

## New Horizons Activity Calendar March 2026

District of Kenora New Horizons Seniors Centre – 18 Mike Richards Way  
 Phone 468-5947/468-8221  
 Keewatin Centre Phone 547-3902  
 WEBSITE: <http://www.kenoraseniors.ca>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 Lunch 11:45 – 1:00 Bridge Lounge 1 p.m. Crib Keewatin Centre 1:30-3:30 Art for Fun Lounge 1:00 p.m. Floor Curling – Rotary Room 6:30 – 8:00 p.m.	3 Yoga at the Keewatin Centre 9:30-10:30 Silver Threads Keewatin 10 – 4 p.m. Walking Group Lounge 11 a.m. Quilters <b>MP ROOM</b> 11:30-3:30 Euchre Lounge 1:00 p.m.	4 Mahjoong-Lounge 9:30 Keewatin Lunch 12 Noon Darts at the Legion 2-4	5 RAM Coffee Grp Lounge 9 am Around the Block Quilters – MP Room 10-3 p.m. Lunch 11:45-1 Bridge-Keewatin Centre 12:30 Mahjong Keewatin Centre 1:00 BID Euchre Lounge 1:00 Art for Fun Lounge 1:00 p.m.	6 Bell Ringers MP Room – 10 – 11:15 Stitch'n'Time Rotary Room 11:30-3:30 Crib Lounge 1 – 3 p.m. QA5 - MP Rm 12:30– 3 p.m. Pool (Billiards) Lounge 1:00 Water Fit 2:45 – 3:30	7 <b>MEMBERSHIP DUES ARE DUE APRIL 1, 2026</b>
8 <b>DAYLIGHT SAVINGS TIME BEGINS</b>	9 <b>F &amp; F Rotary Rm 10:00-11:00</b> Lunch 11:45 – 1:00 Bridge Lounge 1 p.m. Crib Keewatin Centre 1:30-3:30 Art for Fun Lounge 1:00 p.m. Floor Curling – Rotary Room 6:30 – 8:00 p.m.	10 Yoga at the Keewatin Centre 9:30-10:30 Line Dancing Rotary Room 10 – 11 a.m. Silver Threads Keewatin 10 – 4 p.m. Walking Group Lounge 11 a.m.  Quilters Rotary Rm 11:30-3:30 Euchre Lounge 1:00 p.m.	11 Chair Yoga Kenora R. Room 9:30-10:30 Mahjoong-Lounge 9:30 Home Free Stitchers MP Room 10 – 3 p.m. Bells Ensemble Rotary Room 10:45 – 12 Noon Keewatin Lunch 12 Noon Floor Curling R Rm 1:00 Darts at the Legion 2-4	12 RAM Coffee Grp Lounge 9 am Around the Block Quilters – MP Room 10-3 p.m. F & F Rotary Rm 10:15-11:15 Lunch 11:45-1 Bridge Keewatin Centre 12:30 Mahjong Keewatin Centre 1:00 BID Euchre Lounge 1:00 Art for Fun Lounge 1:00 p.m.	13 Cardio Drumming RR 10-11 Bell Ringers MP Room – 10 – 11:15 Stitch'n'Time Rotary Room 11:30-3:30 Crib Lounge 1 – 3 p.m. QA5 - MP Rm 12:30– 3 p.m. Pool (Billiards) Lounge 1:00 Water Fit 2:45 – 3:30	14
15	16 F & F Rotary Rm 10:15-11:15 Lunch 11:45 – 1 p.m. Bridge Lounge 1 p.m. Crib Keewatin Centre 1:30-3:30 Art for Fun Lounge 1:00 p.m. Floor Curling – Rotary Room 6:30 – 8:00 p.m.	17 <b>ST PATRICKS DAY</b> Line Dancing Rotary Room 10 – 11 a.m. Silver Threads Keewatin 10 – 4 p.m. Walking Group Lounge 11 am Quilters Rotary Room 11:30 – 3:30 Euchre Lounge 1:00 p.m.	18 Mahjoong-Lounge 9:30 Bells Ensemble Rotary Room 10:45 – 12 Noon Keewatin Lunch 12 Noon German Food Prep 1:00 Floor Curling R.Room 1:00 Darts at the Legion 2 - 4	19 RAM Coffee Grp Lounge 9 am <b>Around the Block Quilters Move to R R 11:30 – 4 p.m.</b> F & F Rotary Rm 10:15-11:15 Lunch 11:45-1 Bridge-Keewatin Centre 12:30 Mahjong Keewatin Centre 1:00 BID Euchre Lounge 1:00 Art for Fun Lounge 1:00 p.m.	20 Cardio Drumming RR 10-11 <b>Bell Ringers Lounge</b> 10-11:15 Stitch'n'Time Rotary Rm 11:30-3:30 Crib Lounge 1 – 3 p.m. QA5 – MP Rm 12:30-3 p.m. Pool (Billiards) Lounge 1:00 Water Fit 2:45 – 3:30	21
22 <b>EUCHRE TOURNAMENT IN THE LOUNGE Check in at 12:00 Games start at 12:30 p.m.</b>	23 <b>F &amp; F Rotary Rm 10-11:00</b> Lunch 11:45–1 p.m. Bridge Lounge 1 p.m. Crib Keewatin Centre 1:30-3:30 Art for Fun Lounge 1:00 p.m. Floor Curling – Rotary Room 6:30 – 8:00 p.m.	24 Yoga at the Keewatin Centre 9:30 – 10:30 Line Dancing Rotary Room 10 – 11 a.m. Silver Threads Keewatin 10 – 4 p.m. Walking Group Lounge 11 am Quilters Rotary Room 11:30 – 3:30 p.m. Euchre Lounge 1:00 p.m.	25 Chair Yoga Kenora R. Room 9:30-10:30 Mahjoong-Lounge 9:30 Home Free Stitchers MP Room 10 – 3 p.m. Bells Ensemble Rotary Room 10:45-12 Noon Keewatin Lunch 12 Noon Floor Curling R Rm 1:00 Darts at the Legion 2-4	26 RAM Coffee Grp Lounge 9 am Around the Block Quilters MP Room 10 – 3 pm F & F Rotary Rm 10:15-11:15 Lunch 11:45-1 Bridge- Keewatin Centre 12:30 Mahjong Keewatin Centre 1:00 BID Euchre Lounge 1:00 Art for Fun Lounge 1:00 p.m.	27 Cardio Drumming RR 10 -11 Bell Ringers MP Rm 10--11:15 Stitch'n'Time Rotary Rm 11:30-3:30 p.m. Crib Lounge 1 – 3 p.m. QA5 - MP Rm 12:30 – 3 p.m. Pool (Billiards) Lounge 1:00 Water Fit 2:45-3:30	28
29	30 F & F Rotary Rm 10:15-11:15 Lunch - Presentation on slips trips and falls 11:45–1 p.m. Bridge Lounge 1 p.m. Crib Keewatin Centre 1:30-3:30 Art for Fun Lounge 1:00 p.m. Floor Curling R.R. 6:30 – 8:00 pm	31 Yoga at Keewatin 9:30-10:30 Line Dancing R.R. 10 – 11 a.m. Silver Threads Keewatin 10 – 4 p.m. Walking Group Lounge 11 am Quilters R.R. 11:30-3:30 Euchre Lounge 1:00 p.m.				



