

# February

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Tuck Shop Hours</b> Sunday, Wednesday and Friday 1-3p.m Call ext. 8200 for up-to-date Shop open hours or speak to a Tuck Volunteer during open hours.	<b>Program</b> <b>Retirement Community</b> AR - Activity Room D1 - Retirement Dining Rm L1 – Retirement Lounge TH - Theatre	<b>Locations</b> <b>Senior Living Community</b> BR – Billiards Room L2 – Senior Living Lounge, D2 – Senior Living Dining Room PR - Party Room	<b>Aquafit</b> To attend Aquafit classes, residents MUST Call 8155 to sign up and be able to get in and out of the pool unassisted. If classes are full, you will be put on a temporary wait list.			<b>1</b> 9:30 Aquafit Class 1 (PL) 10:15 Aquafit Class 2 (PL) 10:30 News and Social Discussion (AR) 11:15 15-min Stretch! (AR) 2:00 Dollar Bingo \$1 to Play (AR) 3:00 Dollar Bingo \$1 to Play (AR)
<b>2 Groundhog Day</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7 Wear Red Day</b>	<b>8</b>
<b>Church Transportation</b> 10:30 Spiritual Reflection (TH) 2:00 Spiritual Reflection (TH) <b>2:15 Groundhog Day Trivia (AR)</b> 3:00 Hymn Sing with Grace (AR)	<b>Trip to Vicky's Values</b> 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) <b>1:45 Bingo! 50¢/card (PR)</b> 2:15 Stretch Exercise (TH) <b>3:00 TV Series: All Creatures Great and Small (TH)</b>	<b>Medical Transportation 9-4p.m</b> 9:45 Strength Exercise (AR) <b>10:00 A Time of Prayer with St Mary's Volunteers (TH)</b> 10:45 Activity Planning Meeting (AR) 2:00 Euchre (AR) <b>Euchre (PR)</b> 2:15 Chair Yoga (TH) <b>3:15 Activity Planning Meeting (L2)</b> 7:15 Jeopardy! (AR)	<b>Bank Transportation</b> 9:45 Strength Exercise (AR) 10:45 Name that Tune (AR) 1:30 Knit Witts (D1) <b>1:45 Bingo! 50¢/card (PR)</b> <b>2:00 TV Series: Virgin River (TH)</b> <b>2:15 Pokeno! (AR)</b> <b>3:00 Happy Hour with Darlene and the Shamrock (L1)</b> <b>3:15 Virtual Standing Drumfit (L2)</b>	<b>Trip to Shopper's Drug Mart</b> 9:45 Strength Exercise (AR) <b>10:00 Residents Council Annual General Meeting (PR)</b> 10:45 Hand Wax Therapy (AR) 2:15 Tai Chi (TH) <b>3:00 TV Series: Carol Burnett Show (TH)</b> 3:00 Valentine's Craft: Making Clay Hearts (AR)	9:45 Strength Exercise (AR) <b>10:30 Help prep the billiards room for the new dart board! (BR)</b> 10:45 Bean Bags (AR) <b>2:00 Documentary: Life Off Grid (TH)</b> 2:15 Stretch Exercise (AR) 3:15 Darts! (AR)	<b>9:30 Aquafit Class 1 (PL)</b> <b>10:15 Aquafit Class 2 (PL)</b> 10:30 News and Social Discussion (AR) 11:15 15-min Stretch! (AR) 2:00 Big Screen Bingo (AR) 3:15 Scrabble and Board Games (AR)
<b>9 Superbowl Sunday</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14 Valentines Day</b>	<b>15</b>
<b>Church Transportation</b> 10:30 Spiritual Reflection (TH) 2:00 Hymn Sing and Inspirational Talk with Pastor Jurgen Rausch <b>2:15 Name That Tune (AR)</b> 3:00 Spiritual Reflection (TH) <b>3:15 Pen Pals: Writing Letters to Ms. Richard's Grade 4/5 Class (AR)</b>	<b>Trip to Giant Tiger</b> 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) <b>1:45 Bingo! 50¢/card (PR)</b> 2:15 Stretch Exercise (TH) <b>3:00 TV Series: All Creatures Great and Small (TH)</b> <b>3:00 Happy Hour with Bill Dickenson (L1)</b>	<b>Medical Transportation 9-4p.m</b> 9:45 Strength Exercise (AR) 10:30 Book Club Meeting w/ Deb (PDR) 10:45 Crochet and Knit with Jess (AR) 2:00 Euchre (AR) <b>Euchre (L2)</b> 2:15 Chair Yoga (TH) <b>3:30 Mocktail Social (L1)</b> 7:15 Finish the Lyrics (AR)	9:45 Strength Exercise (AR) 10:45 Name that Tune (AR) 1:30 Knit Witts (D1) <b>1:45 Bingo! 