

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>1</p> <p><i>Welcome to our VIU Recreation Student, Sonja, who starts tomorrow!</i></p> <p>2:00 First Baptist Hymn Sing - Lodge, 1st floor</p>	<p>2</p> <p>9:30 Drop-In Art with Art Therapy Student Alessandra HL</p> <p>10:00 Sit~Pedal~Travel A</p> <p>10:00 Range of Motion V</p> <p>10:30 Mind Joggers V</p> <p>1:00 Sing-a-long 50s & 60s A</p> <p>2:15 Coffee with the Chef S</p> <p><small>Purim Begins</small></p>	<p>3</p> <p>10:00 Seated Exercise A</p> <p>10:30 Adding a Touch of Irish Charm to each Building</p> <p>1:00 Bingo A</p> <p>2:00 Villa Resident Meeting</p> <p>3:00 Hymn Sing FD</p>	<p>4</p> <p>10:00 Chair Dance Yoga A</p> <p>10:00 Range of Motion S</p> <p>10:30 Cranium Crunches A</p> <p>10:30 Word Games S</p> <p>1:00 Nazarene Church Visit FD</p> <p>1:00 Presentation by CareRX Pharmacy A</p> <p>2:00 Giant Scrabble HL</p>	<p>5</p> <p>9:30 Therapy Dog Sophie</p> <p>10:00 Seated Exercise A</p> <p>10:00 Range of Motion V</p> <p>10:30 St. Paul's Communion HL</p> <p>10:30 Brain Games V</p> <p>1:00 Bingo A</p> <p>2:00 Art Group (sign-up) V</p> <p>2:30 Tile Rummy S</p> <p>4:30-8 Folk Band Rehearsal A</p>	<p>6</p> <p>10:00 Sit~Pedal~Learn A</p> <p>10:00 Exercises S</p> <p>10:30 Brain Games S</p> <p>1:00 Piano Music with Tim FD</p> <p>1:00 You-Tube Wonders of Canada S</p> <p>2:30 Armchair Travel to Dubai V</p> <p>2:30 Tile Rummy HL</p>	<p>7</p> <p>2:00 Hymn Sing S</p>
<p>8</p> <p><i>Daylight Savings Turn Clocks Ahead 1 Hour</i></p> <p>2:00 Worship with Wakesiah Gospel - Lodge 1st floor</p> <p><small>Daylight Saving Time Begins</small></p>	<p>9</p> <p>9:30 Drop-In Art with Art Therapy Student Alessandra HL</p> <p>10:00 Sit~Pedal~Travel A</p> <p>10:00 Range of Motion V</p> <p>10:30 Mind Joggers V</p> <p>1:00 Qigong Class with Special Guest Amira A</p>	<p>10</p> <p>10:30 Manicures S</p> <p>10:00 Mending with Anne HL</p> <p>1:00 Bingo A</p> <p>2:30 Sequence V</p> <p>4:00 MGM Dinner Outing (sign-up)</p>	<p>11</p> <p><i>General Store closed for Inventory 9am-11am</i></p> <p>10:00 Ears to You; Hearing Clinic in Suites Lounge (by appointment)</p> <p>11:30 Woodgrove Mall Bus Outing (sign-up)</p> <p>2:00 House Resident Meeting A</p> <p><i>Chicken Eggs Delivered!</i></p>	<p>12</p> <p>9:30 Therapy Dog Visits</p> <p>10:00 Seated Tai Chi A</p> <p>10:00 Range of Motion V</p> <p>10:30 Brain Games V</p> <p>1:00 Bingo A</p> <p>2:00 Art Group (sign-up) V</p> <p>2:30 Tile Rummy S</p> <p>4:30-8 Nanaimo Folk Band & Fiddelium Rehearsal A</p>	<p>13</p> <p>10:00 Sit~Pedal~Learn A</p> <p>10:00 Exercises S</p> <p>10:30 Brain Games S</p> <p>1:00 Watercolour Painting with Kendall A</p> <p>1:00 Scrabble V</p> <p>2:30 Book Club; Tea&Talk HL</p>	<p>14</p> <p>1:00 Bible Study S</p> <p>2:00 Irish Music Group - Lodge, 1st floor</p>
