

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February 2019

<p>SUPERBOWL SUNDAY 3</p> <p>10:00 French Mass on TV (2nd/3rd)</p> <p>2:00 Baking: Brownies (3rd)</p> <p>2:00 Puzzles</p> <p>6:00 Movie & Popcorn (3rd)</p> <p>6:30 Superbowl Game: Patriots vs. Rams (T)</p>		<p>4</p> <p>10:15 Neighborhood Walks</p> <p>11:00 Mindful Colouring (3rd)</p> <p>2:00 FitMinds (3rd)</p> <p>2:30 Discuss and Recall (2nd)</p> <p>6:00 Fluff & Fold</p>		<p>5</p> <p>CHINESE NEW YEAR</p> <p>10:30 Blood Pressure Clinic/Pendant Checks (WC)</p> <p>11:10 Music with Jenn (3rd)</p> <p>2:00 Theme Trivia: Chinese New Year (3rd)</p> <p>2:30 Christian Church Service (C)</p> <p>3:00 Cut & Collage (2nd)</p> <p>3:30 Exercises (3rd)</p>		<p>6</p> <p>Dobby Dog Visits!</p> <p>10:00 Who Am I?</p> <p>10:30 Sit & Stretch (3rd)</p> <p>12:30 Outing: Mystery Drive</p> <p>2:00 Riddles (3rd)</p> <p>3:00 Current Events (2nd)</p> <p>6:00 Netflix & Chill (3rd)</p>		<p>7</p> <p>10:30 Foot Care Clinic *Sign Up At Reception*</p> <p>11:10 Music with Jenn (3rd)</p> <p>2:00 FitMinds (3rd)</p> <p>2:00 Mass (C)</p> <p>2:00 Current Events (3rd)</p> <p>3:00 Make: Valentine Monsters (3rd)</p> <p>3:30 Exercises (3rd)</p>		<p>8</p> <p>10:00 Latin Chair Dancing (3rd)</p> <p>11:00 EZ Does It (3rd)</p> <p>11:00 Zumba Gold Chair Dancing (LL)</p> <p>11:30 Junk Drawer Detective (2nd)</p> <p>3:00 History 101 (3rd)</p> <p>6:00 Mindful Colouring</p>		<p>9</p> <p>GROUNDHOG DAY</p> <p>11:00 Concert on YouTube (3rd)</p> <p>1:00 Groundhog Trivia (3rd)</p> <p>3:30 Coffee & Tea Cart (2nd)</p> <p>6:00 Pair and Sort</p> <p>11:00 Current Events (3rd)</p> <p>2:00 Bowling (3rd)</p> <p>3:30 Daily Chronicle (2nd)</p> <p>6:00 Fluff & Fold</p>	
<p>10</p> <p>10:00 French Mass on TV (2nd/3rd)</p> <p>1:00 One on One Visits (3rd)</p> <p>2:00 Group Colouring (3rd)</p> <p>3:00 Play: Cards (2nd)</p> <p>6:00 Movie & Popcorn (3rd)</p>		<p>11</p> <p>10:15 Neighborhood Walks</p> <p>11:00 Beading (3rd)</p> <p>2:00 FitMinds (3rd)</p> <p>2:30 Can You Picture This? (2nd)</p> <p>6:00 Fluff & Fold</p>		<p>12</p> <p>10:30 EZ Does It (3rd)</p> <p>11:10 Music with Jenn (3rd)</p> <p>2:00 Cranium Crunches (2nd)</p> <p>2:30 Make: Bubble Art (3rd)</p> <p>3:30 Exercises (3rd)</p> <p>6:00 Music on YouTube (3rd)</p>		<p>13</p> <p>Dobby Dog Visits!</p> <p>10:00 Outing: Mystery Drive</p> <p>10:30 Sit & Stretch (3rd)</p> <p>10:30 "Babies Who Volunteer" (LL)</p> <p>1:00 Outing: Tim Horton's</p> <p>3:00 Bean Bag Toss (3rd)</p> <p>3:30 Cranium Crunches (2nd)</p> <p>6:00 Travelogue: Austria (3rd)</p>		<p>14</p> <p>VALENTINES DAY</p> <p>11:10 Music with Jenn (3rd)</p> <p>2:00 FitMinds (3rd)</p> <p>2:00 Mass (C)</p> <p>2:00 Valentines Tea & Treats (3rd)</p> <p>3:30 Exercises (3rd)</p> <p>6:00 Romantic Movie & Popcorn (3rd)</p>		<p>15</p> <p>10:00 Latin Chair Dancing (3rd)</p> <p>11:00 Zumba Gold Chair Dancing (LL)</p> <p>11:15 Play: Finish the Sentence... (3rd)</p> <p>2:00 Coffee & Tea Cart (2nd)</p> <p>3:00 Happy Hour (3rd)</p> <p>6:00 Mindful Colouring</p>		<p>16</p> <p>11:00 Concert on YouTube (3rd)</p> <p>2:00 Make: Sparkle Slime (3rd)</p> <p>3:30 EZ Does It (3rd)</p> <p>6:00 Puzzles</p>	
