


Sun	Mon	Tue	Wed	Thu	Fri	Sat
			FR—Friendship Room HL—Heritage Lounge DR—Dining Room A—Auditorium 2F—2nd Floor TR—Trillium Room L—Lobby 8F- 8th Floor Lounge	1 10:00 Hymns (HL) 11:11 Chair Movement (FR) 2:30 Casa Portuguesa (HL) 3:30 Eyecare at NHT Presentation (A) 3:30 Dance Fit (FR) 7:00 Movie: The Bear (HL)	2 10:00 St. Sebastian Catholic Church Service (HL) 11:11 Sit Fit (FR) 2:00 Current Events (HL) 3:00 Old Time Radio Show (HL) 4:00 Residents' Choir	3 10:00 Trivia (TR) 11:11 Fun Fit (A) 2:00 Spelling Bee/ Word Games (HL) 3:00 Card/ Board Games (TR)
4 10:30 Morning Service (A) 2:00 Movie: Casablanca (HR)	5 10:00 Brain Teasers (HL) 11:11 Sit Fit (FR) 2:00 Trivia 3:00 Documentary: PBS Secrets of Underground London (HL) 7:00 Euchre Night (TR)	6 10:15 Sing a-long with Ian Anderson (HL) 11:11 Seated Soccer (TR) 2:00 Art with Marina (TR) 3:00 Newfoundland & Wild Labrador (A) 7:30 Bingo (FR)	7 10:00 Coffee & News (HL) 11:11 Sit Fit (FR) 2:30 Birthday Party with Ryan Konopud (A) 4:00 Knitting Group (HL) 7:00 Singing, Bible Study & Prayer (HL)	8 10:00 Hymns (HL) 11:11 Chair Movement (FR) 2:30 Casa Portuguesa (HL) 3:30 Netflix Series: The Crown (HL) 3:30 Dance Fit (FR) 7:00 Movie: Stone of Destiny (HL)	9 10:00 Piano & Puzzles (HL) 11:11 Sit Fit (FR) 2:00 Current Events (HL) 3:00 Heart Health by Sherman Chiu (HL) 4:00 Residents' Choir Practice (A)	10 10:00 Trivia (TR) 11:11 Fun Fit (FR) 2:00 Family Feud (HL) 3:00 Card/ Board Games (TR)
11 10:30 Morning Service (A) 2:00 Movie: Cover Girl (HR)	12 10:00 Brain Teasers (HL) 11:11 Sit Fit (FR) 2:00 Pictionary (HL) 2:30 Marion Boyce & The 3 Generation Band (A) 7:00 Euchre Night (TR)	13 10:15 Sing a-long with Ian Anderson (HL) 11:11 Fun Fit (FR) 2:00 Art with Marina (TR) 3:00 Reading: Astrid Lindgren—Pippi Longstocking (HL) 7:30 Bingo (FR)	14 10:00 Coffee & News (HL) 11:11 Sit Fit (FR) 2:30 NHT laundry system: How to use it - Bill C (HL) 4:00 Knitting Group (HL) 7:00 Singing, Bible Study & Prayer (HL)	15 10:00 Hymns (HL) 11:11 Chair Movement (FR) 2:30 Casa Portuguesa (HL) 3:30 Netflix Series: The Crown (HL) 3:30 Dance Fit (FR) 7:00 Movie: Hugo (HL)	16 10:00 Piano & Puzzles (HL) 11:11 Sit Fit (FR) 2:00 St Patrick's Day Celebration with Dancers (A) 4:00 Residents' Choir Practice (A)	17 ST. PATRICK'S DAY 9:00 - 1:00 Taxes with Amba (TR) 10:00 Trivia (HL) 11:11 Fun Fit (FR) 2:00 St. Patty's Spelling Bee/ Word Games (HL)
18 10:30 Morning Service (A) 2:00 Movie: Blue Skies (HL)	19 10:00 Brain Teasers (HL) 11:11 Sit Fit (FR) 2:00 Trivia 3:00 Documentary: How to Stage a Coup (HL) 7:00 Euchre Night (TR)	20 FIRST DAY OF SPRING 10:15 Sing a-long with Ian Anderson (HL) 11:11 Fun Fit (FR) 2:00 Adult Colouring (HL) 3:30 Spring Celebration (3rd floor) 7:30 Bingo (FR)	21 10:00 Coffee & News 11:11 Sit Fit (FR) 2:30 Toronto Camera Club—I taly (A) 4:00 Knitting Group (HL) 7:00 Singing, Bible Study & Prayer (HL)	22 10:00 Hymns (HL) 11:11 Chair Movement (FR) 2:30 Casa Portuguesa (HL) 3:30 Netflix Series: The Crown (HL) 3:30 Dance Fit (FR) 7:00 Movie: The Music Man (HL)	23 10:00 Piano & Puzzles (HL) 11:11 Sit Fit (FR) 2:00 HearingLife Presentation (HL) 3:00 Martin & Lewis Colgate Comedy Hour (HL) 4:00 Residents' Choir Practice (A)	24 10:00 Trivia (TR) 11:11 Fun Fit (FR) 2:00 Family Feud (HL) 3:00 Kevin & Billy Piano Concert (A)
25 10:30 Morning Service (A) 2:00 Movie: Life with Father (HL)	26 10:00 Brain Teasers (HL) 11:11 Sit Fit (FR) 2:00 Trivia (HL) 3:00 Pictionary (HL) 7:00 Euchre Night (TR)	27 10:15 Sing a-long with Ian Anderson (HL) 11:11 Fun Fit (FR) 1:30 Outing: Ripley's Aquarium (L) 7:30 Bingo (FR)	28 10:00 Coffee & News (HL) 11:11 Sit Fit (FR) 2:30 Pots & Plants with Emma (HL) 4:00 Knitting Group (HL) 7:00 Singing, Bible Study & Prayer (HL)	29 10:00 Hymns (HL) 11:11 Chair Movement (FR) 2:30 Casa Portuguesa (HL) 3:30 Netflix Series: The Crown (HL) 3:30 Dance Fit (FR) 7:00 Movie: The Delicate Delinquent (HL)	30 GOOD FRIDAY 10:30 Good Friday Church Service 2:00 Movie: Son of God 4:00 Residents' Choir Practice (A)	31 10:00 Trivia (TR) 11:11 Fun Fit (FR) 2:30 Easter Egg Hunt (HL)

