



FEBRUARY 2019 ACTIVITIES CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>SHUTTLES & OUTINGS PLEASE BE SURE TO SIGN UP AT RECEPTION AT LEAST 48 HOURS IN ADVANCE</p> 	<p>Location Of Activity RR = Retirement Residence SS = Senior Suites</p> <p>Type Of Activity Blue = Fitness Purple = Spiritual Green = Outing Orange = Game Aqua = Vendor Red = Movie Pink = Entertainment Brown = Crafty Corner A = Auditorium B = Bistro C = Chapel T = Theatre L = Lobby AR = Activity Room SS-RR= Senior Suites Red Room WC = Wellness Centre FR = Fitness Room</p>				<p>1</p> <p>10:00 Zumba Gold Chair (SS-A) 10:00 Blood Pressure Clinic (RR-Wellness Centre) 10:00 Meredy's Clark Gable Trivia Mania (RR-B) 10:15 Tuck Shop (RR-Basement) 1:30 Community Exercise (RR-A) 2:00 Community Exercise (RR-A) 2:00 Interactive Fit Minds (RR-B) 2:30 Community Exercise (SS-A) 3:00 Community Exercise (SS-A) 3:45 Wear Red Day Social (SS-B) 7:00 Board Games Night (SS-B) 7:00 Card Games Night (RR-B)</p> <p>Wear Red Day Clark Gable's Birthday</p>	<p>2</p> <p>10:00 Resident Fitness (SS-A) 10:30 Game: Keeping the Conversation Hearts Going (SS-B) 2:00 Cranium Crunches (RR-B) 2:15 Cards: Play Euchre (RR-B) 3:45 Groundhog Day Trivia Social (RR-B) 7:15 Movie Night (SS-T) A Walk in the Woods</p> <p>Groundhog Day</p>
<p>3</p> <p>10:00 Bible Film with Lisa (RR-A) 10:15 Communion (RR-C) 10:30 Self-serve Morning Coffee (SS/RR-B) 2:30 Self-Serve Afternoon Tea (SS-B/RR-B) 6:00 Super Bowl (RR and SS-B) Super Bowl Sunday New England VS Los Angeles Patriots Rams</p>  <p>VS Please join us in the SS and RR Bistro to watch the game!</p>	<p>4</p> <p>9:30 Shuttle: Westgate Shopping Mall 9:45 Yoga with Georgia (RR-A) 1:30 Park Place Sing-along (SS-A) 1:30 Community Exercise (RR-A) 2:00 Community Exercise (RR-A) 2:00 <u>New Lunch Hour Seating Information Session (SS-T)</u> 2:00 Crafty Corner: Chinese New Year Red Packets (RR-B) 2:15 Cards: Play Euchre (RR-B) 2:30 Community Exercise (RR-A) 3:00 Community Exercise (RR-A) 3:00 Hymn Sing with Fidele (RR-C) 3:45 Social Hour (SS-B) 7:15 Movie Night (SS-T) Ocean's Eleven</p>	<p>5</p> <p>9:30 Shuttle: Billing Bridge Mall 10:00 Communion (RR-C) 10:15 Tuck Shop (RR-Basement) 1:30 Outing: Museum of Nature Butterflies in Flight \$5.00 2:00 Game: Scatergories (RR-B) 2:30 Community Exercise (RR-A) 3:00 Community Exercise (RR-A) 3:45 Social Hour (RR-B) 7:15 Cards: Play Bridge (SS-B)</p> <p>Chinese New Year</p>	<p>6</p> <p>Findlay Creek Hearing Care Clinic 10:30 Pet Therapy (RR-L) 11:00 Weights with Chelsey (SS-FR) 2:00 One on One Visit (RR) 2:30 Entertainment: Stanley Frank on Guitar (RR-A) 4:00 Social Hour (SS-B) 7:15 <u>Game: BINGO (RR-A)</u> \$2.00 for 3 cards All Welcome to Play Bingo</p>	<p>7</p> <p>10:30 Fit Minds (SS-A) 2:00 Game: Keeping the Conversation Hearts Going (RR-B) 2:30 Community Exercise (SS-A) 3:00 Community Exercise (SS-A) 3:45 Social Hour (RR-B) 7:15 Movie Night (SS-T) Back Country</p> 	<p>8</p> <p>10:00 Spelling Bee(SS-T) 10:15 Tuck Shop (RR-Basement) 1:30 Community Exercise (RR-A) 2:00 Community Exercise (RR-A) 2:00 Interactive Fit Minds (RR-B) 2:30 Community Exercise (SS-A) 3:00 Community Exercise (SS-A) 3:45 Social Hour (SS-B) 7:00 Board Games Night (SS-B) 7:00 Card Games Night (RR-B)</p>	<p>9</p> <p>10:00-3:00 Vendor: L'Adels Creations (SS-L) 10:00 Resident Fitness (SS-A) 10:00 News and Views (RR-B) 11:30 Sweetheart Brunch (SS-D) 11:30 Sweetheart Brunch (RR-D) 2:00 Park Place Sing-along (SS-A) 2:15 Cards: Play Euchre (RR-B) 3:45 Social Hour (RR-B) 7:15 Movie Night (SS-T) Remember</p>
