



| Sunday  | Monday   | Tuesday   | Wednesday   | Thursday   | Friday   | Saturday  |
|---|--|---|---|--|--|---|
| <h1>February</h1> <h2>2019</h2>   |  |   |   |  |  | <p><b>WINTERLUDE BEGINS</b></p> <p><b>10:00 Zumba Gold Chair Dancing (LL) 1</b></p> <p><b>11:20 Latin Chair Dancing (3rd)</b></p> <p><b>10:30 Neighbourhood Coffee and Tea (B)</b></p> <p><b>2:00 BINGO! (AR)</b></p> <p><b>3:00 Movie Committee Meeting (AR)</b></p> <p><b>3:00 Tuck Shop (G)</b></p> <p><b>4:00 Happy Hour (B)</b></p> <p><b>7:00 Movie (T)</b></p> |
| <p><b>SUPERBOWL SUNDAY</b></p> <p><b>10:00 French Mass with Communion (T) 3</b></p> <p><b>10:30 Superbowl Crossword (FD)</b></p> <p><b>2:30 TV Series: "Outlander" (T)</b></p> <p><b>4:00 Happy Hour (B)</b></p> <p><b>6:30 Superbowl Game: New England Patriots at Los Angeles Rams (T) (B)</b></p>  <p><b>7:00 Cribbage (G)</b></p> | <p><b>4</b></p> <p><b>10:00 Scrabble (B)</b></p> <p><b>10:45 News &amp; Views B)</b></p> <p><b>2:00 Travel Logue: Austria (T)</b></p> <p><b>3:15 Cranium Crunches (B)</b></p> <p><b>4:00 Happy Hour (B)</b></p> <p><b>7:00 Movie (T)</b></p>   | <p><b>CHINESE NEW YEAR</b></p> <p><b>10:00 Tuck Shop (GR) 5</b></p> <p><b>10:30-11:30 Blood Pressure Clinic/ Pendant Checks (WC)</b></p> <p><b>10:30 FitMinds (AR)</b></p> <p><b>2:00 BINGO! (AR)</b></p> <p><b>2:00 Bridge (G)</b></p> <p><b>2:30 Christian Church Service (C)</b></p> <p><b>3:00 Exercises (LL)</b></p> <p><b>3:00 Hangman (B)</b></p> <p><b>4:00 1/2 Price Happy Hour (B)</b></p> <p><b>7:00 Bridge (G)</b></p> <p><b>7:00 Movie (T)</b></p>  | <p><b>6</b></p> <p><b>10:00 Exercises (FC)</b></p> <p><b>10:00 Outing: SuperStore</b></p> <p><b>10:45 News &amp; Views (B)</b></p> <p><b>12:30 Outing: Red Lobster (\$) &amp; Mystery Drive</b></p> <p><b>1:30 Cards with Bill (G)</b></p> <p><b>2:00 Classical Music on YouTube (T)</b></p> <p><b>2:00 Tech 101: New Phone and Internet Q &amp; A with Ashley (LL)</b></p> <p><b>3:00 Hangman (B)</b></p> <p><b>4:00 Happy Hour (B)</b></p> <p><b>7:00 Movie (T)</b></p>   | <p><b>7</b></p> <p><b>9:30 Foot Care Clinic *Sign Up at Reception*</b></p> <p><b>10:30 Neighborhood Coffee and Tea (B)</b></p> <p><b>11:10 Music with Jenn (3rd)</b></p> <p><b>10:30 FitMinds(B)</b></p> <p><b>2:00 Mass (C)</b></p> <p><b>2:00 Cranium Crunches (B)</b></p> <p><b>2:00 Thursday Trivia (T)</b></p> <p><b>3:00 Exercises (LL)</b></p> <p><b>4:00 Happy Hour (B)</b></p> <p><b>7:00 Movie (T)</b></p> | <p><b>8</b></p> <p><b>10:00 Zumba Gold Chair Dancing (LL)</b></p> <p><b>10:00 Latin Chair Dancing (3rd)</b></p> <p><b>10:30 Neighbourhood Coffee and Tea (B)</b></p> <p><b>10:30 Billberry Baptist Church (C)</b></p> <p><b>10:45 News &amp; Views (B)</b></p> <p><b>2:00 BINGO! (AR)</b></p> <p><b>3:00 Tuck Shop (G)</b></p> <p><b>3:00 Jeopardy (B)</b></p> <p><b>4:00 Happy Hour (B)</b></p> | <p><b>GROUNDHOG DAY</b></p> <p><b>10:00 - 3:00 RCMP Musical Ride Open House/Tour 2</b></p> <p><i>*Sign Up at Reception if Interested*</i></p> <p><b>11:00 Exercises (FC)</b></p> <p><b>2:00 Afternoon Movie (T)</b></p> <p><b>3:00 Baking: Apple Pie (AR)</b></p> <p><b>3:30 Billiards (G)</b></p> <p><b>4:00 Happy Hour (B)</b></p>                                  |
