

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



10:00 Hymns and Prayers C  
 10:30 Snoezeln 4E  
 2:00 Super Bowl Party M

9:30 Music & Massage 2E RR  
 9:30 Brain Teasers 4W  
 10:30 Dancing With Cathy M  
 10:30 Balloon Volleyball 3E  
 2:00 Drum Circle M  
 2:30 1:1 Friendly Visits 2E  
 2:30 Snoezelen 4W  
 3:30 Bowling 4E  
 3:30 Musical Social 2W TV room  
 4:00 Brush to Canvas 3E  
 6:00 Johns Movie Night M

9:30 Fun & Fitness 2E  
 9:30 Morning Spa 4W  
 10:00 Exercise with Liz 3E  
 10:30 Active Games 4E  
 11:00 Roman Catholic Mass C  
 2:00 Anglican Church Service C  
 2:30 Waffle Baking 3E  
 2:30 Valentine's Day Craft 4W  
 3:30 Afternoon Spa 4E  
 3:30 Snoezelen 3W TV room  
 3:30 Manicure Tuesday RR  
 4:30 Snoezelen 2W  
 6:15 Snoezelen 4E

9:15 Waffle Wednesday 4E  
 9:30 Music & Massage RR 2E  
 10:30 Pet Therapy 2nd floor  
 2:00 St Luke's Sing Along M  
 2:30 1:1 Visits 4W  
 3:30 Active Games 4E  
 3:30 Snoezelen RR  
 4:00 Hand Massages Drop in 3E  
 6:00 Jeopardy M

9:30 Exercise w/ Courtney 4E  
 9:30 Brain Teaser 4W  
 10:30 Mental Aerobics 3W  
 10:30 Active Play 2E  
 2:00 Bowling M  
 2:30 Therapeutic Touch 2E/W  
 2:30 Knitting Social 4W  
 3:30 No Bake Goodies 4E  
 3:30 Plant Care 2fl  
 4:00 Snoezelen 3W TV room  
 6:00 Dancing Club 4E

9:30 Montessori Program RR  
 9:30 Exercise with Rachel 3E  
 9:30 Music Trivia 4W  
 10:30 Montessori Program 4E  
 10:30 Paint by Number 2W  
 11:00 Coffee and the news 3E  
 2:00 Baking Group M  
 2:30 Snoezelen 4W  
 2:30 Crafts with Rachel 3E  
 2:30 Tea with Me RR  
 3:30 Word Games 3E  
 3:30 Active Games 2W  
 4:00 Reading Group 4E  
 6:15 Movie Night: Horrible Bosses M

9:30 Reality Orientation 2fl  
 10:30 Coffee & Conversation 3E  
 2:00 Afternoon Bingo M

10:00 Hymns & Prayers C  
 2:00 Pizza Parlor M



Italian Week ->

9:30 Name That LOVE Song 4W  
 10:30 Dancing With Cathy M  
 2:00 Bowling M  
 2:30 All About Italy 2W  
 3:30 Painting Italy 4W  
 3:30 Table Games (horse racing) 3E  
 3:30 1:1 Memory Lane 2E/W  
 6:00 John's Movie Night M

9:30 Valentine's Day Spa RR  
 9:30 Romantic Italian Songs 4E  
 11:00 Valentine's Day Trivia 4W  
 11:00 Coffee and the news 3E  
 2:00 United Church Service C  
 2:00 Gardening & Love Cake M  
 2:30 Love Baking 3E  
 3:30 Valentine's Day Social 4W  
 3:30 Afternoon Tea 3E  
 3:30 Manicure Tuesday RR  
 4:30 Snoezelen 2E  
 6:15 Music Melodies Valentine's Day 4E

9:15 Italian Baking 4E  
 9:30 Making Italian Soda 2E  
 10:30 Pet Therapy 4th floor  
 2:00 St Luke's Sing Along M  
 2:30 1:1 Visits 4W  
 3:30 Active Games 4E  
 3:30 Musical Social 2W TV room  
 4:00 9:30 Paint like Picasso 3E  
 6:00 Italian Jeopardy M

9:30 News and Views 2W  
 9:30 Exercise w/ Courtney 4E  
 9:30 Trivia 4W  
 10:15 Ladies Group 3E  
 10:30 Active Play 2E  
 1:30 Strolling Music w/ Jodi ALL  
 2:00 Bowling M  
 2:30 Therapeutic Touch 2E/W  
 3:30 Plant Care M  
 3:30 Exercise with Rachel 3E  
 3:30 Arts and Crafts 4W  
 6:15 Evening Social 4E

