

# Elston Unit- Convalescent Care

Recreation Facilitator- Nicole Bahlke, Ext. 361  
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## March 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 9:00am Physio 1:00pm Group Exercise 2:00pm Brain Train Activities	3 9:00am Physio 1:00pm Group Exercise 2:00pm Knot Just Jewelry	4 9:00am Physio 12:00pm In House Swiss Chalet Lunch 1:00pm Group Exercise	5 9:00am Physio 10:00am Paraffin Wax 11:00am Tuck Cart 1:00pm Group Exercise 2:00pm Puzzles	6 9:00am Physio 1:00pm Group Exercise	7 10:00am Board Games: Aud
8 	9 9:00am Physio 1:00pm Group Exercise 	10 8:00am In House Breakfast: Aud 9:00am Physio 1:00pm Group Exercise 1:45pm Let's Bake 6:00pm Music with, Ed Smith: Aud	11 9:00am Physio 10:00am Fancy Fingers 1:00pm Group Exercise 2:00pm Trivia	12 9:00am Physio 10:00am Paraffin Wax 11:00am Tuck Cart 1:00pm Group Exercise 2:00pm Crazy Corner 	13 9:00am Physio 10:30am Bingo 1:00pm Group Exercise 	14 10:00am St Patrick's Day Bingo 2:00pm Shamrock Shakes 
15 Tuesday March 17th, be on the lookout for the mischievous Leprechaun who has dropped the 6 St. Patricks Day items all over the Elston Floor. See posters for details. 	16 9:00am Physio 10:00am Guided Art: Aud 1:00pm Group Exercise 2:00pm Irish Dancers: AUD 	17 St. Patrick's Day 9:00am Physio 10:00am Luck of the Irish Event - AUD 1:00pm Group Exercise 2:00pm Music With Joe: Aud Wear Green!	18 9:00am Physio 11:15am St.Patrick's Day Scavenger Hunt Winner 1:00pm Group Exercise 2:00pm Calendar Talk/Puzzles 5:45pm Fancy Fingers 	19 9:00am Physio 10:00am Paraffin Wax 11:00am Tuck Cart 1:00pm Group Exercise 2:00pm Yahtzee 	20 The First Day of Spring 9:00am Physio 10:30am Bingo 1:00pm Group Exercise 	21 10:00am Word Games: Aud 
22 	23 7:30am Rise and Shine With Tim Horton 9:00am Physio 1:00pm Group Exercise 1:45pm Connect 4	24 9:00am Physio 1:00pm Group Exercise 2:00pm Ice Cream Social 6:00pm Music with Two Hearts Content: Aud	25 9:00am Physio 1:00pm Group Exercise 5:00pm In House Dinner Meatball Subs With Caesar Salad 	26 9:00am Physio 10:00am Paraffin Wax 11:00am Tuck Cart 1:00pm Group Exercise	27 8:00am In House Pancake Breakfast: Aud 9:00am Physio 1:00pm Group Exercise 1:45pm Bingo 	28
29 Palm Sunday 	30 9:00am Physio 1:00pm Group Exercise 1:45pm Reach and Grab Game	31 9:00am Physio 1:00pm Group Exercise Calendar Delivery Day	Peer Support Chats Monday March 2nd 3:00pm Monday March 16th 3:00pm Informative Information Everyone Welcomed!			

Location Codes: FL- Front Lobby AUD- Auditorium DTD- Door To Door GYM- Elston Gym TR- Therapy Room \$ Chargable Program

All Programs Subject To Change