| <p><b>10</b></p> <p><b>10:00 French Mass with Communion (B)</b></p> <p><b>2:00 Tea and Chat (B)</b></p> <p><b>2:30 TV Series: "Outlander" (T)</b></p> <p><b>7:00 Cribbage (G)</b></p>   | <p><b>11</b></p> <p><b>10:00 Scrabble (B)</b></p> <p><b>10:45 News &amp; Views B)</b></p> <p><b>2:00 Reminiscent Corner with Gary Whitten</b></p> <p><b>2:00 Love is In The Air Trivia &amp; Mad Libs (B)</b></p> <p><b>3:15 Cranium Crunches (B)</b></p> <p><b>4:00 Happy Hour (B)</b></p> <p><b>7:00 Movie (T)</b></p> | <p><b>12</b></p> <p><b>10:00 Tuck Shop (GR)</b></p> <p><b>10:30 Neighbourhood Coffee and Tea (B)</b></p> <p><b>10:30 FitMinds (AR)</b></p> <p><b>11:10 Music with Jenn (3rd)</b></p> <p><b>2:00 BINGO! (AR)</b></p> <p><b>2:00 Bridge (G)</b></p> <p><b>3:00 Exercises (LL)</b></p> <p><b>3:00 Hangman (B)</b></p> <p><b>4:00 1/2 Price Happy Hour (B)</b></p> <p><b>7:00 Bridge (G)</b></p> <p><b>7:00 Movie (T)</b></p>   | <p><b>13</b></p> <p><b>10:00 Sit &amp; Stretch (FC)</b></p> <p><b>10:45 News &amp; Views (B)</b></p> <p><b>10:00 Outing: St. Laurent Mall &amp; Mystery Drive</b></p> <p><b>10:30 Babies Who Volunteer (LL)</b></p> <p><b>12:30 Outing: Confederation Park Ice Sculptures</b></p> <p><b>1:30 Cards with Bill (G)</b></p> <p><b>1:30 Classic Care Presentation: Resident Cannabis Education Session</b></p> <p><b>2:00 Classical Music on YouTube</b></p> <p><b>3:00 Hangman (B)</b></p> <p><b>4:00 Happy Hour (B)</b></p> <p><b>6:00 Valentines Sip &amp; Paint Night (AR)</b></p> <p><b>7:00 Movie (T)</b></p> | <p><b>14</b></p> <p><b>VALENTINES DAY</b></p> <p><b>10:30 Neighborhood Coffee and Tea (B)</b></p> <p><b>11:10 Music with Jenn (3rd)</b></p> <p><b>10:30 FitMinds(B)</b></p> <p><b>2:00 Thursday Trivia: Valentines Edition (B)</b></p> <p><b>2:00 Mass (C)</b></p> <p><b>3:00 Exercises (LL)</b></p> <p><b>4:00 Happy Hour (B)</b></p> <p><b>7:00 Movie (T)</b></p>  | <p><b>15</b></p> <p><b>10:00 Latin Chair Dancing (3rd)</b></p> <p><b>10:00 Zumba Gold Chair Dancing (LL)</b></p> <p><b>10:30 Neighbourhood Coffee and Tea (B)</b></p> <p><b>10:45 News &amp; Views (B)</b></p> <p><b>2:00 BINGO! (AR)</b></p> <p><b>3:00 You Be The Judge (B)</b></p> <p><b>3:00 Tuck Shop (G)</b></p> <p><b>4:00 Happy Hour (B)</b></p> <p><b>7:00 Movie (T)</b></p>            | <p><b>16</b></p> <p><b>11:00 Exercises (FC)</b></p> <p><b>2:00 Snowman Building (B)</b></p> <p><b>2:00 Afternoon Movie (T)</b></p> <p><b>3:30 Billiards (G)</b></p> <p><b>4:00 Happy Hour (B)</b></p>   |



