

Sunday

Monday

Tuesday

Wednesday






































Thursday

Friday

Saturday

February 2024

First Floor Recreation Calendar

				9:30 – Exercise 10:00 – Fit Minds 2:15 – Manicures 3:00 – Monthly Gazette  	9:45 - Bingo 2:00 – One to One Visits 2:45 – Collin's Café  <small>Groundhog Day</small>	9:30 – Ball Toss 2:15 – One to One Visits 
9:00 – Church Service on the Television 	9:30 – Exercise 10:00 – Alphabet Game 2:30 – Java Music Club 	9:15 – Chapel Service with Don 10:00 – Fit Minds  2:30 – Resident Council Meeting in Great Room 3:00 – One to One Visits	9:30 - Exercise 10:00 – Valentine's Day Craft 2:30 – High Tea Party 	9:45 - Bingo 2:30 – Fit Minds 3:00 – Finish the Line  	10:00 – Roman Catholic Church Communion 10:30 - Reading Circle 2:00 – Afternoon Movie 	Happy Birthday, Joyce! 9:30 – Exercise 10:00 – Trivia 2:30 – Lawn Darts 
9:00 – Church Service on the Television  Super Bowl Sunday! 	9:30 – Hymn Worship with Stephen 10:00 – Exercise 10:30 – Valentine's Day Wheel of Fortune 2:30 – Board Games 	Shrove Tuesday! 9:15 – Chapel Service with Don 10:00 – Fit Minds 2:30 – Pancake Social  <small>Mardi Gras</small> 	Valentine's Day! Lent Begins! 9:30 – Exercise 10:00 - Valentine's Day Trivia 2:30 – Valentine's Day Movie Matinee 	1:15 – Manicures 2:30 – Fit Minds 5:30 – Name that Tune  	9:45 - Bingo 2:00 – Reading Circle 3:00 – Arts and Crafts 	9:30 – Exercise 10:00 – Hymn Sing-along 3:00 – Giant Connect Four 
Happy Birthday, Parania! 9:00 – Church Service on the Television 	Family Day! 9:30 – Exercise 2:30 – Name 10  <small>Presidents' Day</small>	9:15 – Chapel Service with Don 10:00 – Fit Minds 2:30 – Baking  	Morning: Friendly Visits 2:30 – Armchair Travel 	9:30 – Exercise 10:00 – Fit Minds 2:30 – Reading Club Book Swap 5:30 – Game Night!  	9:45 - Bingo 2:00 – One to One Visits 3:00 – Balloon Tennis 	9:30 – Bocce Ball 
9:00 – Church Service on the Television 	Happy Birthday, Sophie! 9:30 – Hymn Worship with Stephen 10:00 – Exercise and Ring Toss 2:30 – Java Music Club 	10:00 – Chapel Service in the Great Room 2:30 – Fit Minds  	9:00 - Exercise 10:00 – Niagara Gallery Players Concert 2:30 – Birthday Party 	9:30 – Exercise 10:00 – Fit Minds 2:30 – Leap Day Social  	Valentine's Day 	

All Programs Subject to Change

Sunday

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Saturday

February 2024

Second Floor Recreation Calendar



Morning:
9:30 Exercise
10:00 Fit Minds



1

Afternoon:
2:00 Friendly Visits
3:00 Large Crossword Game



Morning:
9:30 **Spring or Snow?**
Groundhog Day Trivia
And Groundhog Hunt



Afternoon:
2:30 BINGO!



