

March 2026

LIFESTYLE CALENDAR

South Port

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		11:00am : Greek Mass 26th		Bus Trips Every Thursdays 5th March 12th March 19th March 26th March		1 10:00am morning tv shows 10:30am relaxing music 11:00am Garden walks 2:00pm Colouring in 3:00pm Movie Matinee
2	3	4	5	6	7	8
09:30am Physio exercises 10:30am Sunrise news 11:00am pampering 2:00pm singalongs 3:00pm Greek group	10:00am News & views 10:30am Music melodies 11:00am Garden walks 2:00pm Masterchef 3:00pm Bingo	09:30am physio exercises 10:30am Balloon Therapy 11:00am Memory Lane 2:15pm Puppets Alive 3:30pm Creative arts	10:00am News & views 10:30am music and melodies 11:00am pampering 2:00pm Movie matinee 3:00pm Documentary	10:00am News & views 10:30am word games /quizzes 11:00am Zumba Gold 2:00pm Happy Hour 3:00pm Tommy's singalongs	10:00am morning tv shows 10:30am pampering 11:00am Garden walks 2:00pm table or floor games 3:00pm reminiscing music	10:00am morning tv shows 10:30am relaxing music 11:00am Garden walks 2:00pm Colouring in 3:00pm Movie Matinee
9	10	11	12	13	14	15
09:30am Physio exercises 10:30am Sunrise news 11:00am pampering 2:00pm singalongs 3:00pm Greek group	10:00am News & views 10:30am Musical Melodies 11:00am Garden walks 2:00pm Masterchef 3:00pm Bingo	09:30am physio exercises 10:30am Balloon Therapy 11:00am Memory Lane 2:00pm Armchair Travel 3:00pm Creative arts	10:00am News & views 10:15am intergenerational P 11:00am pampering 2:00pm Movie matinee 3:00pm Documentary	10:00am News & views 10:30am word games/quizzes 11:00am Zumba Gold 2:00pm Happy Hour 3:00pm Tommy's singalong	10:00am morning tv shows 10:30am pampering 11:00am Garden walks 2:00pm table or floor games 3:00pm reminiscing music	10:00am morning tv shows 10:30am relaxing music 11:00am Garden walks 2:00pm Colouring in 3:00pm movie matanie
16	17	18	19	20	21	22
10:00am Physio exercises 10:30am Sunrise news 11:00am pampering 2:00pm Singalongs 3:00pm Greek group	10:00am News & views 10:30am Musical Melodies 11:00am Garden walks 2:00pm Masterchef 3:00pm Bingo	09:30am physio Exercises 10:30am Balloon therapy 11:00am Memory Lane 2:00pm Armchair Travel 3:00pm Creative arts	10:00am News & views 10:30am music and Melodies 11:00am pampering 2:00pm Movie matinee 3:00pm Documentary	10:00am news & views 10:30am word games/quizzes 11:00am Zumba Gold 2:00pm Happy Hour 3:00pm Tommy's singalongs	10:00am morning tv shows 10:30am pampering 11:00am Garden walks 2:00pm table or floor games 3:00pm reminiscing music	10:00am morning tv shows 10:30am relaxing music 11:00am Garden walks 2:00pm Colouring in 3:00pm Movie matinee
23	24	25	26	27	28	29
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30	31					
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