exercise (2nd)
10:30 Group Exercise (3rd)
2:00 Flower Arranging (AR)
6:30 Cribbage (AR)

5

10:00 Plant Care (RR)
10:00 Tai-Chi (3rd)
10:00 Conversation Cards (3 NS)
2:00 Entertainment- Bill Dickinson (MDR)

6

Hairdresser (BS)
9:30 Who am I? (3rd)
10:00 Group Exercise (2nd)
10:30 Group Exercise (3rd)
2:00 Magazine Hunt (AR)
4:00 Pet Therapy (RR)

7

Music Therapy (RR)
Hairdresser (BS)
8:00 Ladies Breakfast Club (GR)
10:00 Fancy Fingers (NS)
10:00 Tai-Chi (2nd)
10:00 Friendly Visits (RR)
1:30 Creative Art (2nd)
2:00 Yahtzee (AR)

8

10:00 Crafts (RR)
10:00 Group Exercise (2nd)
10:30 Group Exercise (3rd)
2:00 Woman's World (AR)
2:00 Swing Bowl (2nd)
6:30 Yahtzee (AR)

9

10:00 Crafts (AR)
2:00 Bingo (AR)

10

9:30 Church Radio/TV (2nd)
9:30 Church Radio/TV (2/3)
10:00 Bible Study (AR)
2:00 Entertainment- Connor McGuinness (MDR)
6:30 Scrabble (AR)

11

10:00 PomPom Pets (RR)
10:00 Group Exercise (2nd)
10:30 Group Exercise (3rd)
2:00 Fancy Fingers (RR)
2:00 Crafts-Easter (2nd)
6:30 Kings in the Corner (AR)

12

10:00 Chair Yoga (3rd)
10:00 Short Stories (AR)
10:00 Plant Care (RR)
2:00 Bingo (3rd)
2:00 Bingo (2nd)

13

Hairdresser (BS)
9:30 Trivia (3rd)
10:00 Diners Club-Irish Potato Bake (AR)
10:00 Group Exercise (2nd)
10:30 Group Exercise (3rd)
2:00 Alley Bowling (MDR)
2:00 Yahtzee (2nd)
4:00 Pet Therapy (RR)
6:30 Skip Bo (AR)

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Music Therapy (RR)
Hairdresser (BS)
8:00 Mens Breakfast Club (GR)
10:00 Chair Yoga (2nd)
10:00 Fancy Fingers (NS)
10:00 One to One Visits (RR)
1:30 Creative Art (2nd)
1:30 Skip Bo (AR)

15

10:00 Homemade Spa (AR)
10:00 Group Exercise (2nd)
10:30 Group Exercise (3rd)
2:00 Social of the Month (AR)

16

10:00 Saturday Morning Coffee Club (2nd)
2:00 Bingo (AR)
2:00 Crafts (3rd)
6:30 Friendly Visits (RR)

17

St. Patrick's Day
9:30 Church Radio/TV (2nd)
11:00 Catholic Church (AR)
2:00 Word Games (AR)
2:00 Shamrock Shake Trivial Cart (2/3)
6:30 Cribbage (AR)

18

10:00 Book Cart (3rd)
10:00 Group Exercise (2nd)
10:30 Group Exercise (3rd)
2:00 Resident Food Council (AR)
2:00 I Spy (AR)
6:30 Yahtzee (AR)

19

10:00 Plant Care (RR)
10:00 Tai-Chi (3rd)
10:00 National Geographic (3 NS)
2:00 Entertainment- Corby Leigh Kemp (MDR)

20

Hairdresser (BS)
9:30 Conversation Cards (3 NS)
10:00 Group Exercise (2nd)
10:30 Group Exercise (3rd)
2:00 Crafts (AR)
2:00 Bingo (2nd)
4:00 Pet Therapy (RR)
6:30 Sing A Long (GR)

21

Music Therapy (RR)
Hairdresser (BS)
10:00 Tai-Chi (2nd)
10:00 Fancy Fingers (2/3)
2:00 Salvation Army Service (GR)

22

10:00 Kings in the Corner (AR)
10:00 Group Exercise (2nd)
10:30 Group Exercise (3rd)
2:00 Ladies Choice (GR)

23

10:00 Short Stories (AR)
2:00 Bingo (AR)

24

9:30 Church Radio/TV (2nd)
9:30 Church Radio/TV (2/3)
10:00 Bible Study (AR)
2:00 Armchair Safari (AR)

25

Holi
10:00 Group Exercise (2nd)
10:00 Fancy Fingers (RR)
10:30 Group Exercise (3rd)
2:00 Kings in the Corner (AR)

26

10:00 Chair Yoga (3rd)
10:00 Resident Council (AR)
10:00 Java Music (3rd)
2:00 Entertainment- Darlene and The Shamrock (MDR)

27

Hairdresser (BS)
10:00 Friendly Visits (RR)
10:00 Group Exercise (2nd)
10:30 Group Exercise (3rd)
2:00 St. John's Anglican Church Service (2nd)
2:00 Crafts (AR)
4:00 Pet Therapy (RR)

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Music Therapy (RR)
Hairdresser (BS)
8:00 Ladies Breakfast Club (GR)
10:00 Chair Yoga (2nd)
10:00 Fancy Fingers (NS)
10:00 Friendly Visits (RR)
1:30 Creative Art (2nd)
1:30 Cribbage (GR)

29

Good Friday
10:00 Trivia about Bunnies (AR)
10:00 Group Exercise (2nd)
10:30 Group Exercise (3rd)
2:00 Conversation Circle- Evolution of the Easter Bunny (AR)

30

10:00 Friendly Visits (RR)
2:00 Social of the Month (AR)

31

Easter
9:30 Church Radio/TV (2nd)
10:00 Bible Study (AR)
2:00 Easter Animal Visits (RR)



Alternatively, self directed activities are available on the 2nd and 3rd floor. These activities are located at the Nursing Station. Please ask a staff member for assistance in obtaining these items, if required.

Just a reminder...