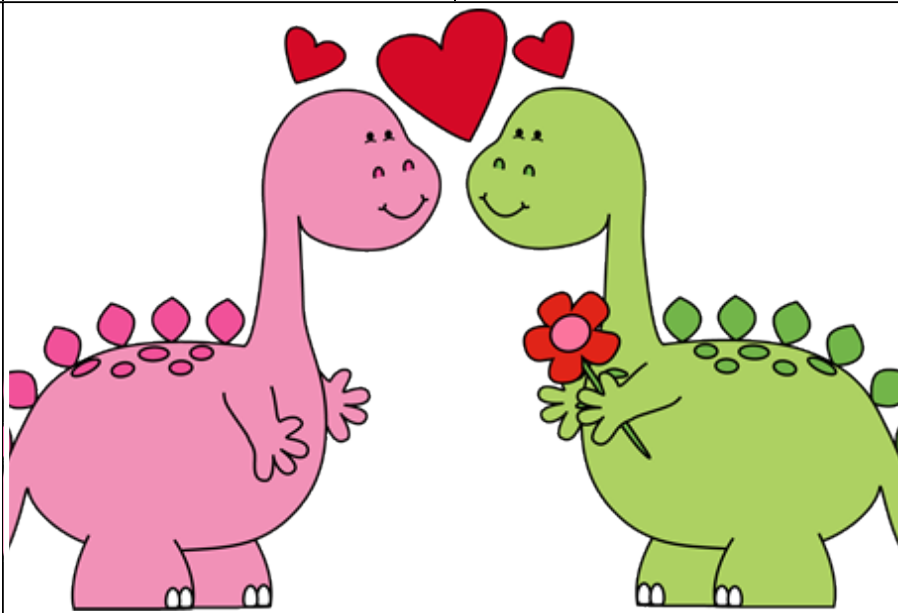


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Location Keys</b></p> <p>3rd Fl Activity Room 3AR Activity Room AR Bistro/Bar B Country Kitchen CK Dining Room DR Exercise Room ER Fireside Lounge FL Game Room GR Library L Lower Level LL Meet at Entrance E Memory Care MC Salon/Spa S Theatre/Chapel TC</p> <p><b>Emotional</b> <b>Intellectual</b> <b>Physical</b> <b>Purposeful</b> <b>Social</b> <b>Spiritual</b></p>	<p><b>PINK - Services</b> <b>GREY - Vendors</b> <b>BLUE - Musical Entertainment</b> <b>ORANGE - Meetings</b> <b>PURPLE - Holidays</b> <b>GREEN - Outings</b></p>	<p>10:00 <b>Vendor: Shiny Jewelry [LL]</b> 1</p> <p>10:30  Chairobics [AR]</p> <p>11:15  Rummy-O [CK]</p> <p>1:30  Bible Study [AR]</p> <p>2:00  <b>Ambassador Meeting [B]</b></p> <p>2:00  Coffee Time w/ Ruby [3AR]</p> <p>2:00 <b>Doctor Day</b></p> <p>3:00 <b>Entertainment w/ Patricia Duffy! [FL]</b></p> <p>4:00  Coffee &amp; Trivia Social [B]</p> <p>6:30  3AR Movie Night [3AR]</p> <p>7:00  Euchre Night [CK]</p>	<p><b>Groundhog Day</b> 2</p> <p>9:00 <b>Beautiful You</b></p> <p>10:30  Trivia Time [3AR]</p> <p>11:00  Music &amp; Word Games w/ Robert [3AR]</p> <p>11:30  Garden Club [AR]</p> <p>1:30  Gentle Stretch Exercise Class [3AR]</p> <p>2:00  Pump it Up Exercise Class [AR]</p> <p>2:00  Coffee Time w/ Morgan [3AR]</p> <p>3:00  Cards: Sequence [CK]</p> <p>3:00  Simply Stretch Exercise Class [MC]</p> <p>4:00  Happy Hour [B]</p> <p>7:00  Movie Night [TC]</p>	<p>10:00  Pictionary [3AR] 3</p> <p>10:30  Chairobics [AR]</p> <p>11:15  Word Games &amp; Brain Teasers [AR]</p> <p>2:00  <b>Christmas Bazaar Meeting [TC]</b></p> <p>2:00  Coffee Time w/ Morgan &amp; Courtney [3AR]</p> <p>3:00  Pet Therapy w/ Harley [MC]</p> <p>3:00  Yoga w/ Uma [AR]</p> <p>3:00  *NEW* Heads Up [B]</p> <p>7:00  Movie Night [TC]</p> <p>7:00  Cribbage [AR]</p>	<p>10:00  News &amp; Views Discussion [3AR] 4</p> <p>10:30  Balloon Tennis [3AR]</p> <p>11:30  Horse Racing Game [AR]</p> <p>2:00  Valentine's Crafternoon w/ Ruby [AR]</p> <p>3:00  Toonie Bingo [B]</p> <p>7:00  Movie Night [TC]</p>	