50¢/card (PR)</b> <b>2:00 TV Series: Virgin River (TH)</b> <b>2:15 Pokeno! (AR)</b> <b>3:15 Virtual Standing Drumfit (L2)</b>	<b>Trip to Loblaws</b> 9:45 Strength Exercise (AR) <b>10:30 United Church Service (TH)</b> 10:45 Hand Wax Therapy (AR) 2:15 Tai Chi (TH) <b>2:30-4:00 Drop in for Valentine's Nail Painting with Jaiden (AR)</b> <b>3:00 TV Series: Carol Burnett Show (TH)</b>	9:45 Strength Exercise (AR) <b>10:45 Ladder Ball (AR)</b> <b>2:30 Valentine's Day Party with Carling Stephen and Rob Phillips (L1)</b>	<b>9:30 Aquafit Class 1 (PL)</b> <b>10:15 Aquafit Class 2 (PL)</b> 10:30 News and Social Discussion (AR) 11:15 15-min Stretch! (AR) 2:00 Dollar Bingo-1\$ to Play (AR) 3:15 Scrabble and Board Games (AR)
<b>16</b>	<b>17 Family Day</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>Church Transportation</b> 10:30 Spiritual Reflection (TH) 2:00 Spiritual Reflection (TH) <b>2:15 Charades! (AR)</b> 3:00 Sing Along with Grace (AR) Dinner Time Music in the Dining Room	9:45 Video Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) <b>1:45 Bingo! 50¢/card (PR)</b> 2:15 Video Stretch Exercise (AR) <b>3:00 TV Series: All Creatures Great and Small (TH)</b> <b>3:15 Last Call for Pen Pals: Writing Letters to Ms. Richard's Grade 4/5 Class (AR)</b>	<b>Medical Transportation 9-4p.m</b> 9:45 Strength Exercise (AR) <b>10:30 St. Mary's Catholic Service (TH)</b> 10:45 Knit and Crochet with Jess (AR) 2:00 Euchre (AR) <b>Euchre (PR)</b> 2:15 Chair Yoga (TH) <b>3:30 Mocktail Social (L1)</b> 7:15 Word Games (AR)	<b>Bank Transportation</b> 9:45 Strength Exercise (AR) 10:45 Name that Tune (AR) 1:30 Knit Witts (D1) <b>1:45 Bingo! 50¢/card (PR)</b> <b>2:00 TV Series: Virgin River (TH)</b> <b>3:00 February Birthday Party with Don van Haltren (L1)</b>	<b>Trip to Dollarama/Food Basics</b> 9:45 Strength Exercise (AR) <b>10:30 United Church Service (TH)</b> 10:45 Hand Wax Therapy (AR) 2:15 Tai Chi (TH) <b>3:00 TV Series: Carol Burnett Show (TH)</b> <b>3:15 Where in the World Have You Been? China Edition! (AR)</b>	<b>Nelly's Comfort Shoes 11am-4pm (L1)</b> 9:45 Strength Exercise (AR) 10:45 <b>Washer Toss (AR)</b> <b>2:00 Documentary: Joan Baez: I Am Noise (TH)</b> 2:15 Stretch Exercise (AR) <b>3:15 Darts! (AR)</b> 7:00 Skip-Bo (AR)	<b>9:30 Aquafit Class 1 (PL)</b> <b>10:15 Aquafit Class 2 (PL)</b> 10:30 News and Social Discussion (AR) 11:15 15-min Stretch! (AR) 2:00 Big Screen Bingo (AR) 3:15 Scrabble and Board Games (AR)
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	
<b>Church Transportation</b> 10:30 Spiritual Reflection (TH) 2:00 Spiritual Reflection (TH) <b>2:15 Finish the Lyrics (AR)</b> 3:00 Riddles and Brain Teasers (AR)	<b>Trip to the Lindsay Mall</b> 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) <b>1:45 Bingo! 50¢/card (PR)</b> <b>2:00 TV Series: All Creatures Great and Small (TH)</b> <b>2:00 RC General Food Meeting – All are invited! (AR)</b> 3:15 Stretch Exercise (AR)	<b>Medical Transportation 9-4p.m</b> 9:45 Strength Exercise (AR) <b>10:30 Anglican Church Service (TH)</b> 10:45 Knit and Crochet with Jess (AR) 2:00 Euchre (AR) <b>Euchre (PR)</b> 2:15 Chair Yoga (TH) <b>3:30 Mocktail Social (L1)</b> 7:00 Art with Adrienne (AR) Call 8155 to sign up	9:45 Strength Exercise (AR) 10:45 Name that Tune (AR) 1:30 Knit Witts (D1) <b>1:45 Bingo! 50¢/card (PR)</b> <b>2:00 TV Series: Virgin River (TH)</b> <b>2:15 Pokeno! (AR)</b> <b>3:15 Virtual Standing Drumfit (L2)</b>	<b>Trip To Whitney Town Centre/LCBO</b> 9:45 Strength Exercise (AR) <b>10:00 SLC General Food Meeting – All are invited! (D2)</b> 10:45 Hand Wax Therapy (AR) 2:15 Tai Chi (TH) <b>3:00 Happy Hour with Jay Franco (L1)</b>	9:45 Strength Exercise (AR) 10:45 Balloon Badminton (AR) <b>11:30 Fire Safety Q&amp;A (D2)</b> <b>2:00 Documentary: Bluefin (TH)</b> 2:15 Stretch Exercise (AR) <b>3:15 Darts! (AR)</b> 7:00 Skip-Bo (AR)	