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Special Guests & Musical Performances



Marina is back on Tuesdays March 6th and 13th for Art Classes at 2:00PM in the Trillium Room (Lower Level).



Marion Boyce and The 3 Generations Band will perform for NHT on Monday, March 12th at 2:30 PM in the Auditorium.



The Graham Irish Dancers will join us to celebrate St. Patrick's Day on Friday, March 16th at 2:00PM in the Auditorium.

HAPPY EASTER

Easter is a time of great joy. It marks the end of the season of Lent when Christians identify with the suffering of Jesus, through repentance and self-sacrifice. What makes it joyful is that Christians celebrate on Easter that Jesus rose from the dead. In conquering death, Jesus made relationship with Him available for all. Prior to his death, Jesus taught his disciples that they were his friends. As such, they were in a loving relationship with Him and with God. Jesus was prepared to sacrifice his life so that these bonds of love would be strengthened among the disciples and for those who would follow him. The disciples' lives would be transformed and empowered by this love in the days and years which followed his death.

Easter often coincides with the season of spring. (This year it falls on April 1 st). Thus, it coincides with new life as seen in animal life (e.g., bunnies, chicks) and plant life (e.g., Easter lilies, hyacinths etc.). Children enjoy Easter egg hunts and wearing new outfits to church to commemorate both Easter and the coming of spring. Adults and children will exchange Easter greetings saying "He is risen indeed, Alleluia" in response to the words "He is risen."

May you experience joy in this Easter season and in this season of new life.

"No one has greater love than this, to lay down one's life for one's friends." John 15:13 (NRSV)



HAPPY BIRTHDAY TO ALL OUR MARCH BIRTHDAYS!

Liliana Vieira—March 1	Helen Von Der Lieth—March 26
Elizabeth Dobie—March 8	Anne McDonagh—March 27
Julie Kalous—March 14	Jean Iverson—March 27
Ruth Peckham—March 15	Margaret Bruce—March 28

At the MOVIES

Thursday Evening Films
at 7:00 pm
In the Heritage Lounge

The Bear (1988) *Youk the Bear, Bart the Bear, Tcheky Karyo & Jack Wallace (1h 40min)*

This story is told from the perspective of a bear cub left alone, unable to feed or defend itself. The cub attempts to bond with a male grizzly who at first ignores it, but when hunters pursue the grizzly and the cub comes to the rescue, it wins the grizzly's affection. When the humans capture the cub, the grizzly

Hugo (2011) *Ben Kingsley, Jude Law, Chloe Moretz, Asa Butterfield (2h 08min)*

This "Masterpiece" by Martin Scorsese will transport you to a magical world of spectacular adventure! When wily and resourceful Hugo discovers a secret left by his father, he unlocks a mystery and embarks on a quest that will transform those around him and lead to a safe and loving place he can call home.

Stone of Destiny (2008) *Charlie Cox, Kate Mara, Billy Boyd, Robert Carlyle (1h 36min)*

This funny, heart warming adventure comedy retells the incredible true story of four students who, despite having little money and even less experience, break into Westminster Abbey to "liberate" that most powerful symbol of

The Music Man (1962) *Robert Preston & Shirley Jones (2h 31mins)*

In this comedy, musical romance, Harold Hill poses as a boys' band leader to con the naïve

The Delicate Delinquent (1957) *Jerry Lewis, Darren McGavin, Martha Hyer (1h 40mins)*

In this comedy, Sidney Pythias (Lewis) is mistaken for a member of the switchblade set, and encouraged to undergo a 180-degree transformation—from street hoodlum to policeman! McGavin is the reluctant officer who must mold Lewis into a respectable man-in-blue at the

Presentations in March



A team of licensed Opticians and Optometrists will be in to deliver an information session about the eye exam and prescription glasses & frames services they will be offering on site in the Wellness Centre. Join us on **Thursday, March 1st at 3:30**

Petrina will take you on a visual journey of North Eastern Canada from St. Pierre et Miquelon, by Newfoundland all the way up to Labrador on Adventure Canada's ship the Ocean Endeavor. See the trip day to day and learn about the interesting sights and locations of note on **Friday, March**



Pharmacist Sherman Chiu from Medical Pharmacies will be in to present on the importance of practices for Heart Health on **Friday, March 9th at 3:00 PM** in the **Heritage**

HearingLife will be here to share information on hearing tests and hearing aids for NHT residents and family. Invite loved ones to attend and learn on **Friday, March 23rd** at



NHT's own Bill Coffman will be sharing with residents knowledge and information on the safe and proper use of the laundry machines on each floor. This information session will be held on **Wednesday, March 14th at 2:30 PM** in the **Heritage Lounge**.