9:30 Trivia "All about Italy" 4W  
 9:30 Montessori Program RR  
 10:30 Montessori Program 4E  
 10:30 Paint with Music 2W  
 10:30 Exercise with Rachel 3E  
 2:00 Italian Music Social M  
 2:30 Snoezelen 4W  
 2:30 Tea for Two 3rd floor  
 3:30 Italian Word Games 3E  
 3:30 Active Games 2E/W  
 4:00 Reading Group 4E  
 7:00 Smile Theatre WG

9:30 Movie Morning 4W  
 9:30 Reality Orientation 2fl  
 10:30 Coffee & Conversation 3E  
 10:30 Active Games 4E  
 2:00 International Mission Society Visits WCP M

10:00 Hymns and Prayers C  
 10:30 Spa Morning RR  
 2:00 Café Corner M  
 2:30 Active Game 2E

9:30 Music & Massage 2E RR  
 9:30 Brain Teasers 4W  
 10:30 Dancing With Cathy M  
 10:30 Balloon Volleyball 3E  
 2:30 1:1 Friendly Visits 2E  
 2:30 Snoezelen 4W  
 3:30 Bowling 4E  
 3:30 Musical Social 2W TV room

9:30 Morning Crossword 2E  
 9:30 Morning Spa 4W  
 10:00 Exercise with Liz 3E  
 10:30 Mardi Gras Masks 4E  
 10:30 Morning Spa 3E RR  
 2:00 Mardi Gras Social M  
 2:30 1:1 Reminiscing 3W  
 2:30 1:1 Visits 4W  
 3:30 Active Games 4E  
 3:30 Snoezelen 3W TV room  
 3:30 Manicure Tuesday RR  
 4:30 Snoezelen 2W  
 6:15 Snoezelen 4E

9:30 Exercise with Liz 3E  
 9:30 Active Play 4E  
 10:30 Current Events 4W  
 10:30 Pet Therapy 2nd floor  
 11:00 Coffee and the news 3E  
 2:00 Afternoon Music WG  
 2:30 Afternoon Spa 4E  
 3:30 1:1 Friendly Visits 2fl  
 3:30 Manicures Drop in 3E

9:30 Exercise w/ Courtney 4E  
 9:30 Trivia 4W  
 10:30 Active Play 2E  
 2:00 Bowling M  
 2:30 Therapeutic Touch 2E/W  
 3:30 Plant Care 3E  
 3:30 Art and Crafts 4W  
 6:15 Evening Social 4E

9:30 Montessori Program RR  
 9:30 Morning Crossword 4W  
 10:30 Craft s 2W  
 10:30 Exercise with Rachel 3E  
 10:30 Montessori Program 4E  
 2:00 Birthday Party M  
 3:30 Snoezelen 4W  
 3:30 1:1 Gift of Time 2E/W

9:30 Music & Massage 4W  
 9:30 Morning Trivia 3W  
 10:30 Balloon Volleyball 4E  
 10:30 Morning Massage 2E  
 2:00 Afternoon Bingo M

10:00 Hymns & Prayers C  
 3:00 Interdenominational Church Service C

9:30 Name That Tune 4W  
 10:30 Dancing With Cathy M  
 2:00 Prize Bingo M  
 2:30 Table Gamez 3E  
 3:30 Bowling 4E  
 3:30 1:1 Memory Lane 2E/W  
 6:00 John's Movie Night M

9:30 Fun & Fitness 4E  
 10:00 Exercise with Liz 3E  
 10:30 Music & Massage 4W RR  
 2:00 Corner Café Social WG  
 2:30 Montessori Program 4E  
 3:30 Musical Social 4W  
 3:30 Manicure Tuesday 3E  
 4:30 Snoezelen 2E  
 6:15 Music Melodies 4E

9:15 Morning Spa 2E  
 10:15 Balloon Volleyball 3E  
 10:30 Resident's Council C  
 10:30 Pet Therapy 3rd floor  
 2:00 Baking Group M  
 3:30 Active Games 4E  
 4:00 Manicures 2fl RR  
 6:00 Evening Social M

**Legend**  
 2E- 2 East activity rm 2W-2 West activity rm 3E-3 East activity rm 3W-3 West activity rm  
 4E -4 East activity rm 4W-4 west dining rm M-Main floor C-Chapel on main floor  
 WG- Wintergarden ALL - All floors 1:1-one on one RR- Relaxation Room - 2E TV Room

**Exercise with Physiotherapist**  
 Mondays & Fridays at 9:45 on 4east  
 Thursday at 9:45 on 3East