<p><b>*No Pet Therapy Today</b> 5</p> <p>9:45  Fun &amp; Fitness w/ Ruby [3AR]</p> <p>11:00  Java Music Club [3AR]</p> <p>2:00  Cards: Crazy 8s [AR]</p> <p>3:00  <b>Entertainment w/ Sarah Louise &amp; Allan! [FL]</b></p> <p>4:00  <b>Music Therapy w/ Sarah Louise [MC]</b></p> <p>7:00  Movie Night [TC]</p>	<p>10:00  <b>Kitchen Tour w/ Damir [DR]</b> 6</p> <p>10:30  Cardio Workout [ER]</p> <p>11:00  Short Stories [3AR]</p> <p>1:30  Gentle Stretch Exercise Class [3AR]</p> <p>2:00  Fall Prevention Exercise Class [AR]</p> <p>2:00  Coffee Time w/ Courtney [3AR]</p> <p>3:00  Simply Stretch Exercise Class [MC]</p> <p>3:00  You Be the Judge [B]</p> <p>4:00  Scrabble [GR]</p> <p>7:00  Bingo for Sweets! [CK]</p>	<p>10:30  Cardio Workout [ER] 7</p> <p>11:00  Giant Crosswords [3AR]</p> <p>1:30  <b>Men's Club Project [AR]</b></p> <p>2:00  Knit &amp; Natter [AR]</p> <p>2:00  Coffee Time w/ Courtney [3AR]</p> <p>3:00  <b>Eco-Friendly Craft w/ Emily [CK]</b></p> <p>4:00  Happy Hour: Toonie Tuesday! [B]</p> <p>6:00  Pet Therapy w/ Harley [3AR]</p> <p>7:00  Word in a Word [AR]</p>	<p><b>*No Bible Study Today</b> 8</p> <p>10:30  Chairobics [AR]</p> <p>11:15  Rummy-O [CK]</p> <p>1:00  <b>Outing to Paint Your Own Pottery [E]</b></p> <p>1:30  Bible Study [AR]</p> <p>2:00  Coffee Time w/ Ruby [3AR]</p> <p>2:00 <b>Doctor Day</b></p> <p>3:00  <b>Entertainment w/ Frank Baggetta! [CK]</b></p> <p>4:00  Coffee &amp; Trivia Social [B]</p> <p>6:30  3AR Movie Night [3AR]</p> <p>7:00  Euchre Night [CK]</p>	<p>9:00 <b>Beautiful You</b> 9</p> <p>10:30  Trivia Time [3AR]</p> <p>11:00  Music &amp; Word Games w/ Robert [3AR]</p> <p>11:30  Garden Club [AR]</p> <p>1:30  Gentle Stretch Exercise Class [3AR]</p> <p>2:00  Pump it Up Exercise Class [AR]</p> <p>2:00  Coffee Time w/ Morgan [3AR]</p> <p>3:00  Cards: Sequence [CK]</p> <p>3:00  Simply Stretch Exercise Class [MC]</p> <p>4:00  Happy Hour [B]</p> <p>7:00  Movie Night [TC]</p>	<p>10:00 <b>Vendor: Avon [LL]</b> 10</p> <p>10:00  Pictionary [3AR]</p> <p>10:30  Chairobics [AR]</p> <p>11:15  Word Games &amp; Brain Teasers [AR]</p> <p>2:00  <b>Valentine's Tea Party [MC]</b></p> <p>2:00  <b>Guest Speaker: Author Terry Reardon [TC]</b></p> <p>3:00  Yoga w/ Uma [AR]</p> <p>3:00  *NEW* Heads Up [B]</p> <p>7:00  Movie Night [TC]</p> <p>7:00  Cribbage [AR]</p>	<p>10:00  News &amp; Views Discussion [3AR] 11</p> <p>10:30  Balloon Tennis [3AR]</p> <p>11:30  Horse Racing Game [AR]</p> <p>2:00  Crafternoon w/ Ruby [AR]</p> <p>3:00  Pet Therapy w/ Joanne [MC]</p> <p>3:00  Toonie Bingo [B]</p> <p>4:00  Happy Hour: Silly Saturday [B]</p> <p>7:00  Movie Night [TC]</p>
