

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>7:30 Breakfast - Open Seating <b>3</b></p> <p>11:45 Lunch</p> <p>2:00 ☀️ <b>Presbyterian Church Service</b></p> <p>3:30 Scrabble -Resident Run [CRM]</p> <p>4:45 Dinner</p>	<p>7:30 Breakfast - Open Seating <b>4</b></p> <p>11:00 🌿 <b>Modified OsteoFit Exercises</b></p> <p>11:00 ☀️ Piano Music with Diane Babcock [FL]</p> <p>11:45 Lunch</p> <p>1:30 ☀️ <b>Adult Coloring Books [DR]</b></p> <p>2:00 🎮 Wii Game [DR]</p> <p>3:30 🧠 Giant Crosswords [DR]</p> <p>4:45 Dinner</p> <p>7:00 🎲 <b>Cribbage [CRM]</b></p>	<p><b>Chinese New Year</b></p> <p><b>Sign Up for Foot Care Nurse</b> <b>5</b></p> <p>7:30 Breakfast - Open Seating</p> <p>9:00 🧴 <b>Foot Care Nurse [CRM]</b></p> <p>10:00 ☀️ <b>Yoga for Seniors- Video [DR]</b></p> <p>11:45 Lunch</p> <p>2:00 🧶 <b>Knit, Stitch and Visit [DR]</b></p> <p>2:00 🌿 <b>Scenic Drive</b></p> <p>3:00 😊 <b>Manicures with Sarah [CRM]</b></p> <p>4:45 😊 <b>Dinner- Chinese New Year Menu</b></p> <p>6:45 🎲 <b>Rummy [CRM]</b></p>	<p>7:30 Breakfast - Open Seating <b>6</b></p> <p>10:00 🧠 <b>Meet Me at the MoMa [DR]</b></p> <p>11:00 🎵 <b>Music Works w/ Lorri ( New Music Therapy Program) [DR]</b></p> <p>11:45 Lunch</p> <p>2:00 🧠 Dice Games [DR]</p> <p>3:00 🎲 Let's Play Euchre [CRM]</p> <p>3:30 🌿 <b>Modified OsteoFit Exercises [DR]</b></p> <p>4:15 ☀️ <b>Piano Music w/Mabon [FL]</b></p> <p>4:45 Dinner</p> <p>7:00 🎲 <b>Pokeno (\$3.40 in nickels) [DR]</b></p>	<p><b>Remember to Sign up for Shopping Bus</b> <b>7</b></p> <p>7:30 Breakfast - Open Seating</p> <p>10:30 🗣️ <b>Resident Forum &amp; Tea Social [DR]</b></p> <p>11:45 Lunch</p> <p>2:00 🧠 Let's Play Euchre [CRM]</p> <p>2:00 🚌 <b>Shopping Bus- Ironwood Plaza</b></p> <p>3:30 🌿 <b>Tai Chi- New Day and Time [DR]</b></p> <p>4:45 Dinner</p> <p>7:00 🎲 <b>Bingo ( 10 quarters) [DR]</b></p>	<p>7:30 Breakfast - Open Seating <b>8</b></p> <p>10:00 ☀️ <b>Catholic Mass [CRM]</b></p> <p>11:00 🌿 <b>Modified OsteoFit Exercises [DR]</b></p> <p>11:45 Lunch</p> <p>2:00 🧠 Trivia [DR]</p> <p>3:30 🎵 <b>Happy Hour w/ Brian Gimbel performing [DR]</b></p> <p>4:45 Dinner</p>	<p><b>Groundhog Day</b> <b>2</b></p> <p>7:30 Breakfast - Open Seating</p> <p>10:00 ☀️ <b>Piano Music with Tommy [FL]</b></p> <p>10:30 🌿 <b>Modified OsteoFit Exercises [DR]</b></p> <p>Lunch</p> <p>1:30 ☀️ <b>Bible Study-Jehovah Witness [CRM]</b></p> <p>1:30 🌿 <b>Go4 Life Walking Club</b></p> <p>1:30 🧘 <b>Wellness Clinic</b></p> <p>2:00 🧠 Once Upon a Time Word Game [DR]</p> <p>3:30 🧠 Bananagrams [CRM]</p> <p>4:45 Dinner</p> <p>6:45 😊 <b>Movie Night- Abe &amp; Phil's Last Poker Game ( Comedy ) [DR]</b></p>
