

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>PROMENADE</h1> <h2>ACTIVITY CALENDAR</h2> <h1>FEBRUARY 2024</h1>						
<p>Type of Activity:</p> <p>Blue - Fitness Green - New Red - Movie/ TV/Virtual Pink - Special Orange - Game Purple - Concert Lilac - Holidays</p>				<p>8:00-1:00 Van Shuttle to Superstore</p> <p>10:00 Morning Exercises (SS YR)</p> <p>10:30 Crochet Club (SS L)</p> <p>10:30 Food Service Meeting (RR T)</p> <p>1:15 Euchre Games (SS BR)</p> <p>2:00 Catholic Mass (RR C)</p> <p>1:30 Food Service Meeting (SS B)</p> <p>2:30 Toonie Bingo (SS Lib)</p> <p>3:00 Tv Series: Bonanza (RR T)</p>	<p>10:00 Morning Exercise (RRG)</p> <p>10:20 Latin Chair Dancing (SS YR)</p> <p>10:30 Sing A Long (RR T)</p> <p>1:30 Bridge Game (SS BR)</p> <p>2:00 Valentines Day Craft (RR AR)</p> <p>2:00 Celebration of the word (SS C)</p> <p>3:00 Art with Verbena (SS L4)</p> <p>3:00 Social Hour (RR B)</p> <p>4:00 Social Hour (SS B)</p> <p>8:00 Friday Night Movie: "My Fair Lady" (SS T)</p>	<p>10:00 Carrot Cake Social and Ted Talks: My Mission to Change the Narrative on Mental Health (SS B)</p> <p>10:30 Carrot Cake Social (RR B)</p> <p>1:15 Euchre Games (SS BR)</p> <p>1:30 Movie Matinee: "Chain Reaction" (SS T)</p> <p>2:00 Bingo (RR T)</p> <p>4:00 Trivia and Tea Social (RR B)</p> <p>National Carrot Cake Day</p>
<p>10:30 Word Game of Choice (RR T)</p> <p>1:00 Wii Bowling (RR T)</p> <p>2:30 Toonie Bingo (SS Lib)</p> <p>2:30 Movie Matinee: "Forrest Gump" (RR T)</p> <p>4:00 Trivia and Tea Social (SS B)</p>	<p>10:00 Morning Exercises (SS YR)</p> <p>10:30 Current Events and Coffee (RR B & SS B)</p> <p>10:30 Crochet Club (SS L)</p> <p>1:30 Bridge Game (SS BR)</p> <p>2:00 Art with Verbena (SS L4)</p> <p>2:00 Bingo (RR T)</p> <p>3:00 Social Hour (RR B)</p> <p>4:00 Social Hour (SS B)</p>	<p>10:00 Morning Exercises (SS YR)</p> <p>10:30 History Recall: Valentines Day Traditions Around The World (RR T)</p> <p>1:15 Euchre Games (SS BR)</p> <p>2:30 Toonie Bingo (SS Lib)</p> <p>3:00 National Geographic Hour (RR T)</p>	<p>9:30 Colouring Club: Letter/Card Making Workshop (RR AR)</p> <p>10:30 Scrabble (RR T)</p> <p>2:00 Bingo with The Lion's Club (RR T)</p> <p>2:00 TV Show - "The Crown": Season 1, Episode 6 (SS T)</p> <p>3:00 Word Games (SS B)</p> <p>3:00 Social Hour (RR B)</p> <p>4:00 Social Hour (SS B)</p> <p>National Send A Friend A Letter Day</p>	<p>8:00-1:00 Van Shuttle to Walmart</p> <p>10:00 Morning Exercises (SS YR)</p> <p>10:30 Crochet Club (SS L)</p> <p>10:30 Thursday Trivia (RR T)</p> <p>1:15 Euchre Games (SS BR)</p> <p>2:00 Catholic Mass (RR C)</p> <p>2:30 Toonie Bingo (SS Lib)</p> <p>3:00 Baking Club: Sugar Heart Cookies (RR AR)</p> <p>3:00 Tv Series: Bonanza (RR T)</p>	<p>10:00 Morning Exercise (RRG)</p> <p>10:30 Sing A Long (RR T)</p> <p>11:00 Chair Yoga (SS YR)</p> <p>1:30 Bridge Game (SS BR)</p> <p>2:00 Celebration of the word (SS C)</p> <p>2:00 Valentines Day Craft (SS Lib)</p> <p>3:00 Art with Verbena (SS L4)</p> <p>3:00 Social Hour (RR B)</p> <p>4:00 Social Hour (SS B)</p> <p>8:00 Friday Night Movie: "Notting Hill" (SS T)</p>	<p>10:00 Ted Talks: How to Find Humour In Life's Absurdity (SS B)</p> <p>10:30 Crosswords (RR T)</p> <p>1:15 Euchre Games (SS BR)</p> <p>1:30 Movie Matinee: "The Notebook" (SS T)</p> <p>2:00 Bingo (RR T)</p> <p>3:00 Valentines Day Nail Art with Remi (RR AR)</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																								
