



ActiveLiving

The Bentley Yorkton Kerri Anaka Active Living Coordinator:
Kerri.Anaka@congriseniorliving.ca

March 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:15 Tiered One Exercises 9:45 Tiered Two Exercises 10:30 Bling Ball – A 1:30 Bingo – A 3:30 Tile Rummy – C 3:30 Crib and Whist – C 7:00 Checkers – C	2 9:15 Band Exercises – A 9:45 Band Exercises – A 10:00 Crafts with Faith-PD 10:30 Horseshoes – A 1:30 Horse Races – C 1:30 Walmart Shopping 3:30 King's Corner – C 7:00 Chicken Foot – C	3 9:15 Weight Exercises – A 9:45 Weight Exercises – A 10:00 Building Crafts-PD 10:30 Carpet Darts – A 2:00 Town Hall Meeting-D 2:30 Painting with Jeann 3:30 Phase 10 – C 7:00 Tile Rummy – C 7:00 Movie Night – A	4 9:15 Tiered One Exercises 9:45 Tiered Two Exercises 10:30 Bling Ball – A 1:30 Chair Yoga – A 2:15 Wall Darts – A 1:30 Crib & Whist – C 7:00 Tri-Ominos – C 7:00 Movie Night – A	5 9:15 Tiered One Exercises 9:30 Quilting – 3rd 9:45 Tiered Two Exercises 10:30 Bean Bag Baseball-A 1:30 Bingo – A 7:00 Shuffleboard – 3 rd	6 9:15 Band Exercises – A 9:45 Band Exercises – A 10:30 Rosary – CH 10:30 Tic, Tac Toe – A 2:30 Happy Hour with Gordon Weick – D 3:30 Skip-Bo – C 6:00 Grey Cup Tour 7:00 Kaiser – C	7 9:15 Weight Exercises – A 9:45 Weight Exercise – A 10:30 Beanbag Baseball 1:30 Carpet Darts – A 2:30 Golf Game – A 2:30 Crib and Whist – C 7:00 Kings Corner – C
8 9:15 Tiered One Exercises 9:45 Tiered Two Exercises 10:30 Bling Ball – A 1:30 Bingo – A 3:30 Tile Rummy – C 3:30 Crib and Whist – C 7:00 Checkers – C	9 9:15 Band Exercises – A 9:45 Band Exercises – A 10:00 Crafts with Faith-PD 10:30 Horseshoes – A 1:30 Hockey Shoot Out-A 1:30 Giant Tiger 7:00 Chicken Foot – C	10 9:15 Weight Exercises – A 9:45 Weight Exercises – A 10:00 Building Crafts-PD 10:30 Carpet Darts – A 2:00 Painting with Jeann 3:30 Phase 10 – C 7:00 Tile Rummy – C 7:00 Movie Night – A	11 9:15 Tiered One Exercises 9:45 Tiered Two Exercises 10:30 Bling Ball – A 1:30 Chair Yoga – A 1:30 Crib & Whist – C 2:15 Wall Darts – A 3:00 Book Club – PD 7:00 Movie Night – A	12 9:15 Tiered Exercises 9:30 Quilting – 3rd 9:45 Tiered Exercises 10:30 Bean Bag Baseball 1:30 Kiaser Tournament-A 7:00 Shuffleboard – 3 rd	13 9:15 Band Exercises – A 9:45 Band Exercises – A 10:30 Rosary – CH 10:30 Tic, Tac Toe – A 2:30 Happy Hour with Back Home Country-D 3:30 Skip-Bo – C 7:00 Kaiser – C	14 9:15 Weight Exercises – A 9:45 Weight Exercises – A 10:30 Beanbag Baseball 1:30 Carpet Darts – A 2:00 Sing Along with Vera – D 3:30 Rummikub – C 3:30 Crib and Whist – C 7:00 Kings Corner – C
15 9:15 Tiered One Exercises 9:45 Tiered Two Exercises 10:30 Bling Ball – A 1:30 Bingo – A 3:00 Salvation Army Sing Along – D 3:30 Tile Rummy – C 3:30 Crib and Whist – C 7:00 Checkers – C	16 Manager's Breakfast 9:15 Band Exercises – A 9:45 Band Exercises – A 10:00 Crafts with Faith-PD 10:30 Horseshoes – A 1:30 Dollarama 1:30 Horse Races – C 3:30 King's Corner – C 7:00 Chicken Foot – C	17 St Patrick's Day 9:15 Weight Exercises – A 9:45 Weight Exercises – A 10:30 Carpet Darts – A 10:00 Building Crafts-PD 10:30 Ukrainian – CH 2:30 Green Social – D 2:30 Ron Lonaway – D 7:00 Movie Night – A	18 9:15 Tiered One Exercises 9:45 Tiered Two Exercises 10:30 Bling Ball – A 1:30 Chair Yoga – A 1:30 Crib & Whist – C 2:15 Wall Darts – A 7:00 Tri-Ominos – C 7:00 Movie Night – A	19 9:15 Tiered One Exercises 9:45 Tiered Two Exercises 10:30 Anglican Service-CH 10:30 Bean Bag Baseball-A 1:30 Bingo – A 2:00 Black Jack with Jamie – D 7:00 Shuffleboard – 3 rd	20 9:15 Band Exercises – A 9:45 Band Exercises – A 10:30 Rosary – CH 10:30 Tic, Tac, Toe – A 2:30 Happy Hour with Karin & Dan – D 3:30 Skip-Bo – C 7:00 Kiaser – C	21 9:15 Weight Exercises – A 9:45 Weight Exercises – A 10:00 – 2:00 Radio Days 10:30 Beanbag Baseball – A 1:30 Carpet Darts – A 2:30 Golf Game – A 2:30 Crib and Whist – C 7:00 Kings Corner – C