Morning:
10:30 Scrabble

Afternoon:
3:15 Ball Toss



3

Church Service
on the Television



4 Morning:
9:30 Exercise
10:00 Yahtzee



3:00 Hymn Worship with Stephen

5 Morning:
9:45 **Chapel Service with Don**
10:15 Fit Minds



Afternoon:
2:00 Uno
2:30 **Resident Council in Great Room**
3:00 Poems & Stories

6 Morning:
9:30 Exercise
10:00 JAVA Music



Afternoon:
2:00 Craft Corner
3:00 Jeopardy



7 Morning:
9:30 Exercise
10:00 Fit Minds



Afternoon
2:30 BINGO



8 Happy 100th Birthday Keitha!
10:30 Roman Catholic Mass in Great Room

Afternoon:
2:45 **Colin's Cafe**

9 Morning:
10:00 Chinese Checkers



Afternoon:
3:00 Finish the Line

Chinese New Year
(Year of the Dragon)

10

Church Service
on the Television



11 Morning:
9:30 Exercise
10:00 Wheel of Fortune

Afternoon:
2:00 Card Games
3:00 Hymn Sing Along



12 Pancake Tuesday
Morning:
9:45 **Chapel Service with Don**
10:30 **Pancake Social**



Afternoon:
3:00 Sunshine Singers
Mardi Gras

13 Morning:
10:00 **Valentine's Day Social**



Afternoon: Valentine's Day Movie Matinee
Valentine's Day

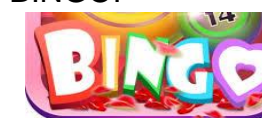
14 Morning:
9:30 Exercise
10:00 Fit Minds



Afternoon:
2:00 Painting Group
3:00 Balloon Tennis

15 Morning:
10:00 Bocce Ball
11:00 Montessori Moments

Afternoon:
2:30 BINGO!



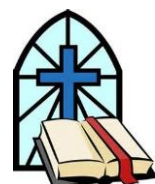
16 Morning:
9:30 Morning Movie



Afternoon:
2:30 Card Games

17

Church Service
on the Television



18 Morning:
9:30 Exercise
10:00 Travel the World

Afternoon:
2:00 Elfer Raus



Presidents' Day

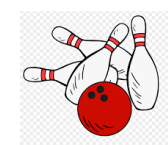
19 Morning:
9:45 **Chapel Service with Don**
10:15 Fit Minds



Afternoon:
2:00 Board Games

20 Morning:
9:30 Exercise

Afternoon:
2:00 Craft Corner
3:00 Bowling



21 Morning:
9:30 Exercise
10:00 Fit Minds



Afternoon:
2:00 Friendly Visits
3:00 Wheel of Fortune

22 Morning:
9:45 Balloon Tennis
10:30 Obie Games

Afternoon:
2:30 BINGO!