<p>7:30 Breakfast - Open Seating <b>10</b></p> <p>11:45 Lunch</p> <p>2:00 ☀️ <b>Hymn Sing Video- Hymns Sung by Church Choir, Relaxing Classics [DR]</b></p> <p>4:45 Dinner</p>	<p>7:30 Breakfast - Open Seating <b>11</b></p> <p>11:00 🌿 <b>Modified OsteoFit Exercises</b></p> <p>11:00 ☀️ Piano Music with Diane Babcock [FL]</p> <p>11:45 Lunch</p> <p>2:00 🧠 <b>Helping Hands w/ Charlene [DR]</b></p> <p>2:00 🎮 Wii Game [DR]</p> <p>3:00 🗣️ <b>Meet &amp; Greet w/ Alice Wong MP ( Richmond Centre ) [FL]</b></p> <p>3:30 🧠 Giant Crosswords [DR]</p> <p>4:45 Dinner</p> <p>7:00 🎲 <b>Cribbage [CRM]</b></p>	<p>7:30 Breakfast - Open Seating <b>12</b></p> <p>10:00 ☀️ <b>Yoga for Seniors- Video [DR]</b></p> <p>11:45 Lunch</p> <p>2:30 🎵 <b>February Birthday &amp; Welcome Tea w/ Brian Zalo Performing [DR]</b></p> <p>3:30 🗣️ <b>Connect Hearing Consultants [CRM]</b></p> <p>4:45 Dinner</p> <p>6:45 🎲 <b>Rummy [CRM]</b></p>	<p>7:30 Breakfast - Open Seating <b>13</b></p> <p>10:00 🌿 <b>Modified OsteoFit Exercises (New Time on Wednesdays) [DR]</b></p> <p>11:00 🎵 <b>Music Works w/ Lorri ( New Music Therapy Program) [DR]</b></p> <p>11:45 Lunch</p> <p>2:00 🧠 <b>Meet Me at the MoMa [DR]</b></p> <p>3:00 🎲 Let's Play Euchre [CRM]</p> <p>4:15 ☀️ <b>Piano Music w/Mabon [FL]</b></p> <p>4:45 Dinner</p> <p>7:00 🎲 <b>Pokeno (\$3.40 in nickels) [DR]</b></p>	<p><b>Remember to Sign up for Shopping Bus</b> <b>14</b></p> <p><b>Valentine's Day</b></p> <p>7:30 Breakfast - Open Seating</p> <p>10:00 🗣️ <b>Health Talks- Heart Health [DR]</b></p> <p>11:45 Lunch</p> <p>12:00 😊 <b>Sweetheart's Lunch - Couples Only [DR]</b></p> <p>2:00 🚌 <b>Shopping Bus- Seafair Shopping Centre</b></p> <p>2:00 🗣️ <b>What's My Line- Famous Couples [DR]</b></p> <p>3:30 🌿 <b>Tai Chi- New Day and Time [DR]</b></p> <p>4:45 <b>Valentine's Day Special Dinner</b></p> <p>7:00 🎲 <b>Bingo ( 10 quarters) [DR]</b></p>	<p>7:30 Breakfast - Open Seating <b>15</b></p> <p>10:00 ☀️ <b>Catholic Communion [CRM]</b></p> <p>11:00 🌿 <b>Modified OsteoFit Exercises [DR]</b></p> <p>11:45 Lunch</p> <p>2:00 🧠 Trivia [DR]</p> <p>3:30 🎵 <b>Happy Hour w/ Matthew Ma performing [FL]</b></p> <p>4:45 Dinner</p>	<p>7:30 Breakfast - Open Seating <b>16</b></p> <p>10:00 ☀️ <b>Piano Music with Tommy [FL]</b></p> <p>10:30 🌿 <b>Modified OsteoFit Exercises [DR]</b></p> <p>Lunch</p> <p>1:30 🌿 <b>Go4 Life Walking Club</b></p> <p>1:30 🧘 <b>Wellness Clinic</b></p> <p>2:00 🌿 <b>Scenic Drive</b></p> <p>3:30 🧠 Bananagrams [CRM]</p> <p>4:45 Dinner</p> <p>6:45 😊 <b>Movie Night-You've Got Mail [DR]</b></p>
<p>7:30 Breakfast - Open Seating <b>17</b></p> <p>11:45 Lunch</p> <p>2:00 ☀️ <b>Lutheran Church Service [DR]</b></p> <p>4:45 Dinner</p> <p>7:00 ☀️ <b>Music Appreciation Hour [CRM]</b></p>	<p><b>Family Day</b> <b>18</b></p> <p>7:30 Breakfast - Open Seating</p> <p>11:00 🌿 <b>Modified OsteoFit Exercises</b></p> <p>11:00 ☀️ Piano Music with Diane Babcock [FL]</p> <p>11:45 Lunch</p> <p>1:30 📖 <b>Book Club Meeting [CRM]</b></p> <p>2:00 😊 <b>Name That Tune [DR]</b></p> <p>3:30 🎲 <b>Family Feud- Game [DR]</b></p> <p>4:45 Dinner</p> <p>7:00 🎲 <b>Cribbage [CRM]</b></p>	<p>7:30 Breakfast - Open Seating <b>19</b></p> <p>10:00 ☀️ <b>Yoga for Seniors- Video [DR]</b></p> <p>11:30 🌿 <b>Lunch Outing to Danny's Wun Tun Restaurant</b></p> <p>11:45 Lunch</p> <p>2:00 🧶 <b>Knit, Stitch and Visit [DR]</b></p> <p>4:45 Dinner</p> <p>6:45 🎲 <b>Rummy [CRM]</b></p>	<p>7:30 Breakfast - Open Seating <b>20</b></p> <p>9:00 🧴 <b>Foot Care Nurse [CRM]</b></p> <p>10:00 🌿 <b>Modified OsteoFit Exercises (New Time on Wednesdays) [DR]</b></p> <p>11:00 🎵 <b>Music Works w/ Lorri ( New Music Therapy Program) [DR]</b></p> <p>11:45 Lunch</p> <p>2:00 🧠 Scattergories [DR]</p> <p>4:15 ☀️ <b>Piano Music w/Mabon [FL]</b></p> <p>4:45 Dinner</p> <p>7:00 🎲 <b>Pokeno (\$3.40 in nickels) [DR]</b></p>	<p><b>Remember to Sign up for Shopping Bus</b> <b>21</b></p> <p>7:30 Breakfast - Open Seating</p> <p>10:00 🌿 <b>Go4 Life Walking Club</b></p> <p>11:45 Lunch</p> <p>2:00 🚌 <b>Shopping Bus- Dollarama, Tim Hortons ( Bridgeport )</b></p> <p>3:30 🌿 <b>Tai Chi- New Day and Time [DR]</b></p> <p>4:45 Dinner</p> <p>7:00 🎲 <b>Bingo ( 10 quarters) [DR]</b></p>	<p>7:30 Breakfast - Open Seating <b>22</b></p> <p>10:00 ☀️ <b>Catholic Communion [CRM]</b></p> <p>11:00 🌿 <b>Modified OsteoFit Exercises [DR]</b></p> <p>11:45 Lunch</p> <p>2:00 🧠 Trivia [DR]</p> <p>3:30 🎵 <b>Happy Hour with Kierah Raymond performing [FL]</b></p> <p>4:45 Dinner</p>	<p>7:30 Breakfast - Open Seating <b>23</b></p> <p>10:00 ☀️ <b>Piano Music with Tommy [FL]</b></p> <p>10:30 🌿 <b>Modified OsteoFit Exercises [DR]</b></p> <p>Lunch</p> <p>1:30 🌿 <b>Go4 Life Walking Club</b></p> <p>1:30 🧘 <b>Wellness Clinic</b></p> <p>2:00 🎲 Let's Play Pentanque [DR]</p> <p>3:00 🧠 Bananagrams [CRM]</p> <p>4:45 Dinner</p> <p>6:45 😊 <b>Movie Night- Travel Film ( Grand Canyon ) [DR]</b></p>
<p>7:30 Breakfast - Open Seating <b>24</b></p> <p>11:45 Lunch</p> <p>2:00 ☀️ <b>United Church Service [DR]</b></p> <p>3:00 🧠 Bridge with Linda [CRM]</p> <p>4:45 Dinner</p>	<p>7:30 Breakfast - Open Seating <b>25</b></p> <p>11:00 🌿 <b>Modified OsteoFit Exercises</b></p> <p>11:00 ☀️ Piano Music with Diane Babcock [FL]</p> <p>11:45 Lunch</p> <p>2:00 🎮 Wii Game [DR]</p> <p>3:30 🧠 Giant Crosswords [DR]</p> <p>4:45 Dinner</p> <p>7:00 🎲 <b>Cribbage [CRM]</b></p>	<p>7:30 Breakfast - Open Seating <b>26</b></p> <p>10:00 ☀️ <b>Yoga for Seniors- Video [DR]</b></p> <p>11:45 Lunch</p> <p>2:00 🧶 <b>Knit, Stitch and Visit [DR]</b></p> <p>2:00 🌿 <b>Scenic Drive</b></p> <p>3:30 🎲 <b>Men's Social Hour [DR]</b></p> <p>4:45 Dinner</p> <p>6:45 🎲 <b>Rummy [CRM]</b></p>	<p><b>Pink Shirt Day- Anti-Bullying</b> <b>27</b></p> <p>7:30 Breakfast - Open Seating</p> <p>10:00 🌿 <b>Modified OsteoFit Exercises (New Time on Wednesdays) [DR]</b></p> <p>11:00 🎵 <b>Music Works w/ Lorri ( New Music Therapy Program) [DR]</b></p> <p>11:45 Lunch</p> <p>2:00 🧠 <b>TED TALKS [DR]</b></p> <p>4:15 ☀️ <b>Piano Music w/Mabon [FL]</b></p> <p>4:45 Dinner</p> <p>7:00 🎲 <b>Pokeno (\$3.40 in nickels) [DR]</b></p>	<p><b>Remember to Sign up for Shopping Bus</b> <b>28</b></p> <p>7:30 Breakfast - Open Seating</p> <p>10:00 🌿 <b>Go4 Life Walking Club</b></p> <p>10:30 ☀️ <b>Anglican Church Service [DR]</b></p> <p>11:45 Lunch</p> <p>2:00 🚌 <b>Shopping Bus - Ironwood Plaza</b></p> <p>3:30 🌿 <b>Tai Chi- New Day and Time [DR]</b></p> <p>4:45 Dinner</p> <p>7:00 🎲 <b>Bingo ( 10 quarters) [DR]</b></p>	<p> <span>😊 Emotional</span>  <span>🧠 Intellectual</span>  <span>🌿 Physical</span>  <span>🗣️ Purposeful</span>  <span>👥 Social</span>  <span>☀️ Spiritual</span> </p>	