<p>10</p> <p>10:15 Communion (RR-C) 10:30 Self-Serve Morning Coffee (SS/RR-B) 2:00 Writing Fun Club (SS-RR) 2:30 Self-Serve Afternoon Tea (SS-B/RR-B) 2:30 Salvation Army (RR-C)</p> <p>Jigsaw puzzle on the go in the library (SS-Library)</p>	<p>11</p> <p>9:30 Shuttle: Billings Bridge 9:45 Yoga with Georgia (RR-A) 1:30 Park Place Sing-along (SS-A) 1:30 Community Exercise (RR-A) 2:00 Community Exercise (RR-A) 2:00 Ottawa Library Visiting (RR-AR) 2:00 Jeopardy Trivia (RR-B) 2:15 Cards: Play Euchre (RR-B) 2:30 Community Exercise (SS-A) 3:00 Community Exercise (SS-A) 3:45 Social Hour (SS-B) 7:15 Movie Night (SS-T) Lavender</p>	<p>12</p> <p>9:30 Shuttle: Carling wood Mall 10:00 Communion (RR-C) 10:15 Tuck Shop (RR-Basement) 10:30 <u>New: Giant Crossword Puzzle (SS-B)</u> 1:30 Outing: Winterlude and Beavertails Drive \$\$ 2:00 Who, What, When (RR-B) 2:00 One on One Visit (RR) 2:30 Community Exercise (RR-A) 3:00 Community Exercise (RR-A) 3:45 Social Hour (RR-B) 7:15 Cards: Play Bridge (SS-B)</p>	<p>13</p> <p>10:00 Mad Libs: A Mixed-Up Fairy Tale (RR-B) 10:30 Tai Chi (SS-A) 2:00 Pet Visit with Arthur (RR-L) 2:00 One on One Visit (RR) 2:30 Entertainment: Larry Wright (SS-A) 4:00 Social Hour (SS-B) 7:15 <u>Game: BINGO (RR-A)</u> \$2.00 for 3 cards All Welcome to Play Bingo</p> 	<p>14</p> <p>10:00 Church Services (RR-C) 10:30 Fit Minds (SS-A) 10:30 Cranium Crunches (RR-B) 2:00 Knitting Group (SS-B) 2:00 Sweetheart Tea (RR-B) 2:30 Community Exercise (SS-A) 3:00 Community Exercise (SS-A) 3:45 Hit Me with Your Best Shot Cupid Social Hour (RR-B) 7:15 Movie Night (SS-T) Beauty and the Beast</p> <p>Valentine's Day</p> <p>Don't Forget to Wear Red on This Day for Social</p>	<p>15</p> <p>10:00 Zumba Gold Chair (SS-A) 10:00 Crafty corner: Sun-catcher Hearts (RR-B) 10:15 Tuck Shop (RR-Basement) 1:30 Community Exercise (RR-A) 2:00 Community Exercise (RR-A) 2:00 Interactive Fit Minds (RR-B) 2:30 Catholic Mass (RR-A) 2:30 Community Exercise (SS-A) 3:00 Community Exercise (SS-A) 3:45 Hit Me with Your Best Shot Cupid Social Hour (SS-B) 7:00 Board Games Night (SS-B) 7:00 Card Games Night (RR-B)</p> <p>Don't Forget to Wear Red on This Day for Social</p>	<p>16</p> <p>10:00 Resident Fitness (SS-A) 10:00 Crafty Corner: No-Sew Hand Warmer (RR-B) 2:00 Painting, Drawing and Conversation (RR-AR) 2:15 Cards: Play Euchre (RR-B) 3:45 Social Hour (RR-B) 7:15 Movie Night (SS-T) Night at the Museum: The Secret of Tomb</p> 

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<p>17</p> <p>10:00 Bible Film with Lisa (RR-A) 10:15 Communion (RR-C) 10:30 Self-Serve Morning Coffee (SS/RR-B) 2:30 Self-Serve Afternoon Tea (SS-B/RR-B)</p> <p>Jigsaw puzzle on the go in the library (SS-Library)</p> 	<p>18</p> <p>9:30 Shuttle: Merivale Mall 9:45 Yoga with Georgia (RR-A) 1:30 Park Place Sing-along (SS-A) 1:30 Community Exercise (R R-A) 2:00 Community Exercise (RR-A) 2:00 New: Giant Crossword Puzzle (RR-B) 2:15 Cards: Play Euchre (RR-B) 2:30 Community Exercise (SS-A) 3:00 Community Exercise (SS-A) 3:00 Spiritual Hour with Fidele (RR-C) 3:45 Social Hour (SS-B) 7:15 Movie Night (SS-T) Gaga: Five Foot Two</p> <p>Happy Family Day</p>	<p>19</p> <p>9:30 Shuttle: Billings Bridge Shopping Centre 10:00 Communion (RR-C) 10:15 Tuck Shop (RR-Basement) 10:30 New: Giant Crossword Puzzle (SS-B) 11:45 Outing: Casino du Lac Leamy \$\$ 2:00 Painting, Drawing and Conversation (RR-AR) 2:00 One on One Visit (RR) 2:30 Community Exercise (RR-A) 3:00 Community Exercise (RR-A) 3:45 Social Hour (RR-B) 