23 Afternoon:
3:00 Price is Right



24

Church Service
on the Television



25 Morning:
9:30 Exercise
10:00 Men's Social



Afternoon:
2:00 Trivia
3:00 Name that Tune

26 Morning:
10:00 **Chapel Service in the Great Room with Mennonite Brethren Church Choir**

10:00 Friendly Visits
Afternoon:
2:30 Fit Minds
3:00 Name Ten



27 Morning:
10:00 **Niagara Quartet In the Great Room**

Afternoon:
2:00 **Birthday Party**



28 Morning:
9:30 Exercise
10:00 Fit Minds



Afternoon:
2:00 Reading Circle
3:00 Ladies Afternoon Tea

29

1 Corinthians 16:14
"Let all that you do be done in love."

All Programs Subject to Change

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

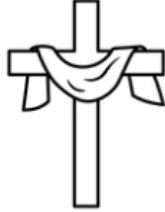

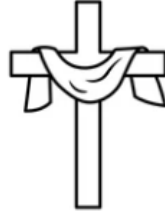
Saturday















February 2024

Third Floor Recreation Calendar





				Morning: 9:15 Chapel Service 9:45 Monthly Gazette 9:45 Fit Minds 10:00 Reading Group Afternoon/Evening: 2:30 Price is Right 5:30 Games Night	1 Groundhog day Morning: 9:45 Bingo  Afternoon: 3:00 Balloon Tennis <small>Groundhog Day</small>	2 Morning: 9:30 – Exercise 10:00 – Card Games Afternoon: Friendly Visits 
Church Service on the Television 	4 Morning: 9:30 Hymns with Stephen 10:00 Exercise 10:30 Finish the Lines Afternoon: 3:00 Bocce Ball 	5 Morning: 9:45 Fit Minds Afternoon: 2:30 Resident's Council Meeting in the Great Room 	6 Happy Birthday Mavis & Andy! Morning: 9:30 Exercise 10:00 Card Games Afternoon/Evening: 3:00 Ball Toss 5:30 Name that Tune	7 Morning: 9:15 Chapel Service 9:45 Fit Minds Afternoon: 3:00 Painting Group 	8 Morning: 9:45 Bingo 10:00 Roman Catholic Mass in the Great Room  Afternoon: 3:00 Balloon Tennis	9 Morning: 9:30 – Friendly Visits Afternoon: 2:30 – Flower Arranging  <small>Chinese New Year (Year of the Dragon)</small>
Church Service on the Television 	11 Morning: 9:30 Sit & Fit 10:00 Wheel of Fortune Afternoon: 3:00 Java Music Club 	12 Morning: 9:45 Pancake Social Afternoon/Evening: 2:45 Fit Minds 5:45 Ron Beecroft Music <small>Mardi Gras</small> 	13 Morning: 10:00 Valentine's Day Social Afternoon: 3:00 Name that Tune <small>Valentine's Day</small> 	14 Morning: 9:15 Chapel Service 9:45 Fit Minds Afternoon: 3:00 Poems & Readings 	15 Morning: 9:45 Bingo  Afternoon: 2:45 Collin's Café	16 Happy Birthday Bunny! Morning: 9:30 Exercise 10:00 Craft Corner Afternoon: Afternoon Movie 
Church Service on the Television 	18 Family Day Morning: 10:30 Jeopardy Afternoon: 3:00 Balloon Tennis  <small>Presidents' Day</small>	19 Morning: 9:45 Fit Minds Afternoon: 2:00 Montessori Activities 	20 Morning: 9:30 Friendly Visits Afternoon: 2:30 Arts & Crafts 	21 Morning: 9:15 Chapel Service 9:45 Bowling Afternoon: 2:45 Fit Minds 	22 Morning: 9:45 Bingo  Afternoon: 3:00 Bean Bag Toss	23 Afternoon: 2:00 Colouring Pages 
Church Service on the Television 	25 Morning: 9:30 Exercise 10:00 Trivia Afternoon: 3:00 Card Games 	26 Morning: 10:00 Chapel Service in the Great Room Afternoon: 2:45 Fit Minds 	27 Happy Birthday Dawna! Morning: 10:00 Gallery Players of Niagara Performance in the Great Room Afternoon: 3:00 Birthday Party 	28 Leap Day Morning: 9:45 Leap Day Trivia Afternoon: 2:45 Fit Minds 	29 <h3>1 Corinthians 16:14</h3> <p><i>"Let all that you do be done in love."</i></p>	