<p><b>*No Pet Therapy Today</b> 12</p> <p>9:45  Fun &amp; Fitness w/ Ruby [3AR]</p> <p>10:30  Interfaith Prayer Meeting [AR]</p> <p>2:00  Cards: Crazy 8s [AR]</p> <p>3:00  <b>Entertainment w/ Annamaria Eisler! [CK]</b></p> <p>4:00  Happy Hour [B]</p> <p>7:00  Movie Night [TC]</p>	<p>10:30  <b>Resident Council Meeting [TC]</b> 13</p> <p>11:00  <b>Resident Forum [TC]</b></p> <p>1:30  Gentle Stretch Exercise Class [3AR]</p> <p>2:00  Fall Prevention Exercise Class [AR]</p> <p>2:00  Coffee Time w/ Courtney [3AR]</p> <p>3:00  Simply Stretch Exercise Class [MC]</p> <p>3:00  You Be the Judge [B]</p> <p>4:00  Scrabble [GR]</p> <p>7:00  Bingo for Sweets! [CK]</p>	<p><b>*No Pet Therapy Today</b> 14</p> <p><b>Valentine's Day</b></p> <p>10:30  Cardio Workout [ER]</p> <p>11:00  Giant Crosswords [3AR]</p> <p>2:00  <b>Garden Therapy w/ Jackie [3AR]</b></p> <p>2:00  Knit &amp; Natter [AR]</p> <p>3:00  <b>Ballroom Dancing Lessons [CK]</b></p> <p>4:00  Happy Hour: Toonie Tuesday! [B]</p> <p>7:00  <b>Valentine's Day Dance w/ Jay &amp; Vivianna! [CK]</b></p>	<p>8:30  <b>Management Makes Breakfast [CK]</b> 15</p> <p>10:15  Chairobics *EARLIER TIME TODAY* [AR]</p> <p>11:00  <b>United Church Service [FL]</b></p> <p>1:30  Bible Study [AR]</p> <p>2:00  Coffee Time w/ Ruby [3AR]</p> <p>2:00 <b>Doctor Day</b></p> <p>3:00  <b>Entertainment w/ Marie Gogo! [FL]</b></p> <p>4:00  Coffee &amp; Trivia Social [B]</p> <p>6:30  3AR Movie Night [3AR]</p> <p>7:00  <b>Technology Lessons w/ Shahob [AR]</b></p> <p>7:00  Euchre Night [CK]</p>	<p>9:00 <b>Beautiful You</b> 16</p> <p>10:30  Trivia Time [3AR]</p> <p>11:00  Music &amp; Word Games w/ Robert [3AR]</p> <p>11:30  Garden Club [AR]</p> <p>1:30  Gentle Stretch Exercise Class [3AR]</p> <p>2:00  Pump it Up Exercise Class [AR]</p> <p>2:00  Coffee Time w/ Morgan [3AR]</p> <p>3:00  Cards: Sequence [CK]</p> <p>3:00  Simply Stretch Exercise Class [MC]</p> <p>4:00  Happy Hour [B]</p> <p>7:00  Movie Night [TC]</p>	<p>10:00  Pictionary [3AR] 17</p> <p>10:30  Chairobics [AR]</p> <p>11:15  Word Games &amp; Brain Teasers [AR]</p> <p>1:00  <b>Outing to Erin Mills Town Centre [E]</b></p> <p>2:00  Coffee Time w/ Morgan &amp; Courtney [3AR]</p> <p>3:00  Yoga w/ Uma [AR]</p> <p>3:00  *NEW* Heads Up [B]</p> <p>7:00  