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22 9:15 Tiered One Exercises 9:45 Tiered Two Exercises 10:30 Bling Ball – A 1:30 Bingo – A 3:30 Tile Rummy – C 3:30 Crib and Whist – C 7:00 Checkers – C	23 9:15 Band Exercises – A 9:45 Band Exercises – A 10:00 Crafts with Faith-PD 10:30 Horseshoes – A 1:30 Hockey Shoot Out – A 1:30 Mall Shopping 2:30 Left, Right, Center-D 7:00 Chicken Foot – C	24 9:15 Weight Exercises – A 9:45 Weight Exercises – A 10:30 Carpet Darts 10:00 Building Crafts-PD 2:00 Town Hall Meeting-D 2:30 Painting with Jeann 7:00 Tile Rummy – C 7:00 Movie Night – A	25 9:15 Tiered One Exercises 9:45 Tiered Two Exercises 10:30 Bling Ball – A 1:30 Chair Yoga – A 2:30 Monthly Birthdays 2:30 Anything Goes – D 7:00 Tri-Ominos – C	26 9:15 Tiered One Exercises 9:45 Tiered Two Exercises 10:30 Beanbag Baseball – A 1:30 Bingo – A 1:30 Crib & Whist – C 7:00 Shuffleboard – 3rd	27 9:15 Band Exercises 9:45 Band Exercises 10:30 Rosary – CH 10:30 Tic, Tac, Toe – A 2:30 Happy Hour with Don & Virginia – D 3:30 Skip-Bo – C 7:00 Kiaser – C	28 9:15 Weight Exercises – A 9:45 Weight Exercises – A 11& 12:45 Easter Buffet 2:30 Entertainment – D 3:30 Rummikub – C 3:30 Crib and Whist – C 7:00 King's Corner – C
29 9:15 Tiered One Exercises 9:45 Tiered Two Exercises 10:30 Bling Ball – A 1:30 Bingo – A 3:30 Tile Rummy – C 3:30 Crib and Whist – C 7:00 Checkers – C	30 9:15 Band Exercises – A 9:45 Band Exercises – A 10:00 Crafts with Faith-PD 10:30 Horseshoes – A 1:30 Hockey Shoot Out – A 1:30 Dollar Tree Shopping 2:30 Left, Right, Center-D 7:00 Chicken Foot – C	31 9:15 Weight Exercises – A 9:45 Weight Exercises – A 10:30 Carpet Darts 10:00 Building Crafts-PD 2:00 Painting with Jeann 7:00 Tile Rummy – C 7:00 Movie Night – A				
				DATES TO REMEMBER Mar 6 th Gordon Weick Mar 13 th Back Home Country Mar 20 th Karin & Dan Mar 27 th Don & Virginia	DATES TO REMEMBER Mar 6 th Grey Cup Tour Mar 9 th Diane & Keith Mar 14 th Sing along with Vera Mar 17 th Green Social with Ron Lonaway	ROOM LEGEND A – Activity Room D – Dining Room C – Common Area 1 st , 2 nd , 3 rd CH – Chapel on 2 nd Floor