

MON	TUES	WED	THURS	FRI
<p>2 9AM Meet and Greet 10AM Gentle Seated Exercise 11AM Coffee and Connections 11:30AM Busy Hands/ Mental Aerobics 1PM Beachball/ Jigsaw Puzzles 2PM Sing Along with Suzie</p> 	<p>3 Lantern Festival  9AM Meet and Greet 10AM Seated Tai-Chi 11AM Coffee and Connections 11:30AM Craft: Handcrafted Lights 1PM Lantern Word Hunt 2PM Lantern Festival Lion Dance</p>	<p>4 Festival of Colors (Holi)  9AM Meet and Greet 10AM Fitness Circle 11AM Coffee and Connections 11:30AM Color Splash Bingo 1PM Armchair Travel: India 2PM Holi Beats & Music</p>	<p>5 9AM Meet and Greet 10AM Seated Chair Yoga 11AM Coffee and Connections 11:30AM Fun with Phrases/ Creative Coloring 1PM Basketball 2PM Kitchen Corner</p>	<p>6 Daylight Saving Time Begins (Mar 08) 9AM Meet and Greet 10AM Fun Fitness 11AM Coffee and Connections 11:30AM Bingo 1PM Trivia/ Busy Hands 2PM Movie Matinee & Popcorn</p> 
<p>9 International Women's Day (Mar 08) 9AM Meet and Greet 10AM Gentle Seated Exercise 11AM Coffee and Connections 11:30AM Celebrating Women Trivia 1PM Busy Hands/ Mental Aerobic 2PM Sing Along with Suzie</p> <p>WOMEN'S DAY </p>	<p>10 9AM Meet and Greet 10AM Seated Tai-Chi 11AM Coffee and Connections 11:30AM Craft: Shamrock Decorations 1PM Bean Bag Toss 2PM Board Games/Card Games</p>	<p>11 9AM Meet and Greet 10AM Fitness Circle 11AM Coffee and Connections 11:30AM Scented Creations 1PM Parachute Pass/ Creative Coloring 2PM Tunes & Togetherness</p> 	<p>12 9AM Meet and Greet 10AM Seated Chair Yoga 11AM Coffee and Connections 11:30AM Puzzles/ Card Games 1PM Beachball Challenge 2PM Kitchen Corner</p>	<p>13 9AM Meet and Greet 10AM Fun Fitness 11AM Coffee and Connections 11:30AM Bingo 1PM Busy Hands/ Word Search 2PM Movie Matinee & Popcorn</p>
<p>16 9AM Meet and Greet 10AM Gentle Seated Exercise 11AM Coffee and Connections 11:30AM Beachball Challenge 1PM Busy Hands/ Jeopardy 2PM Sing Along with Suzie</p>	<p>17 St Patrick's Day  9AM Meet and Greet 10AM Seated Tai-Chi 11AM Coffee and Connections 11:30AM Craft: Lucky Charm Bracelets 1PM Shamrock Bingo 2PM Joyful Irish Songs</p>	<p>18 9AM Meet and Greet 10AM Fitness Circle 11AM Coffee and Connections 11:30AM Ladder Golf 1PM Trivia/ Creative Coloring 2PM Tunes & Togetherness</p>	<p>19 9AM Meet and Greet 10AM Seated Chair Yoga 11AM Coffee and Connections 11:30AM Puzzles/ Card Games 1PM Beachball Challenge 2PM Kitchen Corner</p>	<p>20 Eid ul-Fitr  9AM Meet and Greet 10AM Fun Fitness 11AM Coffee and Connections 11:30AM Bingo 1PM Word Search/ Puzzles 2PM Movie Matinee & Popcorn</p>
<p>23 9AM Meet and Greet 10AM Gentle Seated Exercise 11AM Coffee and Connections 11:30AM Beachball Challenge 1PM Painting/ Jeopardy 2PM Sing Along with Suzie 2PM-3PM Workshop: "The Dementia Experience" - Alzheimer's Society</p> 	<p>24 9AM Meet and Greet 10AM Seated Tai-Chi 11AM Coffee and Connections 11:30AM Bowling 1PM Board Games/ Card Games 2PM Afternoon Comfort Club</p>	<p>25 9AM Meet and Greet 10AM Fitness Circle 11AM Coffee and Connections 11:30AM Complete the Phrase/ Puzzles 1PM Bean Bag Toss 2PM Tunes & Togetherness</p>	<p>26 Purple Day  9AM Meet and Greet 10AM Seated Chair Yoga 11AM Coffee and Connections 11:30AM Craft: Lavender Bloom Creations 1PM Beachball Challenge 2PM Pretty in Purple Cupcakes</p>	<p>27 9AM Meet and Greet 10AM Fun Fitness 11AM Coffee and Connections 11:30AM Bingo 1PM Word Search/ Puzzles 2PM Movie Matinee & Popcorns</p>
<p>30 9AM Meet and Greet 10AM Gentle Seated Exercise 11AM Coffee and Connections 11:30AM Ladder Golf 1PM Creative Coloring/ Mental Aerobics 2PM Sing Along with Suzie</p> 	<p>31 9AM Meet and Greet 10AM Seated Tai-Chi 11AM Coffee and Connections 11:30AM Bowling 1PM Board Games/ Card Games 2PM Afternoon Comfort Club</p>	<p>Happy St. Patrick's Day  March 2026 </p>		

Did you know your loved one in Mississauga can be supported for their care needs through Partners Community Health? mississaugaseniorsnavigation.ca for more information email: navigation@partnerscommunityhealth.ca



NEW activities this month

Belonging@PCH Theme this Month: **Empowerment**

“PCH celebrates empowerment” reflects a culture where every voice matters and every individual is encouraged to grow, lead, and make informed choices. At PCH, empowerment means providing the support, trust, and tools people need to feel confident, capable, and valued each day.

ACTIVITY HIGHLIGHTS

Lantern Festival – Activities such as handcrafted lantern crafts, lantern word hunts, and lion dance videos encourage creativity, cultural awareness, fine motor development, and cognitive engagement among clients.

Holi Celebration – Festive activities including Splash Bingo, armchair travel experiences, and Holi music and beats promote social interaction, sensory stimulation, joy, and cultural appreciation among clients.

International Women’s Day – Engaging activities including Celebrating Women trivia and group discussions honor inspiring women while encouraging empowerment, cognitive engagement, and meaningful conversation among clients.

St. Patrick’s Day – Activities such as lucky charm bracelet crafting and Irish song sessions support creativity, social connection, cultural awareness, and positive self-expression among clients.

SERVICE CANADA

**March 16, 2026
10AM - 2PM**

A more convenient and comfortable way to get Service Canada help for your loved one!
Do you qualify for caregiver benefits?

Do you need help with your CPP or OAP?

Service Canada is here to help!
We offer free parking and almost no waiting

Spend the Day With Us

**WHERE: 2180 Speakman Dr
Mississauga
(Erin Mills/QEW)**

**WHEN: Monday to Friday
9AM to 4PM**

Our program space is fully accessible.

Our staff are certified PSWs.

Attendance is flexible.

Call: 905-369-2442 and ask for the Seniors Hub (ext: 1124)

OR EMAIL:

SeniorsHub@partnerscommunityhealth.ca