<p align="right">11</p> <p>10:30 Word Game of Choice (RR T) 1:00 Wii Bowling (RR T) 2:30 Toonie Bingo (SS Lib) 2:30 Movie Matinee: "Pride And Prejudice" (RR T) 3:00 Baking Club: Pizza Toast (RR AR) 4:00 Valentines Nail Art with Remi (SS YR) 6:00 Super Bowl Social (SS B) National Pizza Day</p>	<p align="right">12</p> <p>10:00 Morning Exercises (SS YR) 10:30 Current Events and Coffee (RR B & SS B) 10:30 Crochet Club (SS L) 1:30 Bridge Game (SS BR) 2:00 Art with Verbena (SS L4) 2:00 Live Entertainment with Marko Zarko (SS L) 3:00 Social Hour (RR B) Chocolate Taste Tasting Social 4:00 Social Hour (SS B)</p>	<p align="right">13</p> <p>10:30 Blood Pressure Clinic (SS BR) 10:45 Mardi Gras/Shrove Tuesday Social (RR and SS B) 1:00 Blood Pressure and Weight Clinic (RR WC) 1:30 Tai Chi (SS YR) 1:15 Euchre Games (SS BR) 2:30 Toonie Bingo (SS Lib) 3:00 National Geographic Hour (RR T) Mardi Gras/Shrove Tuesday Wear Purple and Green!</p>	<p align="right">14</p> <p>8:00 Breakfast with Management (RR&SS) 9:30 Colouring Club (RR AR) 10:30 Strawberry Milkshake Social (RR and SS B) 2:00 Valentines Day Bingo (RR T) 2:00 TV Show - "The Crown": Season 1, Episode 7 (SS T) 3:00 VDay Social Hour (RR B) *Sweetheart Cocktails Themed Drinks* 4:00 VDay Social Hour (SS B) VALENTINES DAY Wear Pink and Red!</p>	<p align="right">15</p> <p>8:00-1:00 Van Shuttle to Metro 10:00 Morning Exercises (SS YR) 10:30 Crochet Club (SS L) 10:30 Valentines Day Trivia (RR T) 1:15 Euchre Games (SS BR) 2:00 Catholic Mass (RR C) 2:30 Toonie Bingo (SS Lib) 3:00 TV Series: Bonanza (RR T)</p>	<p align="right">16</p> <p>10:00 Morning Exercise (RR G) 10:20 Latin Chair Dancing (SS YR) 10:30 Love Songs Sing A Long (RR T) 1:30 Bridge Game (SS BR) 2:00 Celebration of the word (SS C) 2:00 Love Songs Sing A Long (SS B) 3:00 Art with Verbena (SS L4) 3:00 Social Hour (RR B) 4:00 Social Hour (SS B) 8:00 Friday Night Movie: "Roman Holiday" (SS T)</p>	<p align="right">17</p> <p>10:00 Ted Talks: The Ordinary People Doing Extraordinary Things in Ukraine (SS B) 10:00-5:00 Donations Drop Off (SS Lib) 10:30 Crosswords (RR T) 1:15 Euchre Games (SS BR) 1:30 Movie Matinee: "Independence Day" (SS T) 2:00 Bingo (RR T) 4:00 Tea and Trivia Social (RR B) Random Acts of Kindness Day</p>																								
<p align="right">18</p> <p>10:30 Word Game of Choice (RR T) 1:00 Wii Bowling (RR T) 2:30 Toonie Bingo (SS Lib) 2:30 Movie Matinee: "Zoolander" (RR T) 4:00 Tea and Crosswords Social (SS B)</p>	<p align="right">19</p> <p>10:00 Morning Exercises (SS YR) 10:30 Discuss and Recall: Family Memories and Photographs (RR and SS B) 10:30 Crochet Club (SS L) 1:30 Bridge Game (SS BR) 2:00 Art with Verbena (SS L4) 2:00 Bingo (RR T) 3:00 Social Hour (RR B) All family members invited! 