<p>15</p> <p>2:00 Worship with St. Paul's Lutheran - Lodge 1st floor</p> <p>2:00 Hymn Sing FD</p>	<p>16</p> <p>9:30 Drop-In Art with Art Therapy Student Alessandra HL</p> <p>10:00 Sit~Pedal~Travel A</p> <p>10:00 Range of Motion V</p> <p>10:30 Mind Joggers V</p> <p>1:00 St. Patrick's Day Party with Music by Keith A</p>	<p>17</p> <p><i>St Patrick's Day</i></p> <p>9:30 Manicures V/A</p> <p>10:30 Meditative Colouring HL</p> <p>1:00 Pot o' Gold Bingo</p> <p><i>Wear Green &/or Gold A</i></p> <p>2:00 Suites Resident Meeting</p> <p>2:30 St.Patrick's Day Trivia HL</p> <p><small>St. Patrick's Day</small></p>	<p>18</p> <p>10:00 Chair Dance Yoga A</p> <p>10:00 Range of Motion S</p> <p>10:30 Cranium Crunches A</p> <p>10:30 Word Games S</p> <p>1:00 Learn about a Therapeutic Sound Bath with Kendall A</p> <p>2:00 New Residents Tea FD</p> <p>6-8 Irish Music Rehearsal A</p>	<p>19</p> <p>9:00 Tax Help with Volunteer Nanaimo (sign-up) S</p> <p>9:30 Therapy Dog Visits</p> <p>10:00 Seated Tai Chi A</p> <p>10:00 Range of Motion V</p> <p>10:30 Brain Games V</p> <p>1:00 Bingo A</p> <p>2:00 Art Group (sign-up) HL</p> <p>2:30 Bowling A</p>	<p>20</p> <p>10:00 Sit~Pedal~Learn A</p> <p>10:00 Horticulture with Bianca S</p> <p>10:00 Exercises S</p> <p>1:00 Horticulture with Bianca A</p> <p>1:00 Irish Beer Tasting & Axe throwing with Kendall S</p> <p>2:30 Armchair Food Travel to Poland V</p> <p><small>Spring Begins</small></p>	<p>21</p> <p>2:00 Hymn Sing S</p>
<p>22</p> <p>2:00 Worship Service with Generations Church - Lodge, 1st floor</p>	<p>23</p> <p>9:30 Drop-In Art with Art Therapy Student Alessandra HL</p> <p>10:00 Sit~Pedal~Travel A</p> <p>10:00 Range of Motion V</p> <p>10:30 Mind Joggers V</p> <p>1:00 Country Club Mall Outing (sign-up)</p>	<p>24</p> <p>10:00 Manicures S</p> <p>10:00 Mending with Anne HL</p> <p>11:00 Spanish Style Lunch (sign-up) A</p> <p>1:00 Bingo A</p> <p>2:30 Coffee with Heidi V</p>	<p>25</p> <p>10:00 Chair Dance Yoga A</p> <p>10:00 Range of Motion S</p> <p>10:30 Cranium Crunches A</p> <p>10:30 Word Games S</p> <p>1:00 Spring Break Fun with Kiwanis Kids A (Residents, Staff & Families Welcome)</p> <p>6-8 Irish Music Rehearsal A</p>	<p>26</p> <p>9:30 Therapy Dog Visits</p> <p>10:00 RN Students Present; The Benefits of Protein for Older Adults A</p> <p>1:00 Bingo A</p> <p>2:00 Art Group (sign-up) V</p> <p>2:30 Yahtzee HL</p> <p>2:30 Tile Rummy S</p>	<p>27</p> <p>10:00 Sit~Pedal~Learn A</p> <p>10:00 Exercises S</p> <p>10:30 Brain Games S</p> <p>10:30 Mass with Holy Trinity - Lodge 1st floor</p> <p>1:00 Birthday Party with Bob Angel A</p>	<p>28</p> <p>1:00 Bible Study S</p>
<p>29</p> <p><small>Palm Sunday</small></p>	<p>30</p> <p>9:30 Drop-In Art with Art Therapy Student Alessandra HL</p> <p>10:00 Sit~Pedal~Travel A</p> <p>10:00 Range of Motion V</p> <p>10:30 Mind Joggers V</p> <p>1:00 Scenic Drive to Nanaimo River Area</p>	<p>31</p> <p>9:30 Manicures V/A</p> <p>10:30 Meditative Colouring HL</p> <p>1:00 Bingo A</p> <p>2:00 Skip-Bo HL</p>	<h1>March 2026</h1> <p><i>Kiwanis Village Nanaimo</i></p>			<p><i>Legend</i></p> <p>A-Auditorium</p> <p>V-Villa</p> <p>S-Suites</p> <p>HL-House Lounge</p> <p>FD-Fireside Dining Room</p>

