

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| <p>Hello February!</p> <p>Happy Hour happening Monday - Friday from 3:30PM - 4:45PM In Bar</p> <p>Sign up binder is always located at the Front Desk for any activities or outings that require you sign up for them.</p> <p>Jenna and Natalie can be reached anytime at Extension #228</p> | | | <p>10:30 Exercise with Natalie 1</p> <p>11:00 Baking Group - Cupcake Bouquets</p> <p>2:00 PM Travelogue - Holland</p> <p>Black History Month</p> | <p>2 10:30 Spiritual Chat - 4THFLR</p> <p>11:00AM Activity Booklets - L</p> <p>2:00 PM Ron The Party Magician - L</p> <p>6:30PM Sing Along - L</p> <p>Groundhog Day</p> | <p>3 <u>No Exercise Today</u></p> <p>10:30 Activity Meeting with Jenna & Natalie - BL</p> <p>11:00AM Current Events + Timbits - BL</p> | <p>4 2:00 PM Entertainment - Tony P - L</p> <p>6:30PM MOVIE NIGHT - How to loose a guy in 10 days</p> |
| <p>5 2:00 PM Card Group - BL</p> | <p>6 10:30 Exercise with Natalie</p> <p>11:00 Tech Support with Bill</p> <p>11</p> <p>2:00 PM Entertainment - Corby Kemp - L</p> | <p>7 10:30 Chair Yoga - Community Care</p> <p>1:30 Movie Matinee - Falling Inn Love</p> <p>2:00 PM Bingo - BL</p> <p>6:30 - Card Group - BL</p> | <p>8 10:30 Exercise with Natalie</p> <p>10:30 Craft Group - Table Centre Pieces</p> <p>2:00 PM Travelogue - Bahamas</p> | <p>9 10:30 Chair Yoga - Community Care</p> <p>11:00AM Activity Booklets - L</p> <p>2:00 PM Bingo - BL</p> <p>6:30 PM Entertainment - Deidrey F - L</p> | <p>10 10:30 Exercise with Natalie</p> <p>11:00AM Current Events + Timbits - BL</p> <p>2:00 PM Entertainment - Eric L - L</p> | <p>11 2:00 PM Bingo - BL</p> <p>6:30PM MOVIE NIGHT - You Pick</p> |
| <p>12 2:00 PM Card Group - BL</p> | <p>13 10:30 Exercise with Natalie</p> <p>11:00 Tech Support with Bill</p> <p>2:00 PM Family Feud - L</p> <p>2:00 Men's Club - BL</p> | <p>14 10:30 Chair Yoga - Community Care</p> <p>2:00 PM Valentines Day Party with Entertainment - Don Owen - L</p> <p>6:30 - Card Group - BL</p> <p>Valentine's Day</p> | <p>15 10:30 Exercise with Natalie</p> <p>10:30 Baking Group - Buttertarts</p> <p>2:00 PM Travelogue - Switzerland</p> | <p>16 10:00 Trinity Church -4THFL</p> <p>10:30 Chair Yoga - Community Care</p> <p>11:00AM Activity Booklets - L</p> <p>2:00 PM Bingo Event PRIZES</p> <p>4:30PM Order in Swiss Chalet (SIGNUP) - BL</p> | <p>17 10:30 Exercise with Natalie</p> <p>11:00AM Current Events + Timbits - BL</p> <p>2:00 PM Entertainment - Hal Allison - L</p> | <p>18 2:00 PM Bingo - BL</p> <p>6:30PM MOVIE NIGHT - Pretty Women</p> |
| <p>19 2:00 PM Entertainment - Ed Smith</p> <p>2:00 PM Card Group - BL</p> | <p>20 Family Day -</p> <p>No Exercise Today</p> <p>Jenna + Natalie Off</p> <p>Family Day</p> | <p>21 10:30 Chair Yoga - Community Care</p> <p>2:00 PM Entertainment Mardi Gras Party - L</p> <p>6:30 - Card Group - BL</p> <p>Mardi Gras</p> | <p>22 10:30 Exercise with Natalie</p> <p>10:30 Craft Group - Memo Boards</p> <p>2:00 PM Entertainment - Darlene & Shamrock - L</p> <p>Ash Wednesday</p> | <p>23 10:30 Catholic Church - TR</p> <p>10:30 Chair Yoga - Community Care</p> <p>11:00AM Activity Booklets - L</p> <p>2:00 PM Bingo - BL</p> <p>6:30PM Sing Along - L</p> | <p>24 10:30 Exercise with Natalie</p> <p>10:30AM Lunch Outing - Mandarin Oshawa (Sign Up)</p> <p>2:00 PM Entertainment - Sean Roberts - L</p> | <p>25 2:00 PM Bingo - BL</p> <p>6:30PM MOVIE NIGHT - You Pick</p> |
| <p>26 2:00 PM Card Group - BL</p> | <p>27 10:30 Exercise with Natalie</p> <p>11:00 Tech Support with Bill</p> <p>2:00 PM Birthday Party & Entertainment - Emilio - L</p> <p>2:00 Men's Club - BL</p> | <p>28 10:30 Resident Council Meeting - BL</p> <p>1:30 Movie Matinee - 2 Hearts</p> <p>2:00 PM Bingo - BL</p> <p>6:30 - Card Group - BL</p> | <h1>February 2023</h1> | | | |