All programs are subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>February 2024</div> <div>Fourth Floor Recreation Calander</div>				Morning 1 9:30 – Exercise 9:45 – Chapel Service with Don Afternoon: 2:30 – Fit Minds	Happy Birthday John! 2 Morning 9:30 – Exercise 9:45 – Monthly Gazette, Groundhog Day Activities & Movie Morning Afternoon: 2:30 – BINGO! <small>Groundhog Day</small>	Morning: 3 Friendly Visits Afternoon: 2:30 – Card Games
Church Service on 4 Television 	Morning 5 9:30 – Exercise 10:00 – Name That Tune – “The Day The Music Died” Edition Afternoon: 2:30 – Creative Arts	Morning: 6 9:30 – Exercise 10:05 – Group Boggle Afternoon: 2:30 – Resident’s Council Meeting in Great Room	Morning: 7 9:30 – Exercise 9:45 – Java Music Club Afternoon: 2:30 – “Dear Abbey” & “You Be The Judge”	Morning 8 9:30 – Exercise 9:45 – Chapel Service with Don Afternoon: 2:30 – Fit Minds	Morning 9 10:00 – Roman Catholic Service in Great Room 10:30 – Balloon Tennis with students Afternoon: 2:30 – BINGO!	Morning: 10 10:00 – Chinese New Years Activities: The Year of the Dragon Afternoon: Friendly Visits <small>Chinese New Year (Year of the Dragon)</small>
Church Service and 11 Super Bowl Sunday on Television 	Happy Birthday Marylyn! 12 Morning: 9:30 – Exercise 10:00 – Jeopardy! Afternoon: 3:00 – Singing with Stephen Mason	Shrove Tuesday 13 Morning: 10:30 – Pancake Tuesday Social Afternoon: 2:30 – Fit Minds <small>Mardi Gras</small>	Lent Begins 14 Valentine’s Day 9:30 – Exercise 10:00 – Name That Love Song Edition 2:30 – Valentine’s Day Social <small>Valentine’s Day</small>	Morning 15 9:30 – Exercise 9:45 – Chapel Service with Don Afternoon: 2:30 – Fit Minds	Morning 16 9:30 – Exercise 9:45 – Yahtzee 10:30 – Balloon Tennis with students Afternoon: 2:30 – BINGO!	Morning: 17 9:30 – Exercise 10:00 – Word Games Afternoon: 2:30 – Card Games
Church Service or 18 Television 	Family Day 19 Morning 11:15 Exercise Afternoon: 2:30 – Creative Arts <small>Presidents’ Day</small>	Morning: 20 9:30 – Exercise 10:00 – Trivia Afternoon: 2:30 – Fit Minds 5:30 – Name that Tune	Morning: 21 10:30 – Friendly Visits Afternoon: 3:00 – Fun with Obie	Morning 22 9:45 – Chapel Service with Don 10:30 – Finish the Lines Afternoon: 2:30 – Fit Minds	Morning 23 9:45 – Morning BINGO! Afternoon: 2:45 – Colin’s Café in Lounge	Happy Birthday Bev! 24 Morning 10:45 Ball Toss Afternoon: Friendly Visits
Church Service or 25 Television 	Morning 26 9:30 – Exercise 9:45 – Group Crossword Afternoon: 2:30 – Singing with Stephen Mason	Morning: 27 10:00 – Chapel Service in the Great Room with Grantham M.B. Afternoon: 2:30 – Fit Minds	Morning: 28 10:00 – Gallery Players of Niagara in Great Room Afternoon: Birthday Party Celebration	Leap Day! 29 Morning 9:30 – Exercise 9:45 – Leap Day Trivia Afternoon: 2:30 – Fit Minds	February is Therapeutic Recreation Awareness Month Therapeutic Recreation is a process that uses functional intervention, education, and recreation participation to enable people with physical, cognitive, emotional, or social limitations to maintain the skills, knowledge and behaviours that allows people the opportunity to enjoy their leisure time optimally, function independently with the least amount of assistance, and participate as fully as possible in society. Therapeutic Recreation interventions are provided by trained professionals in clinical and/or community settings. <i>Therapeutic Recreation Ontario, 2023.</i>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>February 2024</h1> <p>Wellness Suites.</p>				<p>1</p> <p>11:00 Chapel service in the Café</p> <p>1:30 Fall prevention Class in Atrium</p> <p>2:30 Coffee hour in the café Be kind to your environment. Bring your own mug</p>	<p>2</p> <p>11:00 BINGO in the Olive branch café</p>  <p>Groundhog Day</p>	<p>3</p> 