Movie Night [TC]</p> <p>7:00  Cribbage [AR]</p>	<p><b>*No Morning Activities Today</b> 18</p> <p>2:00  Crafternoon w/ Lisa [AR]</p> <p>3:00  Toonie Bingo [B]</p> <p>4:00  Happy Hour: Silly Saturday [B]</p> <p>6:30  <b>Outing to Living Arts Centre: Elvis and The Man in Black [E]</b></p> <p>7:00  Movie Night [TC]</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:45 🌿 Fun &amp; Fitness w/ Ruby [3AR] <b>19</b></p> <p>11:00 😊 Java Music Club [3AR]</p> <p>2:00 🧠 Cards: Crazy 8s [AR]</p> <p>2:00 😊 Pet Therapy w/ Harley [MC]</p> <p>2:30 ☀️ <b>Anglican Church Service [FL]</b></p> <p>3:00 😊 <b>Entertainment w/ Dan Clahane! [FL]</b></p> <p>4:00 🧑‍🤝‍🧑 Happy Hour [B]</p> <p>7:00 🎬 Movie Night [TC]</p>	<p><b>*No Exercise Classes Today</b> <b>20</b></p> <p><b>*No Bingo Today</b></p> <p><b>Family Day</b></p> <p>10:00 🩺 <b>Chiropodist [S]</b></p> <p>10:30 🌿 Cardio Workout [ER]</p> <p>11:00 😊 Short Stories [3AR]</p> <p>3:00 🧑‍⚖️ You Be the Judge [B]</p> <p>3:45 😊 <b>Exotic Animal Presentation [CK]</b></p> <p>5:00 😊 <b>Tableside Magic w/ Ron Martin [DR]</b></p>	<p>10:30 🌿 Cardio Workout [ER] <b>21</b></p> <p>11:00 🧠 Giant Crosswords [3AR]</p> <p>1:30 🧑‍🤝‍🧑 <b>Men's Club Project [AR]</b></p> <p>2:00 🧶 Knit &amp; Natter [AR]</p> <p>2:00 ☕ Coffee Time w/ Courtney [3AR]</p> <p>3:00 🧑‍🍳 Baking w/ Ruby</p> <p>4:00 🧑‍🤝‍🧑 Happy Hour: Toonie Tuesday! [B]</p> <p>6:00 😊 Pet Therapy w/ Harley [3AR]</p> <p>7:00 🧠 Word in a Word [AR]</p>	<p>10:30 ☀️ <b>Yoga w/ Asha [AR]</b> <b>22</b></p> <p>11:15 🧠 Rummy-O [CK]</p> <p>1:30 ☀️ Bible Study [AR]</p> <p>2:00 ☕ Coffee Time w/ Ruby [3AR]</p> <p>2:00 🩺 <b>Doctor Day</b></p> <p>3:00 😊 <b>Entertainment w/ Janelle Heath [CK]</b></p> <p>4:00 🧠 Coffee &amp; Trivia Social [B]</p> <p>6:30 😊 3AR Movie Night [3AR]</p> <p>7:00 🧑‍🤝‍🧑 Euchre Night [CK]</p>	<p>9:00 🌿 <b>FREE Physiotherapy Clinic</b> <b>23</b></p> <p>9:00 🌿 <b>Beautiful You</b></p> <p>10:30 🧠 Trivia Time [3AR]</p> <p>11:00 😊 Music &amp; Word Games w/ Robert [3AR]</p> <p>11:30 🌿 Garden Club [AR]</p> <p>1:30 🌿 Gentle Stretch Exercise Class [3AR]</p> <p>2:00 🌿 Pump it Up Exercise Class [AR]</p> <p>2:00 ☕ Coffee Time w/ Morgan [3AR]</p> <p>3:00 🧠 Cards: Sequence [CK]</p> <p>3:00 🌿 Simply Stretch Exercise Class [MC]</p> <p>3:30 🧑‍🤝‍🧑 <b>March Program Meeting [TC]</b></p> <p>4:00 🧑‍🤝‍🧑 Happy Hour [B]</p> <p>7:00 