



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00 Hymn Sing 1:30 Afternoon Movie 2:00 Bocce Ball (1) 3:00 Travelling Bird Visits 7:00 Fact or Fiction Trivia (1)	10:00 Exercise Group 11:00 Rosary 2:00 Prize Bingo (2) 2:00 Cooking Club: Planning! 7:00 Hangman	11:00 Views of the Day 2:00 Dancing Feet (2) 2:00 Outing: Shopping at Dollar Store 7:00 Black History Trivia Night (1)	10:00 Balloon Tennis 2:00 Pamper and Polish 2:00 Horse Races (1) 7:00 Finish the lines/lyrics	10:00 Seated Stretches 2:00 Travelling Library Cart 2:00 Prize Bingo (1) 3:00 Exercise Group with Physio 7:00 Gratitude Snowflake Craft (1)	Team Canada Day! 10:00 Prize Bingo (2nd FL) 11:00 Multisensory Visits 2:00 Valentine's Day Craft 2:00 Olympics Opening Ceremony Watch Party (1) 7:00 Board Game Night (1)	11:00 Prayer Circle 2:00 Chocolate Bar Bingo (2) 7:00 Group Crossword Puzzle (1) 7:00 Olympic Curling on Red Lounge TV
Jersey Day! 11:00 Hymn Sing 1:30 Afternoon Movie 2:00 Super Bowl Pre-Game Party! (1) 6:30 Super Bowl Watch ! 7:00 Friendly Visits	10:00 Exercise Group 10:00 Baking with Laura (LL) 11:00 Rosary 2:00 Chocolate Bar Bingo (2) 3:30 Cooking Club with Eissa! 7:00 Karaoke Sing-A-Long! (1)	11:00 Views of the Day 2:00 Dancing Feet (2) 2:00 Outing: Pet Store 2:30 Young and the Restless 7:00 Hangman	10:00 Olympic Exercises 2:00 Pamper and Polish 2:00 Lunar New Year Craft (LL) 2:00 Olympic Bobsled Races (1) 7:00 Word Games	10:00 Seated Stretches 12:00 Sweetheart Lunch (1) 2:00 Travelling Library Cart 3:00 Exercise Group with Physio 7:00 Fact or Fiction Trivia	Red and Pink for Valentine's Day! 10:00 Java Music Club (Y) 11:00 Multisensory Visits 2:00 Floor Curling 2:00 Outing to Gage Park Greenhouse 7:00 Valentine's Day Pub with Aidan Purnell (1)	Red and Pink for Valentine's Day! 11:00 Prayer Circle 2:00 Valentine's Day Tea social (1) 7:00 Group Crossword Puzzle (1) 7:00 Olympics: Men's Large Hill Skiing on Red Lounge TV
10:00 Sunday Service (1) 1:30 Afternoon Movie 2:00 Floor Curling Match! 3:00 Travelling Bird Visits	10:00 Exercise Group 11:00 Rosary 2:00 Prize Bingo (2) 3:30 Cooking Club with Eissa! 7:00 Hangman	Red & Gold Day! 11:00 Views of the Day 2:00 Dancing Feet (2) 2:00 Trivia & Virtual Travel to Asia (1) 2:00 Community Outing: Bowling 7:00 Rock N' Bowl! (1)	10:00 Balloon Tennis 2:00 Birthday Party with Dave Theiry! (1) 3:00 Multisensory Visits 7:00 Finish the lines/lyrics	10:00 Seated Stretches 2:00 Travelling Library Cart 2:00 Floor Curling Tournament NH vs RH (LL RH) 3:00 Exercise Group with Physio 6:45 Prize Bingo (1)	Red, Green & Yellow Day! 10:00 Prize Bingo 11:00 Multisensory Visits 2:00 Wii Olympics Sports! (1) 2:00 Baking with Ashleigh (LL) 7:00 Wine Tasting (1)	11:00 Prayer Circle 2:00 Tunes with Tots 7:00 Group Crossword Puzzle (1) 7:15 Olympics: Men's Hockey on Red Lounge TV



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00 Hymn Sing 22 1:30 Olympics Closing Ceremony on Red Lounge TV 2:00 Bocce Ball (1) 7:00 Evening Sunday Service (1)	10:00 Exercise Group 23 11:00 Rosary 2:00 Chocolate Bar Bingo (2) 7:00 Hangman	11:00 Views of the Day 24 2:00 Coffee at Wendys 2:00 AIM Dancing Feet (2) 2:30 Young and the Restless 7:00 Sing-A-Long	10:00 Catholic Mass (1) 25 11:00 Olympic Exercises 2:00 Pamper and Polish 2:00 Horse Races (1) 6:30 Spiritual Sessions with Mountain Ministries (RO)	Rainbow for Rec Therapy! 26 10:00 Seated Stretches 2:00 Travelling Library Cart 3:00 Exercise Group with Physio 7:00 Recreation Therapy Fact or Fiction Trivia	10:00 Java Music Club (Y) 27 11:00 Multisensory Visits 2:00 Floor Curling (1) 7:00 Billiards & Games Night! (1)	11:00 Prayer Circle 28 2:00 Chocolate Bar Bingo (1) 7:00 Group Crossword Puzzle (1) 7:00 Leafs vs. Ottawa Senators Red Lounge TV

Location Legend:
1 = 1st Floor
2 = 2nd Floor
L = Lower Level
T = Travelling

For specific locations & any program changes please check daily boards

All programs are subject to change and will be posted on the recreation boards.

To sign up for outings please contact Miranda Gamelin, Programs Manager at ext.112