Please call Recreation with any questions (250) 740-2879



Paulette C. – March 13th
Joan B. – March 20th
Dora B. – March 20th
Bob N. – March 31st
Sue D. – March 31st

Program Spotlight

Art Therapy with Alessandra

Alessandra is an Art Therapy Student from Kutenai Art Therapy Institute in Nelson, BC and we have been incredibly fortunate to be chosen as one of her Practicum placements this January-April! On Monday mornings Alessandra runs a drop-in group in the House Lounge where anyone (villagers, families, staff, volunteers, etc) is welcome to drop in and express themselves through art! On Thursday afternoons Alessandra runs a smaller structured art group open to all villagers through weekly sign-up. Art Therapy is a fairly new field and we have been enjoying learning about it week to week!

Therapeutic Sound Bath

This new program promotes wellness through soundwaves and relaxation. In a fast moving world, so many benefits come when we take time to slow down!

Program Spotlight

Visits with St John's Ambulance Therapy Dog, Sophie and her favourite human, Jenny

Sophie and Jenny recently started volunteering in Kiwanis House Thursday mornings and have very quickly become a weekly highlight for many of us! They can be found in the House Lobby at 9:30am before venturing out to rooms for 1:1 visits.

Mending by Anne

We are very appreciative to have Anne volunteer her time and talents to help with the sewing needs of villagers! She pops in twice a month to pick up and drop off items.

Traditional Irish Music Group

Starting March 18th, a new sound will be coming out of the Auditorium Wednesday evenings! We are very excited to be welcoming our Lodge Dietician, Shauna, our Therapy Dog Services volunteer, Jenny, and the rest of their Irish Music Group as they begin rehearsing in the Auditorium Wednesday evenings from 6-8pm! Even better, they tell us that community is key and they would love for people to come watch!

Nanaimo Folk Band and Fiddelium

This large group of all ages can be found rehearsing in the Auditorium most Thursday evenings from 4:30-8pm and are always welcoming of spectators!

New Residents Tea

We have had some new folks move into the Village recently. What a great opportunity to all get together, both new and old!

Special Events in March

March 2nd – Coffee with the Chef
March 3rd – Villa Resident Meeting
March 4th – Presentation by CareRX
March 6th – Piano Music with Tim
March 9th – Qigong Class with Amira
March 10th – Dinner at MGM
March 11th – Store Closed in Morning
March 11th – Hearing Clinic
March 11th – Chicken Eggs Delivery
March 11th – Shopping at Woodgrove
March 11th – House Resident Meeting
March 14th – Irish Music (*in the Lodge*)
March 16th – St Patty's Party with Keith
March 17th – Suites Resident Meeting
March 18th – New Residents' Tea
March 20th – Horticulture with Bianca
March 23rd – Shopping at Country Club
March 24th – Spanish Lunch Dining-In
March 25th – Spring Break Fun with Kids
March 26th – RN Students' Presentation
March 27th – Birthday Party with Bob
March 30th – Scenic Drive to the River