

March 2026: Two Neptune Programs

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 Purim	4	5	6	7
11:00 Barre Exercise - SH 2:00 Purim Party - SH 7:00 Board/Card Games-L	10:00 Coffee Club 12:00 Meditation – SH 1:00 Board & Card Games-L 1:30 Express w/colour -CAS 2:00 Exercise w/Colin – SH 7:00 Megillah Reading - SH	11:15 Balance & Stability-SH 2:00 Fun & Games w/Merle - SH 4:30 Megillah Reading - SH  7:00 Karaoke – L	10:30 Choir-SH 1:00 Therapeutic Yoga-SH 3:30 Board & Card Games-L 4:00 Rosh Chodesh lecture with Sid -SH Topic: Purim 101 7:00 Yiddish Club- GR	10:00 Coffee Club 10:00 Shopping Bus – Fortino's 2:00 Fun & Games w/Merle -SH 4:00 Balance & Stability-SH 7:00 Bingo -SH 8:00 TV Series Colombo -L	10:00 Exercise w/Colin-SH 1:00 Music Appreciation w/Charles – SH Shabbat Candle Lighting – 5:54	9:00 Shabbat Services-SH 2:00 Movie Matinee w/Stan 6:56 Havdalah Service -GR 7:00 Movie Night – L Comedy “Nonnas”
8 Daylights Savings Time	9	10	11	12	13	14
 Clocks change one hour forward 11:00 Barre Exercise - SH 2:00 Bingo - SH 3:00 Tech it Easy – L 7:00 Board/Card Games-L	10:00 Coffee Club 1:00 Board & Card Games-L 1:30 Express w/colour-CAS 2:00 Exercise w/Colin - SH	11:15 Balance & Stability-SH 1:00 Guest Speaker - SH Dr. Loise: Strength & Stability: The Foundations of Brain-Driven Adaptability 2:00 Fun & Games w/Merle -SH 5:30 Men’s Club -SH 7:00 Karaoke – L	10:30 Choir-SH 1:00 Therapeutic Yoga-SH 3:30 Board & Card Games-L 7:00 Yiddish Club - GR	10:00 Coffee Club 10:00 Shopping Bus – Metro 2:00 Fun & Games w/Merle -SH 4:00 Balance & Stability-SH 7:00 Bingo -SH 8:00 TV Series Colombo -L	10:00 Exercise w/Colin-SH 1:00 Music Appreciation w/Charles – SH Shabbat Candle Lighting – 7:03	9:00 Shabbat Service -SH 2:00 Movie Matinee w/Stan -SH 7:00 Movie Night - L Comedy “About Family” 7:03 Havdalah Service -GR

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
15	16	17	18	19	20 Spring Begins	21
11:00 Barre Exercise - SH 2:00 Bingo - SH 7:00 Board/Card Games-L	10:00 Coffee Club 11:00 Town Hall -SH Resident Satisfaction Survey Results 1:00 Tech Program-GR 1:00 Board & Card Games-L 2:00 Exercise w/Colin - SH 7:00 Entertainer: Pianist, Steve Koven	11:15 Balance & Stability-SH 2:00 Fun & Games w/Merle -L 3:00 Happy Hour -SH 7:00 Karaoke – L	10:30 Choir-SH 1:00 Therapeutic Yoga-SH 3:30 Board & Card Games-L 7:00 Yiddish Club-GR	10:00 Coffee Club 10:00 Shopping Bus – No Frills 2:00 Fun & Games w/Merle -SH 4:00 Balance & Stability-SH 5:30 Men’s Club -SH 7:00 Bingo - L 8:00 TV Series Colombo -L	10:00 Exercise w/Colin-SH 1:00 Music Appreciation w/Charles – SH Shabbat Candle Lighting – 7:11 	9:00 Shabbat Service -SH 2:00 Movie Matinee w/Stan -SH 7:00 Movie Night -L Romance “People we Meet on Vacation” 8:14 Havdalah Service -GR
22	23	24	25	26	27	28
11:00 Barre Exercise - SH 2:00 Bingo - SH 7:00 Board/Card Games-L	10:00 Coffee Club 1:00 Board & Card Games-L 1:30 Express w/Colour-CAS 2:00 Exercise w/Colin-SH	11:15 Balance & Stability-SH 2:00 Fun & Games w/Merle -SH 7:00 Karaoke – L	10:30 Choir-SH 1:00 Therapeutic Yoga-SH 3:30 Board & Card Games-L 7:00 Yiddish Club-GR	10:00 Coffee Club 10:00 Shopping Bus – Fortino’s 2:00 Fun & Games w/Merle -SH 4:00 Balance & Stability-SH 7:00 Smile Theatre - SH “Take the Eh Train”	10:00 Exercise w/Colin-SH 1:00 Music Appreciation w/Charles – SH Shabbat Candle Lighting – 7:20	9:00 Shabbat Service-SH 2:00 Movie Matinee w/Stan -SH 7:00 Movie Night – L Comedy with Jay Kelly 8:23 Havdalah Service-GR
29	30	31	Contact Information:			
11:00 Barre Exercise - SH 2:00 Bingo - SH 7:00 Board/Card Games-L	1:00 Board & Card Games-L 1:30 Express w/Colour-CAS 2:00 Exercise w/Colin-SH	10:00 Shopping Bus – No Frills 11:15 Balance & Stability-SH 2:00 Fun & Games w/Merle -SH 7:00 Karaoke – L	Elaine Ross 416-785-2500 ext. 3414 Security 437-875-8746	Marketing & Sales Coordinator eross@baycrest.org		