<p>4</p> <p>Happy Birthday Bev!</p> <p>9:30 Church service in the Chapel</p> 	<p>5</p> <p>9:30 Monthly Gazette in the fireside lounge</p> <p>11:00 Seated Exercise in the Chapel</p> <p>2:30 Fit minds in the Café</p>	<p>6</p> <p>9:30 Valentines Day Art in the fireside lounge</p> <p>11:00 Seated exercise in the Chapel</p> <p>1:30 Falls prevention class in the Atrium</p> <p>2:30 Java music club in the Cafe</p>	<p>7</p> <p>Happy Birthday Vincent!</p> <p>11:00 Seated exercises in the Café</p> <p>2:00 Bingo in the Café</p> 	<p>8</p> <p>11:00 Chapel service in the Café</p> <p>1:30 Fall prevention Class in Atrium</p>	<p>9</p> <p>11:00 BINGO in the Olive branch café</p> 	<p>10</p> <p>Romans 12:10</p> <p><i>"Be devoted to one another in love. Honor one another above yourselves"</i></p> <p>Chinese New Year (Year of the Dragon)</p>
<p>11</p> <p>9:30 Church service in the Chapel</p> 	<p>12</p> <p>9:30 Skip-Bo in the fireside lounge</p> <p>11:00 Seated exercise in the Chapel</p> <p>2:30 Fit minds in the Café</p>	<p>13</p> <p>9:30 Valentines Day cards in the fireside lounge</p> <p>11:00 Seated exercise in the Chapel</p> <p>1:30 Falls prevention class in the Atrium</p> <p>2:30 Elfer Raus</p> <p>Mardi Gras</p>	<p>14</p> <p>11:00 Seated exercises in the Café</p> <p>2:30 Hymn sing with Stephen in the Chapel</p> 	<p>15</p> <p>11:00 Chapel service in the Café</p> <p>1:30 Fall prevention Class in Atrium</p> <p>2:30 Coffee hour in the café Be kind to your environment. Bring your own mug</p>	<p>16</p> <p>11:00 BINGO in the Olive branch café</p> 	<p>17</p> 
<p>18</p> <p>9:30 Church service in the Chapel</p> 	<p>19</p> <p>11:00 Seated exercise in the Chapel</p>  <p>Presidents' Day</p>	<p>20</p> <p>9:30 Yahtzee in the fireside lounge</p> <p>11:00 Seated exercises in the Chapel</p> <p>1:30 Falls prevention class in the Atrium</p> <p>2:30 Fit Minds in the Café</p>	<p>21</p> <p>Sign-up required Laura Secord School musical bus outing</p> <p>11:00 Seated exercises in the Café.</p> <p>2:00 Bingo in the Café</p>	<p>22</p> <p>11:00 Chapel service in the Café</p> <p>1:30 Fall prevention Class in Atrium</p>	<p>23</p> <p>11:00 BINGO in the Olive branch café</p> 	<p>24</p> <p>Happy Birthday Anne!</p> <p>1 Corinthians 13:13</p> <p><i>"So now faith , hope, and love abide these three; but the greatest of these is love"</i></p>
<p>25</p> <p>9:30 Church service in the Chapel</p> 	<p>26</p> <p>9:30 Scrabble in the fireside lounge</p> <p>11:00 Seated exercises Chapel</p> <p>2:30 Fit minds in the Café</p>	<p>27</p> <p>10:00 Chapel service in the great room</p> <p>11:00 Seated exercise in the Chapel</p> <p>1:30 Falls prevention class in the Atrium</p> <p>2:30 Java music club in the Café.</p>	<p>28</p> <p>9:30 Trivia in the fireside lounge</p> <p>11:00 Seated exercises in the Café</p> <p>2:00 Bingo in the Café</p> 	<p>29</p> <p>11:00 Chapel service in the Café</p> <p>1:30 Fall prevention Class in Atrium</p>	<p>Matthew 10:26-31</p> <p><i>"And even the very hairs of your head are all numbered. So don't be afraid; You are worth more than many sparrows."</i></p>	

