

ACTIVITY CALENDAR - FEBRUARY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Note: Schedule of activities/programs may change without notice. Thank you!</p>				<p>1 9:00 a.m. Walk a Block 10:30 a.m. Morning Program 2 11:00 a.m. Fitness – 3 12:00 a.m. Fitness 4 12:50 p.m. Walks/1:1 2:30 p.m. Music with Yuliya Ioffe 2:40 p.m. Music Therapy 4:00 p.m. Happy Half 5:00 p.m. 1:1 Visits 6:45 p.m. Documentary</p>	<p>2 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 11:00 a.m. Fitness 3 11:10 a.m. Music Program 2 12:00 p.m. Fitness 4 12:50 p.m. 1:1/walks 2 2:30 p.m. Classical Music Patrick Ray 4:00 p.m. Happy Half 5:00 p.m. Manicure & Hand Massage 6:45 p.m. Movie Night</p>	<p>3 9:00 a.m. Walk a Block 9:30 a.m. Catholic Service 10:45 a.m. Morning Program 2 11:00 a.m. Fitness – 3 12:00 pm. Fitness – 4 2:00 p.m. Flower Arranging 2:00 p.m. Afternoon Program 2 4:00 p.m. Happy Half 5:00 p.m. Reminiscing 6:45 p.m. Arts & Crafts</p>
<p>4 9:00 a.m. Walk a Block 10:30 a.m. Morning program 11:00 a.m. Fitness – 3 12:00 p.m. Fitness – 4 2:00 p.m. Fitness 2 2:00 p.m. Bingo 4:00 p.m. Happy Half 5:00 p.m. A Good Read 6:45 p.m. Domino</p>	<p>5 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 2 11:00 a.m. Weight Training Class – 3 11:10 a.m. Morning Program 2 12:00 p.m. Weight Training Class – 4 2:00 p.m. Lawn Bean Bag Toss Game 4:00 p.m. Happy Half</p>	<p>6 picnic lunch 3 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 2 11:30 a.m. Picnic Lunch 11:10 a.m. Morning Program 2 2:00 p.m. Sing along 3 2:00 p.m. Afternoon Program 2 2:00 p.m. Domino 4 3:00 p.m. Sing along 4 4:00 p.m. Happy Half</p>	<p>7 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 2 11:00 a.m. Chair Yoga 3 11:10 a.m. Morning Program 2 11:40 a.m. Chair Yoga 4 2:30 p.m. Birthday Party Luna Rossa 4:00 p.m. Happy Half 5:00 p.m. Colouring 6:45 p.m. Documentary</p>	<p>8 9:00 a.m. Walk a Block 10:30 a.m. Morning Program 2 11:00 a.m. Fitness – 3 12:50 p.m. Walks/1:1 2:00 p.m. Tea & Toast 2:00 p.m. Music Therapy 2:40 p.m. Music Therapy 4:00 p.m. Happy Half 5:00 p.m. A Good Read 6:45 p.m. Bingo</p>	<p>9 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 2 11:00 a.m. Fitness 3 11:10 a.m. Morning Program 2 12:00 p.m. Fitness 4 12:50 p.m. 1:1/walks 2:30 p.m. Anna de Pansacola – Love songs 4:00 p.m. Happy Half 5:00 p.m. Manicure & Hand Massage 6:45 p.m. Movie Night</p>	<p>10 9:00 a.m. Walk a Block 9:30 a.m. Catholic Service 10:45 a.m. Morning Program 2 11:00 a.m. Fitness – 3 12:00 pm. Fitness – 4 2:30 p.m. Chinese New Year - Lorraine Smith 4:00 p.m. Happy Half 5:00 p.m. 1:1 6:45 p.m. Arts & Crafts Valentine theme</p>

