





Cindy T.	Mar. 3
Margaret W.	Mar. 3
Sandra S.	Mar. 3
Eileen R.	Mar. 5
Norm D.	Mar. 7
Susan G.	Mar. 20
Laura Van H.	Mar. 23
Sally T.	Mar. 23
Jane C.	Mar. 25



**March
Birth Stone:
Aquamarine**



**March
Birth Flower:
Daffodils**



*In March, the winds
begin to sing,
As winter bows to the
awakening spring.
Budding blooms and
skies of blue,
Nature's canvas, fresh
and new.*

*With each day, the sun's
warm embrace,
Brings life back to every
barren space.
Birds return with joyful
song,
Welcoming the season
long.*

*March dances with a
gentle grace,
A promise of beauty in
every place.
As spring unfolds its
tender art,
Hope and renewal fill
the heart.*

**MARCH 2025
THE MONTHLY
BUZZ**

FUN TIMES AT SUNNYSIDE MANOR



As March unfolds, join us on Sunday, March 2nd, at 1 PM in the West Lounge for a visit from the South Rock Community Association! Enjoy a talent show and fashion show featuring a talented group of kids. The SRCA is a non-profit organization focused on building connections and supporting the growing, inclusive community of South Surrey and White Rock. Don't miss this exciting event!

In honour of International Women's Day on March 8th, we'll celebrate women's achievements with a Women of Impact Jeopardy Game, followed by a Flower Arrangement Workshop where you'll take home your own creation.

Just a heads up: the time changes on Sunday, March 9th—don't forget to set your clocks ahead!

Get ready for St. Patrick's Day festivities! Enjoy a "Cheers to Ireland" Happy Hour with Lorraine Smith on March 12th, and a performance by the Steel School of Irish Dance on March 14th.

Be sure to highlight your favorite activities in your Recreation Calendar so you don't miss the fun! And, as always, feel free to share any ideas or suggestions for future programs or trips with us.

Warm wishes for a fulfilling March,

-Olga, Activity Coordinator



March 2025

Sunnyside Manor



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Locations Legend: East Lounge (EL) West Lounge (WL) North Lounge (NL) Lobby (Lo) Library (LIB) Dining Room (DR) East Kitchenette (EK) Bus Trips (BUS)</p>						
<p>1:00 Seniors & Smiles: SRCA Community Visit (WL) 2</p>	<p>10:30 Morning Exercises (NL) 3 1:00 Women of Impact: Jeopardy Showdown (EL) 3:00 Decorate for St. Patrick's (WL)</p>	<p>10:30 Meet & Greet: Tea with Star of the Sea Catholic Church (WL) 4 1:00 Bingo (WL) 3:00 Chair Yoga DVD (EL)</p>	<p>10:30 Morning Exercises (NL) 5 1:00 Movie Time & Popcorn: Reagan (EL) 3:00 Happy Hour with Kevin Johnson (WL) </p>	<p>10:30 Core Fitness with Anne Burnell DVD (EL) 6 1:00 Shopping Trip to Walmart (Lo) 3:00 Scrabble (EL)</p>	<p>10:30 Stronger Seniors - Chair Aerobics DVD (EL) 7 1:00 Blooms to Go: A Floral Craft for All (NL) 3:00 Cards Games (NL) </p>	<p>10:40 Zumba Gold with Marifer (NL) 1 5:30 Saturday Night Chat (WL)</p> <p>International Women's Day 8 10:40 Zumba Gold with Marifer (NL)</p> <p>WOMEN'S DAY </p>
<p>12:30 Piano Music with Daniel (WL) 9 1:00 Christian Service with Pastor Les (LIB) </p>	<p>10:30 Morning Exercises (NL) 10 1:00 Words Creations with Olga (WL) 3:00 Wii Games: Bowling (EL)</p>	<p><u>Library Books & Tapes Due</u> 11 1:00 Shamrock Bingo with Prizes (WL) 3:00 Chair Yoga DVD (EL) 3:30 Outwit Card Game with Nadia (NL)</p>	<p>10:30 Morning Exercises (NL) 12 1:00 Walk 'n' Talk with Olga (Lo) 3:00 Cheers to Ireland: Happy Hour with Lorraine Smith (WL)</p>	<p>10:30 Core Fitness with Anne Burnell DVD (EL) 13 1:00 Creative Colouring (NL) 3:00 Scrabble (EL)</p>	<p>10:30 Stronger Seniors - Chair Aerobics DVD (EL) 14 1:30 Steel School of Irish Dance Performance (WL) 3:00 Uno Fun with Shae (NL)</p>	<p>10:40 Zumba Gold with Marifer (NL) 15 12:30 Eric's Music Hour (WL) 5:30 Saturday Night Chat (WL)</p>
<p>3:00 Music from the Heart: Student Performances on Piano, Violin, Cello & Harp (WL) 16</p>	<p><u>Happy St. Patrick's Day!</u> 17 10:30 Morning Exercises (NL) 1:00 The Emerald Isle Games: Jeopardy and Gold Toss (WL) 3:00 Darts & Ladder Ball Games (WL)</p>	<p>1:00 Bingo (WL) 18 3:00 Chair Yoga DVD (EL)</p>	<p>10:30 Morning Exercises (NL) 19 1:00 One-To-One Visits (Lo) 3:00 Melodies & Memories: A Music By Request Party (WL) </p>	<p><u>Spring Begins</u> 20 10:30 Core Fitness with Anne Burnell DVD (EL) 1:00 Bus Outing to Cascades Casino in Langley (BUS) 3:00 Scrabble (EL)</p>	<p>10:30 Stronger Seniors - Chair Aerobics DVD (EL) 21 1:00 Giant Crossword with Michelle (NL) 3:00 Uno Fun with Shae (NL)</p>	<p>10:40 Zumba Gold with Marifer (NL) 22</p>
<p>12:30 Piano Music with Daniel (WL) 23</p>	<p>10:30 Morning Exercises (NL) 24 1:00 35 Pieces Puzzle Challenge with Prizes (WL) 3:00 Sensory Mystery Box Quest (WL)</p>	<p>1:00 Bingo with Prizes (WL) 25 2:00 Welcoming Heather: A Special Letter Reading on Aging (WL) 3:00 Chair Yoga DVD (EL) 3:30 Outwit Card Game with Nadia (NL)</p>	<p>10:30 Morning Exercises (NL) 26 2:00 Town Hall Meeting (DR) 3:00 Happy Hour with Brian Zalo (ST) </p>	<p>10:30 Core Fitness with Anne Burnell DVD (EL) 27 1:00 Party Prep (DR) 1:30 Birthday Party & Welcome Tea (DR) 3:00 Scrabble (EL)</p>	<p>10:30 Stronger Seniors - Chair Aerobics DVD (EL) 28 1:00 Words Creations with Michelle (WL) 3:00 Cards Games (NL)</p>	<p>10:40 Zumba Gold with Marifer (NL) 29 12:30 Eric's Music Hour (WL)</p>
<p> 30</p>	<p>10:30 Morning Exercises (NL) 31 1:00 Riddles and Brain Teasers (WL) 3:00 Walking & Balance Exercise Class (EL)</p>	<p><i>March is a month of renewal, where the earth awakens from its winter slumber and bursts forth with new life. Let us embrace the changing seasons, welcoming the warmth of spring and the promise of brighter days ahead.</i></p>			<p>Wafaa's Hair Salon Open on Wednesdays 9:00AM-2:00PM </p>	<p></p>