| Sunday   | Monday  | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday   |
|--|---|---|---|---|---|--|
| <p><b>17</b></p> <p><b>10:00</b> French Mass with Communion (T)</p> <p><b>10:30</b> Neighborhood Coffee and Tea (B)</p> <p><b>2:00</b> Mindful Coloring (FD)</p> <p><b>2:30</b> TV Series: "Outlander" (T)</p> <p><b>7:00</b> Cribbage (G)</p> | <p><b>FAMILY DAY</b></p> <p><b>10:00</b> Scrabble (B)</p> <p><b>10:30</b> Neighborhood Coffee and Tea (B)</p> <p><b>10:45</b> News &amp; Views (B)</p> <p><b>2:00</b> Travel Logue: Barcelona (T)</p> <p><b>3:15</b> Cranium Crunches (B)</p> <p><b>4:00</b> Happy Hour (B)</p> <p><b>7:00</b> Movie (T)</p>  | <p><b>19</b></p> <p><b>10:00</b> Tuck Shop (G)</p> <p><b>10:30</b> FitMinds (AR)</p> <p><b>11:10</b> Music with Jenn (3rd)</p> <p><b>2:00</b> BINGO! (AR)</p> <p><b>2:00</b> Bridge (B)</p> <p><b>2:30</b> Lutheran Church Service with Pastor Kind (C)</p> <p><b>3:00</b> Exercises (LL)</p> <p><b>3:00</b> Hangman (B)</p> <p><b>4:00</b> 1/2 Price Happy Hour (B)</p> <p><b>7:00</b> Bridge (G)</p> <p><b>7:00</b> Movie (T)</p> | <p><b>20</b></p> <p><b>10:00</b> Exercises (LL)</p> <p><b>10:00</b> Outing: Walmart &amp; Mystery Drive</p> <p><b>12:00</b> Outing: Walk/Skate the Rideau Canal</p> <p><b>10:45</b> News &amp; Views (B)</p> <p><b>1:30</b> Cards with Bill (G)</p> <p><b>2:00</b> Classical Music on YouTube (T)</p> <p><b>3:00</b> Hangman (B)</p> <p><b>4:00</b> Happy Hour (B)</p> <p><b>7:00</b> Movie (T)</p>   | <p><b>21</b></p> <p><b>9:30</b> Foot Care Clinic *Sign Up at Reception*</p> <p><b>10:30</b> Neighborhood Coffee and Tea (B)</p> <p><b>10:30</b> FitMinds (AR)</p> <p><b>2:00</b> Thursday Trivia (T)</p> <p><b>2:00</b> Mass (C)</p> <p><b>2:00</b> New Resident Wine &amp; Cheese Social (B)</p> <p><b>3:00</b> Exercises (LL)</p> <p><b>4:00</b> Happy Hour (B)</p> <p><b>7:00</b> Movie (T)</p>  | <p><b>22</b></p> <p><b>10:00</b> Latin Chair Dancing (3rd)</p> <p><b>10:00</b> Zumba Gold Chair Dancing (LL)</p> <p><b>10:30</b> Neighborhood Coffee and Tea (B)</p> <p><b>10:30</b> Billberry Baptist Church (C)</p> <p><b>11:10</b> Music with Jenn (3rd)</p> <p><b>10:45</b> News &amp; Views (B)</p> <p><b>2:00</b> BINGO! (AR) \$2.00/per card!</p> <p><b>3:00</b> Tuck Shop (G)</p> <p><b>3:00</b> Pictionary (B)</p> <p><b>4:00</b> Happy Hour (B)</p> | <p><b>23</b></p> <p><b>11:00</b> Exercises (FC)</p> <p><b>2:00</b> Crosswords (FD)</p> <p><b>2:30</b> Afternoon Movie (T)</p> <p><b>3:30</b> Billiards (G)</p> |