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<p>11 9:00 a.m. Walk a Block 10:30 a.m. Morning program 11:00 a.m. Fitness – 3 12:00 p.m. Fitness – 4 2:00 p.m. Fitness 2 2:00 p.m. Bingo 4:00 p.m. Happy Half 5:00 p.m. Manicure & Hand Massage 6:45 p.m. Hangman Theme: Valentine’s</p>	<p>12 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 2 11:00 a.m. Weight Training Class– 3 11:10 a.m. Morning Program 2 12:00 p.m. Weight Training Class – 4 2:00 p.m. Indoor Golf 2:00 p.m. Art Class with Leonard 4:00 p.m. Happy Half</p>	<p>13 Picnic Lunch 2nd 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 11:00 a.m. Picnic Lunch 2:00 p.m. Afternoon Program 2 2:00 p.m. Sing Along 3 2:00 p.m. Domino 4 3:00 p.m. Sing Along 4 4:00 p.m. Happy Half</p>	<p>14 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 11:00 a.m. Fitness 3 11:10 a.m. Morning Program 2 12:00 p.m. Fitness 4 12:50 p.m. Walks/1:1 2 2:30 p.m. Valentine’s Day Party - Robert Sproviero 4:00 p.m. Happy Half 5:00 p.m. 1:1 Visit 6:45 p.m. Movie Night “Love Story” (1970)</p>	<p>15 9:00 a.m. Walk a Block 10:30a.m. Morning Program 2 11:00 a.m. Breathing Class (Harsha) 3 11:40 p.m. Breathing Class (Harsha) 4 12:50 p.m. Walks/1:1 2 2:00 p.m. Music Therapy 2 2:00 p.m. Indoor Golf 2:40 p.m. Music Therapy 2 4:00 p.m. Happy Half 5:00 p.m. Reminiscing 6:45 p.m. Documentary</p>	<p>16 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 11:00 a.m. Fitness – 3 11:10 a.m. Morning Program 2 12:00 p.m. Fitness – 4 12:50 p.m. Walks/1:1 2 2:00 p.m. Tea & Toast 4:00 p.m. Happy Half 5:00 p.m. Manicure & Hand Massage 6:45 p.m. Reminiscing</p>	<p>17 9:00 a.m. Walk a Block 9:30 a.m. Catholic Service 10:45 a.m. Morning Program 2 11:00 a.m. Fitness – 3 12:00 p.m. Fitness – 4 1:15 p.m. Walks/1:1 2 2:00 p.m. Karaoke 4:00 p.m. Happy Half 5:00 p.m. A Good Read 6:45 p.m. Domino</p>
<p>18 9:00 a.m. Walk a Block 10:30 a.m. Morning program 11:00 a.m. Fitness – 3 12:00 p.m. Fitness – 4 2:30 p.m. Bingo 4:00 p.m. Happy Half 5:00 p.m. Manicure & Hand Massage 6:45 p.m. Word Timer Theme: Family</p>	<p>19 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 2 11:00 a.m. Weight Training Class– 3 11:10 a.m. Morning Program 2 12:00 p.m. Weight Training Class – 4 2:30 p.m. Family Day Hand Over Heart 4:00 p.m. Happy Half</p>	<p>20 Picnic Lunch 4th 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 2 11:00 a.m. Picnic Lunch 11:10 a.m. Morning Program 2 2:00 p.m. Afternoon Program 2 2:00 p.m. Sing Along 3 2:00 p.m. Domino 4 3:00 p.m. Sing along 4 4:00 p.m. Happy Half</p>	<p>21 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 11:00 a.m. Fitness 3 11:10 a.m. Morning Program 2 11:45 a.m. TAPercise with Beryl Israel 12:50 p.m. Walks/1:1 2 2:30 p.m. Bob Collins Winter theme 4:00 p.m. Happy Half 5:00 p.m. A Good Read 6:45 p.m. Bingo</p>	<p>22 9:00 a.m. Walk a Block 10:30a.m. Morning Program 2 11:00 a.m. Fitness – 3 12:00 p.m. Fitness – 4 12:50 p.m. Walks/1:1 2 2:00 p.m. Music Therapy 2:30 p.m. Word Timer 2:40 p.m. Music Therapy 4:00 p.m. Happy Half 5:00 p.m. 1:1 6:45 p.m. Word Timer</p>	<p>23 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 11:00 a.m. Fitness – 3 11:10 a.m. Morning Program 2 12:00 p.m. Fitness – 4 12:50 p.m. Walks/1:1 2:30 p.m. Celebration of Life - Rebecca Blair 4:00 p.m. Happy Half 5:00 p.m. A Good Read 6:45 p.m. Documentary</p>	<p>24 9:00 a.m. Walk a Block 9:30 a.m. Catholic Service 10:45 a.m. Morning Program 2 11:00 a.m. Fitness – 3 12:00 p.m. Fitness – 4 2:00 p.m. Flower Arranging 4:00 p.m. Happy Half 5:00 p.m. Manicure & Hand Massage 6:45 p.m. Movie night “An Affair To Remember”</p>

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<p>25</p> <p>9:00 a.m. Walk a Block 10:30 a.m. Morning program 11:00 a.m. Fitness – 3 12:00 p.m. Fitness – 4 2:00 p.m. Fitness 2 2:30 p.m. Apple Choir Concert 4:00 p.m. Happy Half 5:00 p.m. Reminiscing 6:45 p.m. Domino</p>	<p>26</p> <p>9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 2 11:00 a.m. Weight Training Class – 3 11:10 a.m. Morning Program 2 12:00 p.m. Weight Training Class– 4 2:00 p.m. Indoor Bowling 2:00 p.m. Art Class with Leonard 4:00 p.m. Happy Half</p>	<p>27 Picnic Lunch 3</p> <p>9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 2 1100 a.m. Picnic Lunch 11:10 a.m. Morning Program 2 2:00 p.m. Afternoon Program 2 2:00 p.m. Sing Along 3 2:00 p.m. Domino 4 3:00 p.m. Sing along 4 4:00 p.m. Happy Half</p>	<p>28</p> <p>9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 11:10 a.m. Morning Program 2 11:00 a.m. Fitness – 3 12:00 p.m. Fitness – 4 12:50 p.m. Walks/1:1 2 2:30 p.m. Welcome New Residents – Hand Over Heart 3:30 p.m. Walk/1:1 3 4:00 p.m. Happy Half 5:00 p.m. Manicure & Massage 6:45 p.m. Bingo</p>	<p>29</p> <p>9:00 a.m. Walk a Block 10:30a.m. Morning Program 2 11:00 a.m. Fitness – 3 12:00 p.m. Fitness – 4 12:50 p.m. Walks/1:1 2 2:00 p.m. Music Therapy 2 2:30 p.m. Indoor Golf 2:40 p.m. Music Therapy 4:00 p.m. Happy Half 5:00 p.m. 1:1 6:45 p.m. Crosswords</p>		