🌿 <b>Outing to Meadowvale Theatre: Catch Me if You Can [E]</b></p> <p>7:00 😊 Movie Night [TC]</p>	<p>10:00 🧠 Pictionary [3AR] <b>24</b></p> <p>10:30 🌿 Chairobics [AR]</p> <p>11:15 🧠 Word Games &amp; Brain Teasers [AR]</p> <p>2:00 ☕ Coffee Time w/ Morgan &amp; Courtney [3AR]</p> <p>3:00 ☀️ Yoga w/ Uma [AR]</p> <p>3:00 🧠 *NEW* Heads Up [B]</p> <p>7:00 😊 Movie Night [TC]</p> <p>7:00 🧠 Cribbage [AR]</p>	<p>10:00 🧑‍🤝‍🧑 News &amp; Views Discussion [3AR] <b>25</b></p> <p>10:30 🌿 Balloon Tennis [3AR]</p> <p>11:30 🧠 Horse Racing Game [AR]</p> <p>2:00 🧑‍🤝‍🧑 Crafter-noon w/ Ruby [AR]</p> <p>3:00 🎮 Toonie Bingo [B]</p> <p>4:00 🧑‍🤝‍🧑 Happy Hour: Silly Saturday [B]</p> <p>7:00 😊 Movie Night [TC]</p>
<p>9:45 🌿 Fun &amp; Fitness w/ Ruby [3AR] <b>26</b></p> <p>10:30 ☀️ Interfaith Prayer Meeting [AR]</p> <p>2:00 🧠 Cards: Crazy 8s [AR]</p> <p>2:00 😊 Pet Therapy w/ Harley [MC]</p> <p>3:00 <b>Entertainment w/ Joe Thomson! [CK]</b></p> <p>4:00 😊 <b>Music Therapy w/ Joe Thomson [MC]</b></p> <p>4:00 🧑‍🤝‍🧑 Happy Hour [B]</p> <p>7:00 🎬 Movie Night [TC]</p>	<p>10:30 🌿 Cardio Workout [ER] <b>27</b></p> <p>11:00 😊 Short Stories [3AR]</p> <p>1:30 🌿 Gentle Stretch Exercise Class [3AR]</p> <p>2:00 🌿 Fall Prevention Exercise Class [AR]</p> <p>2:00 ☕ Coffee Time w/ Courtney [3AR]</p> <p>3:00 🌿 Simply Stretch Exercise Class [MC]</p> <p>3:00 🧑‍⚖️ You Be the Judge [B]</p> <p>4:00 🧠 Scrabble [GR]</p> <p>4:30 📖 <b>Book Club Meeting [L]</b></p> <p>7:00 🍬 Bingo for Sweets! [CK]</p>	<p><b>Mardi Gras</b> <b>28</b></p> <p>10:30 🌿 Cardio Workout [ER]</p> <p>11:00 🧠 Giant Crosswords [3AR]</p> <p>12:00 🧑‍🤝‍🧑 <b>Pancake Lunch! [DR]</b></p> <p>2:00 🧶 Knit &amp; Natter [AR]</p> <p>2:00 ☕ Coffee Time w/ Courtney [3AR]</p> <p>3:00 🧑‍🍳 Crafter-noon: Mardi Gras Masks [CK]</p> <p>4:00 🧑‍🤝‍🧑 Happy Hour: Toonie Tuesday! [B]</p> <p>6:00 😊 Pet Therapy w/ Harley [3AR]</p> <p>7:00 🧠 Word in a Word [AR]</p>			<p><b><u>BEAUTIFUL YOU SALON &amp; SPA</u></b></p> <p>Make your hair and nail appointments with our Reception team.</p> <p><b>Salon Hours:</b> <b>Thursdays starting @ 9:00am</b></p>	<p><b><u>TUCK SHOP</u></b></p> <p>Have you seen the new items we've added to the Tuck Shop? All items that you wish to purchase must be brought up to Reception to complete payment.</p> <p><b>Tuck Shop Hours:</b> <b>Monday-Friday 1:00pm-4:00pm</b></p>