<p>17</p> <p>10:00 French Mass on TV (2nd/3rd)</p> <p>2:00 Mix & Match (3rd)</p> <p>3:00 Trivia (2nd)</p> <p>6:00 Movie & Popcorn (3rd)</p>		<p>18</p> <p>FAMILY DAY</p> <p>10:15 Neighborhood Walks</p> <p>11:00 Who Am I? (2nd)</p> <p>2:00 Name That Tune (3rd)</p> <p>2:30 EZ Does It (2nd)</p> <p>3:00 Travelogue: Hawaii (3rd)</p> <p>6:00 Fluff & Fold</p>		<p>19</p> <p>10:30 Junk Drawer Detective (2nd)</p> <p>11:10 Music with Jenn (3rd)</p> <p>2:00 History 101 (3rd)</p> <p>3:30 Exercises (3rd)</p> <p>6:00 Discuss and Recall (3rd)</p>		<p>20</p> <p>Dobby Dog Visits!</p> <p>10:00 Outing: Mystery Drive</p> <p>10:30 Sit & Stretch (3rd)</p> <p>12:30 Outing: Walk the Rideau Canal</p> <p>2:15 Ring Toss (3rd)</p> <p>3:00 Coffee & Tea Cart (2nd)</p> <p>6:00 Netflix & Chill (3rd)</p>		<p>21</p> <p>10:30 Foot Care Clinic *Sign Up At Reception*</p> <p>11:10 Music with Jenn (3rd)</p> <p>11:00 Food Committee Meeting (T)</p> <p>2:00 FitMinds (3rd)</p> <p>2:00 Mass (C)</p> <p>3:15 EZ Does It (2nd)</p> <p>3:30 Exercises (3rd)</p>		<p>22</p> <p>10:00 Latin Chair Dancing (3rd)</p> <p>11:00 Zumba Gold Chair Dancing (LL)</p> <p>11:15 Current Events (3rd)</p> <p>3:00 Nail Painting (2nd)</p> <p>6:00 Mindful Colouring</p>		<p>23</p> <p>11:00 EZ Does It (3rd)</p> <p>2:30 Daily Chronicle (3rd)</p> <p>3:30 Puzzles (2nd)</p> <p>6:00 Fluff & Fold</p>	
<p>24</p> <p>10:00 French Mass on TV (2nd/3rd)</p> <p>1:00 One on One Visits (2nd)</p> <p>2:00 Jenga (3rd)</p> <p>2:00 Group Colouring (3rd)</p> <p>6:00 Movie & Popcorn (3rd)</p>		<p>25</p> <p>10:15 Neighborhood Walks</p> <p>11:00 Current Events (3rd)</p> <p>2:00 FitMinds (3rd)</p> <p>2:30 Daily Chronicle (2nd)</p> <p>6:00 Fluff & Fold</p>		<p>26</p> <p>10:30 Theme Trivia (3rd)</p> <p>11:10 Music with Jenn (3rd)</p> <p>2:00 Cut & Collage (3rd)</p> <p>2:00 Resident Council Meeting (T)</p> <p>3:30 Exercises (3rd)</p> <p>6:00 Discuss and Recall (3rd)</p>		<p>27</p> <p>Dobby Dog Visits!</p> <p>10:00 Outing: Mystery Drive</p> <p>10:30 Sit & Stretch (3rd)</p> <p>12:30 Outing: Tim Horton's</p> <p>2:00 BINGO! (3rd)</p> <p>3:00 Q-Tip Painting (2nd)</p> <p>4:45 Birthday & Anniversary Dinner w. Guy Lalonde</p> <p>6:00 Netflix & Chill (3rd)</p>		<p>28</p> <p>11:10 Music with Jenn (3rd)</p> <p>2:00 FitMinds (3rd)</p> <p>2:00 Mass (C)</p> <p>2:00 Aromatherapy (3rd)</p> <p>3:30 Exercises (3rd)</p> <p>6:00 Music on YouTube (3rd)</p>		<p><i>But You Didn't Know...</i></p> <ul style="list-style-type: none"> • In 1537, England's King Henry VII officially declared Feb. 14 the holiday of St. Valentine's Day. • The Welsh call February "y mis bach" which means "little month" • Every year, more than 36 million heart shaped boxes of chocolates are sold across the country • Richard Cadbury produced the first box of chocolates for this holiday in the late 1800s • The month is named for the Latin word <i>februum</i> which means purification • The February birthstone is Amethyst • The only other day that beats Valentine's Day in floral sales is Mother's Day • February frequently occurs in lists of the most commonly misspelt words 			