To those who have a birthday in March

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|------------------|----------------------|
| Dan Anderson     | Phylliss Austinson   |
| Ellen Belbas     | Beth Brose           |
| Nora Brough      | Gwen Carlson         |
| Jeanne Chagnon   | Judy Christie        |
| Bonnie Coughlin  | Esmeralda deSan      |
| Debbie Elliot    | Dawn Francis         |
| Bruce Francis    | Diane Giles          |
| Mara Karle       | Pat Kozlowski        |
| Don Lafreniere   | Pat McDougald        |
| Carol Marchand   | Irene Maunder        |
| Ella Nyberg      | Barb Pernsky         |
| Maryanne Poirier | Kerry-Dell Robertson |
| Mike Rushton     | Ruth Sandmoen        |
| Dennis Todaschuk | Mike Tooke           |
| Angela Treadway  | Lorina Turcotte      |
| Lana Wong        | Sandy Zeemel         |

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In Sympathy

*It is with our deepest sympathy we learned of the passing of member :*

AL CONLON

*Al was a dedicated lunch attendee, taking his place at the head of the table... until due to health reasons, he was unable to join us. Our deepest condolences to Ev and family.*

**DUES ARE DUE FOR THE UPCOMING FISCAL YEAR APRIL 1, 2026-MARCH 31, 2027 ON APRIL 1<sup>ST</sup> \$20.00**

We have two upcoming **Food Preparation Classes:**  
Wednesday March 18<sup>th</sup> at 1 p.m. German – Spaetzle (noodles) and mushroom sauce  
Wednesday April 1<sup>st</sup> at 1:30 p.m. Greek lemon soup and pita bread with Tzatziki sauce.  
After learning how to prepare .. those in attendance will enjoy sampling the finished product.  
**Numbers are limited** – so if you are interested please advise ASAP by calling the office at either 807-468-5947 or 807-468-8221

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ATTENTION

Please check with the office regarding the use of Sewing Machines and iPads that are available to use while at the Centre. Instructions for iPad use are with the iPad. Walking poles are also available for all members to use. All items must be signed out and in. Please check with the office if you are interested.

LUNCH MENU FOR KEEWATIN FOR MARCH 2026

- March 4<sup>th</sup> – Lasagne, Caesar salad, garlic toast and dessert
  - March 11<sup>th</sup> – Shepherds pie, coleslaw, bun and dessert
  - March 18<sup>th</sup> – Seven layer sausage casserole and dessert
  - March 25<sup>th</sup> – Mexican chicken casserole, salad and dessert
- Make sure you call to make a reservation – numbers are limited

Call 807-468-5947 or 807-468-8221

LUNCH MENU FOR KENORA FOR MARCH 2026

**MONDAYS:**

- March 2 – Taco Bowl and dessert
- March 9 – Quiche, Tossed salad and dessert
- March 16 – Soup, ham and cheese sandwich and dessert
- March 23 – Chicken Fingers with Macaroni salad and dessert
- March 30 – Ham, scalloped potatoes, carrots and dessert

**THURSDAYS:**

- March 5 – Ham, mac and cheese and dessert
- March 12 – Perogies and sausage and dessert
- March 19 – Soup, egg salad sandwich and dessert
- March 26 – Quiche, Tossed salad and dessert

Call 807-468-5947 or 807-468-8221

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Monday March 30<sup>th</sup> .. 12:30 p.m.



Slips, Trips and Falls

Join us for an informative and practical Falls Prevention presentation led by an Occupational Therapist from the L.O.W.D.H. This session

is designed specifically for seniors and focuses on simple, effective strategies to reduce the risk of falls at home and in the community. We will discuss common causes of falls, home safety tips, balance and mobility considerations, and how to use assistive devices safely.

Participants will gain valuable knowledge, practical tools, and confidence to stay safe, independent, and active in their daily lives! If you are not attending the March 30<sup>th</sup> lunch - please feel free to stop in for the presentation.

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**We have a Wii game at the centre .. located below the T.V. Please feel free to use it.**