














# February 2025



Programs subject to change. Any questions please call the Activities Department at 613-756-2643 ext 225.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> 10:15 Noodle Ball - AR 1:45 Piano With Donna - AR
<b>2</b> 10:15 Sunday Cinema - AR 1:45 Suzie Q Sing A Long-Hymns & Harmony - AR	<b>3</b> 10:15 Handy Helpers - AR 10:30 Turquoise Sing A Long (1:1) 1:45 Bingo - AR 6:15 LP Record Club - AR 	<b>4</b> 9:45 Friendly Visits (1:1) 10:15 Beachball Volleyball FPL 1:30 Fit Minds Zone 2 FPL 1:35 Fit Minds Zone 3 AR 1:40 Fit Minds Zone 4 DR	<b>5</b> 10:00 Baking - AR 10:00 Pet Visit with Anna, Peter & Sophie(1:1) 1:45 Classic Country with Teddy Murray - AR 6:15 "What's In the News?" - AR <b>Hairdressing</b> 	<b>6</b> 10:15 Anglican Church Service - AR 1:30 Resident Council Meeting - AR 2:00 Horseracing FPL	<b>7</b> 10:15 Rosary & Communion with Pierre Paul & Judy - AR 1:45 Country Classics With Bart Lynch - AR 6:15 Skitts & Giggles - AR 	<b>8</b> 10:15 Chair Yoga - AR 1:45 I Hear Memories - AR
<b>9</b> 10:15 Bible Study - AR 1:45 Scripture - AR	<b>10</b> 10:15 Handy Helpers - AR 10:30 Turquoise Sing A Long (1:1) 1:30 Fit Minds Zone 2 FPL 1:35 Fit Minds Zone 3 AR 1:40 Fit Minds Zone 4 DR 6:15 OLSW College Music Performance - AR 	<b>11</b> 10:15 Bosco Buddies -Bowling - AR 1:45 Bingo - AR 	<b>12</b> 10:15 Music & Motion Exercises - AR 1:45 Valentine's Day Party with Country Mile - AR 6:15 Finishing the Lines - AR <b>Hairdressing</b> 	<b>13</b> 10:00 Crafts with Kris - AR 1:45 Remember When-1950's Favourite Things - AR	<b>14</b> 10:15 Valentine's Day Tea with Joe's Piano - AR 1:45 Valentine's Day Word Games - AR 	<b>15</b> 10:15 Silver Sneakers Exercise - AR 1:45 Price is Right - AR
<b>16</b> 10:15 Sunday Bookshelf - AR 1:45 Virtual Worship Service - AR 	<b>17</b> 10:15 Handy Helpers - AR 1:45 "Where in the World.....??" - AR <b>Family Day</b>	<b>18</b> 10:15 Drum Fit - AR 1:45 Bingo - AR 6:15 Yo Yo Mama's Fiddle Group - AR 	<b>19</b> 10:15 United Church Service - AR 1:45 Kelly's Karaoke - AR 6:15 "What's In the News?" - AR <b>Hairdressing</b>	<b>20</b> 10:00 Fit Minds Zone 4 DR 10:05 Fit Minds Zone 2 FPL 10:10 Fit Minds Zone 3 AR 1:45 Catholic Mass with Fr. John Burchat - CHPL 	<b>21</b> 10:15 Worship Service with Pastor Doug Kranz - AR 1:45 Java Music Club - AR 1:45 Java Time DR	<b>22</b> 10:15 Donnie's Fiddle Exercises - AR 10:15 Pet Visit with Trish & Farley (1:1) 1:30 Movie Matinee - AR
<b>23</b> 10:15 Bridgetown Music Therapy Sing A Long-Hymns - AR 1:45 Calvary Baptist Church Service - AR 	<b>24</b> 10:15 Handy Helpers - AR 10:30 Turquoise Sing A Long (1:1) 1:45 The Hazleton's - AR 6:15 Men's Night-Champion Racetrack - AR	<b>25</b> 9:45 Friendly Visits (1:1) 10:15 Drum Fit - AR 1:45 Bingo - AR 	<b>26</b> 10:15 Armchair Travel -India - AR 1:45 Young at Heart Line Dancers with Joe Bratley - DR 6:15 Giant Crossword - AR <b>Hairdressing</b> 	<b>27</b> 10:15 Ice Fossils - AR 1:30 Fit Minds Zone 2 FPL 1:35 Fit Minds Zone 3 AR 1:40 Fit Minds Zone 4 DR <b>Footcare C &amp; D</b>	<b>28</b> 10:15 Prayers from the Heart FPL 1:15 Tuck Shop Cart (1:1)	

AR - Assembly Room

CHPL - Chapel

DR - Dining Room/Lounge