7:15 Cards: Play Bridge (SS-B)</p>	<p>20</p> <p>9:30 Food Forum (SS-T) 10:30 GM Chat (RR-B) 10:30 Balls, Bands and Balance (SS-A) 2:00 One on One Visit (RR) 2:00 Pet Visit with Arthur (RR-L) 2:30 Entertainment: Guy Lalonde (RR-A) 4:00 Social Hour (SS-B) 7:15 Game: BINGO (RR-A) \$2.00 for 3 cards All Welcome to Play Bingo</p>	<p>21</p> <p>10:30 Fit Minds (SS-A) 10:30 Giant Crossword Puzzle(RR-B) 2:00 Julian Norwich Anglican Church Services (RR-C) 2:00 Painting Drawing and Conversation (RR-AR) 2:30 Community Exercise (SS-A) 3:00 Community Exercise (SS-A) 3:45 Social Hour (RR-B) 7:15 Movie Night (SS-T) Sherlock Holmes: A Game of Shadows</p> 	<p>22</p> <p>10:00 Spelling Bee (SS-T) 10:00 Game: Musical Bingo(RR-B) 10:15 Tuck Shop (RR-Basement) 1:30 Community Exercise (RR-A) 2:00 Community Exercise (RR-A) 2:00 Interactive Fit Minds (RR-B) 2:30 Cannabis Information Session (SS-T) 2:30 Community Exercise (RR-A) 3:00 Community Exercise (RR-A) 3:45 Margarita Social (SS-B) 7:00 Board Games Night (SS-B) 7:00 Card Games Night (RR-B)</p> <p>Margarita Day</p>	<p>23</p> <p>10:00 Resident Fitness (SS-A) 10:00 News and Views (RR-B) 2:00 Park Place Sing-along (SS-A) 2:15 Cards: Play Euchre (RR-B) 3:45 Social Hour (RR-B) 7:15 Movie Night (SS-T) The Untouchables</p>
<p>24</p> <p>10:15 Communion (RR-C) 10:30 Self-Serve Morning Coffee (SS-B/RR-B) 2:00 The MET Church (RR-C) 2:00 Writing Fun Club (SS-RR) 2:30 Self-Serve Afternoon Tea (SS-B/RR-B)</p> <p>Jigsaw puzzle on the go in the library (SS-Library)</p>	<p>25</p> <p>9:30 Shuttle: Walmart 9:45 Yoga with Georgia (RR-A) 10:30 New: Giant Crossword Puzzle (SS-B) 1:30 Community Exercise (RR-A) 2:00 Community Exercise (RR-A) 2:30 Community Exercise (RR-A) 2:00 New: Giant Crossword Puzzle (RR-B) 2:15 Cards: Play Euchre (RR-B) 2:30 Resident's Council (SS-T) 4:00 Social Hour (SS-B) 7:15 Movie Night (SS-T) Daddy Day Care</p>	<p>26</p> <p>9:30 Shuttle: Carling wood Mall 10:00 Communion (RR-C) 10:15 Tuck Shop (RR-Basement) 10:30 Random Trivia (SS-B) 11:45 Outing: Lunch Cora's Restaurant \$\$ 2:00 Random Trivia (RR-B) 2:30 Community Exercise (RR-A) 3:00 Community Exercise (RR-A) 3:45 Strawberry Shortcake Social Hour (RR-B) 7:15 Cards: Play Bridge (SS-B)</p>	<p>27</p> <p>10:00 Game: Would you Rather! (RR-B) 10:30 Tai Chi (SS-A) 11:00 Vendor: Sunshine Gift Shop (SS-L) 2:00 Pet Visit with Arthur (RR-L) 4:45 Birthday Dinner (RR-D) 5:30 Birthday Dinner (SS-D) 7:15 Game: BINGO (RR-A) \$2.00 for 3 cards All Welcome to Play Bingo No-Brainer Day</p> 	<p>28</p> <p>10:30 Fit Minds (SS-A) 10:30 Game: Who Am I? (RR-B) 2:00 Crafty Corner: Long-Stemmed Pom-pom Bouquet (RR-B) 2:00 Knitting Group (SS-B) 2:15 Shuttle: Shopper's Drugmart 2:30 Community Exercise (SS-A) 3:00 Community Exercise (SS-A) 3:45 Social Hour (RR-B) 7:15 Movie Night (SS-T) The Last Laugh</p>	<p>Weather or Not</p> <p>It is said that if the weather is fair and mild in January and at the beginning of February, there is more winter ahead than behind. "If the cat lies in the sun in February, she will creep behind the stove in March."</p> <p>~ Weather Folklore~</p> 	

February Fun Facts

- It is the second month of the year in the Julian and Gregorian calendars, with 28 days in common years and 29 days in leap years
- It is the shortest month of the year, and is the only month with fewer than 30 days.
- February gets its name from the Latin word februum, which means "to purify." The Romans purified themselves in February - a ritual undertaken in preparation for the arrival of spring.