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>February 2024</div> <div>Evergreen and Mapleview Apartments</div>				<div>1</div> <div>11:00 Chapel service in the Café</div> <div>1:30 Fall prevention Class in Atrium</div> <div>2:30 Coffee hour in the café</div> <div>Be kind to your environment. Bring your own mug</div>	<div>2</div> <div>11:00 BINGO in the Olive branch café</div> <div>BINGO</div> <div>Groundhog Day</div>	<div>3</div> <div></div>
<div>4</div> <div>9:30 Church service in the Chapel</div> <div></div>	<div>5</div> <div>11:00 Seated exercise in the Chapel</div>	<div>6</div> <div>11:00 Seated exercise in the Chapel</div> <div>1:30 Falls prevention class in the Atrium</div>	<div>7</div> <div>11:00 Seated exercises in the Café</div> <div>2:00 Bingo in the Café</div> <div>BINGO</div>	<div>8</div> <div>11:00 Chapel service in the Café</div> <div>1:30 Fall prevention Class in Atrium</div>	<div>9</div> <div>11:00 BINGO in the Olive branch café</div> <div>BINGO</div>	<div>10</div> <div>Romans 12:10</div> <div>"Be devoted to one another in love. Honor one another above yourselves"</div> <div>Chinese New Year (Year of the Dragon)</div>
<div>11</div> <div>9:30 Church service in the Chapel</div> <div></div>	<div>12</div> <div>11:00 Seated exercise in the Chapel</div>	<div>13</div> <div>11:00 Seated exercise in the Chapel</div> <div>1:30 Falls prevention class in the Atrium</div> <div>Mardi Gras</div>	<div>14</div> <div>11:00 Seated exercises in the Café</div> <div>2:30 Hymn sing in the chapel with Stephen</div> <div>HAPPY Valentine's Day</div> <div>Valentine's Day</div>	<div>15</div> <div>11:00 Chapel service in the Café</div> <div>1:30 Fall prevention Class in Atrium</div> <div>2:30 Coffee hour in the café</div> <div>Be kind to your environment. Bring your own mug</div>	<div>16</div> <div>11:00 BINGO in the Olive branch café</div> <div>BINGO</div>	<div>17</div> <div></div>
<div>18</div> <div>9:30 Church service in the Chapel</div> <div></div>	<div>19</div> <div>11:00 Seated exercise in the Chapel</div> <div>Presidents' Day</div>	<div>20</div> <div>11:00 Seated exercise in the Chapel</div> <div>1:30 Falls prevention class in the Atrium</div>	<div>21</div> <div>Sign-up required</div> <div>Laura Secord School musical bus outing</div> <div>11:00 Seated exercises in the Café</div> <div>2:00 Bingo in the Café</div>	<div>22</div> <div>11:00 Chapel service in the Café</div> <div>1:30 Fall prevention Class in Atrium</div>	<div>23</div> <div>11:00 BINGO in the Olive branch café</div> <div>BINGO</div>	<div>24</div> <div>1 Corinthians 13:13</div> <div>"So now faith , hope, and love abide these three; but the greatest of these is love"</div>
<div>25</div> <div>9:30 Church service in the Chapel</div> <div></div>	<div>26</div> <div>11:00 Seated exercise in the Chapel</div>	<div>27</div> <div>10:00 Chapel service in the great room</div> <div>11:00 Seated exercise in the Chapel</div> <div>1:30 Falls prevention class in the Atrium</div>	<div>28</div> <div>11:00 Seated exercises in the Café</div> <div>2:00 Bingo in the Café</div> <div>BINGO</div>	<div>29</div> <div>11:00 Chapel service in the Café</div> <div>1:30 Fall prevention Class in Atrium</div>	<div>Matthew 10:26-31</div> <div>"And even the very hairs of your head are all numbered. So don't be afraid; You are worth more than many sparrows."</div>	

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