4:00 Social Hour (SS B) FAMILY DAY</p>	<p align="right">20</p> <p>10:00 Morning Exercises (SS YR) 10:30 History Recall: February in History (RR T) 1:15 Euchre Games (SS BR) 2:30 Toonie Bingo (SS Lib) 3:00 National Geographic Hour (RR T)</p>	<p align="right">21</p> <p>9:30 Colouring Club (RR AR) 10:30 Scrabble (RR T) 2:00 Bingo (RR T) 2:00 TV Show - "The Crown": Season 1, Episode 8 (SS T) 3:00 Word Games (SS B) 3:00 Social Hour (RR B) Margarita Social 4:00 Social Hour (SS B) National Margarita Day</p>	<p align="right">22</p> <p>8:00-1:00 Van Shuttle to Giant Tiger 10:00 Morning Exercises (SS YR) 10:30 Crochet Club (SS L) 10:30 Thursday Trivia (RR T) 1:15 Euchre Games (SS BR) 2:00 Catholic Mass (RR C) 2:30 Toonie Bingo (SS Lib) 3:00 Baking Club: Biscotti (RR AR) 3:00 Tv Series: Bonanza (RR T)</p>	<p align="right">23</p> <p>10:00 Morning Exercise (RR G) 10:30 Sing A Long (RR T) 11:00 Chair Yoga (SS YR) 1:30 Bridge Game (SS BR) 2:00 Celebration of the word (SS C) 2:00 Winter Collage Art (RR AR) 3:00 Art with Verbena (SS L4) 3:00 Social Hour (RR B) 4:00 Social Hour (SS B) 8:00 Friday Night Movie: "The Pianist" (SS T)</p>	<p align="right">24</p> <p>10:00 Ted Talks: The Timeless, Ancient Language of Art (SS B) 10:30 Crosswords (RR T) 1:15 Euchre Games (SS BR) 1:30 Movie Matinee: "One-Eyed Jack" (SS T) 2:00 Bingo (RR T) 4:00 Strawberry Tea Social (RR B)</p>																								
<p align="right">25</p> <p>10:30 Word Game of Choice (RR T) 1:00 Wii Bowling (RR T) 2:30 Toonie Bingo (SS Lib) 2:30 Movie Matinee: "School of Rock" (RR T) 4:00 Strawberry Ice Tea and Word in A Word Social (SS B)</p>	<p align="right">26</p> <p>10:00 Morning Exercises (SS YR) 10:30 Current Events and Coffee (RR B & SS B) 10:30 Crochet Club (SS L) 1:30 Bridge Game (SS BR) 2:00 Art with Verbena (SS L4) 2:00 Bingo (RR T) 3:00 Social Hour (RR B) 4:00 Social Hour (SS B)</p>	<p align="right">27</p> <p>10:00 Morning Exercises (SS YR) 10:45 4 Pics 1 Word (RR T) 1:15 Euchre Games (SS BR) 1:30 Chair Tai Chi (SS YR) 2:30 Toonie Bingo (SS Lib) 3:00 National Geographic Hour (RR T)</p>	<p align="right">28</p> <p>9:30 Colouring Club (RR AR) 10:30 Scrabble (RR T) 2:00 Bingo (RR T) 2:00 TV Show - "The Crown": Season 1, Episode 9 (SS T) 3:00 Word Games (SS B) 3:00 Social Hour (RR B) 4:00 Social Hour (SS B) Birthday and Anniversary Dinner</p>	<p align="right">29</p> <p>8:00-1:00 Van Shuttle to Place D'Orleans 10:00 Morning Exercises (SS YR) 10:30 Crochet Club (SS L) 10:30 Food Service Meeting (RRT) 10:30 Leap Year Social (RR & SS B) 1:15 Euchre Games (SS BR) 1:30 Food Service Meeting (SS) 2:00 Catholic Mass (RR C) 2:30 Toonie Bingo (SS Lib) 3:00 TV Series: Bonanza (RR T)</p>	<p align="center">Location Code</p> <table border="1"> <tr> <td>B</td> <td>Bistro</td> <td>L</td> <td>Lobby</td> </tr> <tr> <td>LL</td> <td>RR Lower Lounge</td> <td>SSD</td> <td>SS Dining Room</td> </tr> <tr> <td>GR</td> <td>RR Game Room</td> <td>Lib</td> <td>SS Library</td> </tr> <tr> <td>BR</td> <td>SS Bridge Room</td> <td>YR</td> <td>SS Yoga Room</td> </tr> <tr> <td>AR</td> <td>RR Activity Room</td> <td>G</td> <td>Gym</td> </tr> <tr> <td>T</td> <td>Theatre</td> <td></td> <td></td> </tr> </table>		B	Bistro	L	Lobby	LL	RR Lower Lounge	SSD	SS Dining Room	GR	RR Game Room	Lib	SS Library	BR	SS Bridge Room	YR	SS Yoga Room	AR	RR Activity Room	G	Gym	T	Theatre		
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