| <p><b>24</b></p> <p><b>10:00</b> French Mass with Communion (T)</p> <p><b>10:30</b> Neighborhood Coffee and Tea (B)</p> <p><b>2:00</b> Tea and Chat (B)</p> <p><b>2:30</b> TV Series: "Outlander" (T)</p> <p><b>7:00</b> Cribbage (G)</p>      | <p><b>25</b></p> <p><b>10:00</b> Scrabble (B)</p> <p><b>10:30</b> Neighborhood Coffee and Tea (B)</p> <p><b>10:45</b> News &amp; Views (B)</p> <p><b>2:00</b> Book Reading with author Kevin-Barry Hart on Estate and Will Planning (T)</p> <p><b>2:00</b> Reading Buddies with Divine Infant Students (LL)</p> <p><b>3:15</b> Cranium Crunches (B)</p> <p><b>4:00</b> Happy Hour (B)</p> | <p><b>26</b></p> <p><b>10:00</b> Tuck Shop (G)</p> <p><b>10:30</b> Neighbourhood Coffee and Tea (B)</p> <p><b>10:30</b> FitMinds (AR)</p> <p><b>11:00 - 2:00</b> Pam's Travelling Shop (L)</p> <p><b>2:00</b> Bridge (B)</p> <p><b>2:00</b> Resident Council Meeting (T)</p> <p><b>3:00</b> Hangman (B)</p> <p><b>4:00</b> 1/2 Price Happy Hour (B)</p> <p><b>7:00</b> Bridge (G)</p> <p><b>7:00</b> Movie (T)</p>                  | <p><b>27</b></p> <p><b>10:00 - 11:00</b> Ottawa Public Library Visit (B)</p> <p><b>10:00</b> Sit &amp; Stretch (FC)</p> <p><b>10:00</b> Outing: Place D'Orleans Mall</p> <p><b>10:45</b> News &amp; Views (B)</p> <p><b>12:30</b> Outing: East Side Mario's (\$) &amp; Mystery Drive</p> <p><b>2:00</b> Classical Music on YouTube (T)</p> <p><b>3:00</b> Hangman (B)</p> <p><b>4:00</b> Happy Hour (B)</p> <p><b>4:45</b> Birthday &amp; Anniversary Party with Guy Lalonde</p> <p><b>7:00</b> Movie (T)</p> | <p><b>28</b></p> <p><b>10:30</b> Neighborhood Coffee and Tea (B)</p> <p><b>10:30</b> FitMinds (AR)</p> <p><b>10:45</b> News &amp; Views (B)</p> <p><b>11:00</b> Food Committee Meeting (T)</p> <p><b>11:10</b> Music with Jenn (3rd)</p> <p><b>2:00</b> Mass (C)</p> <p><b>2:00</b> Babies Who Volunteer (LL)</p> <p><b>2:00</b> BINGO! (AR)</p> <p><b>3:00</b> Exercises (LL)</p> <p><b>4:00</b> Happy Hour (B)</p> <p><b>7:00</b> Movie (T)</p> | <p><i>Meal Times</i></p> <p>Breakfast - 8:00 am<br/>Lunch - 11:45 am and 1:00 pm<br/>Dinner - 4:45 pm and 6:00 pm</p> <p>➔</p> <p>Book your bus outing at Reception!</p> <p>←</p> <p>Call *91 on your phone for the daily activities &amp; menu!</p>  |  |

**PROGRAM LOCATION**

- \* - Sign Up Required
- \$ - Cost Associated
- AR - Activity Room
- FC - Fitness Centre
- B - Bistro
- G - Games Room

- L - Lobby
- C - Chapel
- LL - Lower Lounge
- WC - Wellness Centre
- FD - Front Desk
- DR - Dining Room

**PROGRAM DESCRIPTION**

- Red** - Special Event
- Orange** - New Program
- Green** - Spiritual Program
- Blue** - Fitness Program
- Grey** - Cognitive Program
- Brown** - Bus Outing

*But You Didn't Know...*

- 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 februum 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 in the English language
  - Before Julius Caesar's calendar reform of 45BC, February was the only month with an even number of days. All the rest had 29 or 31
    - The only other day that beats Valentine's Day in floral sales is Mother's Day
  - It is the YEAR OF THE PIG for Chinese New Year - pigs have beautiful personality and are blessed with good fortune in life