


Sunday Monday Tuesday Wednesday Thursday Friday Saturday



			<p>CALENDAR CHANGE 1 10:00 St. Francis ✠ Worship Service 11:00 Physio Group 2:00 Dark Chocolate Trivia & Tasting 6:00 Fun & Games NATIONAL DARK CHOCOLATE DAY</p>	<p>9:45 On Your Toes 2 10:00 Groundhog Day Activities 1:30 Program Staff Meeting 2:00 Cards 6:00 Snaps <small>Groundhog Day</small></p>	<p>10:00 BINGO 3 11:00 Physio Group 2:00 Baking 6:00 Board Games NATIONAL WEAR RED DAY</p>	<p>10:00 Drummer-cise 4 2:00 Valentine's Cards 6:00 Darts NATIONAL HOMEMADE SOUP DAY</p>
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10:00 Spiritual Corner 5
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2:00 Jeopardy
6:00 Magazine Pass

9:45 On Your Toes 6
10:00 Bible Study
2:00 How It's Made: Maple Syrup
6:00 Fun & Games
CANADIAN MAPLE SYRUP DAY

10:00 TikTok 7
2:00 Knitting/Crochet Group
6:00 BINGO

8:30 Outing: Family Corner 8
11:00 Physio Group
2:00 Residents' Council & Food Committee Meeting
6:00 Bean Bag Toss

9:45 On Your Toes 9
10:00 Coffee Club
12:00 Pizza Lunch
2:00 Magazine Scavenger Hunt
6:00 Bowling
NATIONAL PIZZA DAY

10:00 Manicures 10
11:00 Physio Group
2:00 BINGO
6:00 Movie Night & Popcorn

10:00 Art Attack: Hearts 11
2:00 How It's Made: Conversation Hearts
6:00 1:1 Visits

10:00 Spiritual Corner 12
2:00 Virginia Performs
6:00 Superbowl Pre-Party
SUPERBOWL SUNDAY

9:45 On Your Toes 13
10:00 Horse Races
2:00 BINGO
6:00 Activity Booklets

10:00 Greatest Love Stories 14
12:00 Valentine's Lunch
2:00 Valentine's Treat Cart
6:00 Name that Tune
Valentine's Day

10:00 Aquatic Centre 15
10:00 St. Francis
✠ Worship Service
11:00 Physio Group
2:00 Cow Tongues
6:00 Fun & Games

9:45 On Your Toes 16
10:00 Fun Facts & Winter Trivia
2:00 BINGO
6:00 Cards

10:00 Bible Study 17
11:00 Physio Group
2:00 Spencer Performs
6:00 Pub Night Trivia

10:00 Drummer-cise 18
2:00 Spa Afternoon
6:00 Recipe Reminisce

10:00 Spiritual Corner 19
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2:00 Daytona 500 Party
6:00 BINGO

9:45 On Your Toes 20
10:00 Art Attack
2:00 Balloon Toss
6:00 Brain Games
FAMILY DAY
Presidents' Day

10:00 Board Games 21
12:00 Pancake Lunch
2:00 Knitting/Crochet Group
6:00 Baking
Mardi Gras

10:30 Fountaingate 22
✠ Worship Service
11:00 Physio Group
2:00 Matinee Movie
6:00 Manicures & Margaritas
NATIONAL MARGARITA DAY
Ash Wednesday

9:45 On Your Toes 23
10:00 Bowling
2:00 Paint Afternoon
6:00 Hand Massages & Aromatherapy

10:00 Bible Study 24
11:00 Physio Group
2:00 BINGO
6:00 Supper Club

10:00 Program Planning Meeting 25
2:00 Fun & Games
6:00 My Five Things

10:00 Spiritual Corner 26
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2:00 Horseshoes
6:00 Relax & Reminisce

9:45 On Your Toes 27
10:00 Word Games
2:00 Shake Loose a Memory
6:00 Bedside Reading

10:00 1:1 Visits 28
2:00 Armchair Travel:
6:00 BINGO

February 2023

"The best and most beautiful things in this world cannot be seen or even heard but must be felt with the heart." - Helen Keller