




February 2024

Arbutus, Cedar, Dogwood, Garry Oak

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 <p>Year of the Dragon</p>	VS – Village Square A/R – Activity Room C - Chapel		¹ 10:30 Stretch & Strength A/R 10:30 Puzzles - Dogwood	² 9:45 Stretch & Strength-A/R 10:30 Music with Laura – Garry Oak 1:30 Art Group A/R	³ 10:30 Hymn Sing
⁴ 10:30 Mass Chapel	⁵ 10:30 Coffee & News – Cedar 1:30 Stretch & Strength A/R	⁶ 10:30 Mass Chapel 10:30 Stretch & Strength 1:30 Java Club A/R 6:15 Global Bingo – VS	⁷ 10:30 Music Therapy with Alan – Cedar 10:30 Anglican Service - C 11:30 Lunch –In Chinese Food 1:30 Bingo - Garry Oak	⁸ 10:30 Stretch & Strength A/R 10:30 Bread making- Arbutus	⁹ 9:45 Stretch & Strength-A/R 10:30 Reminisce -Cedar 1:30 Chines New Year celebration VS	¹⁰ 
¹¹ 10:30 Mass Chapel 11:00 Cello with Mary- VS	¹² 10:30 Trivia - Cedar 1:30 Stretch & Strength A/R	¹³ 10:30 Mass Chapel 10:30 Stretch & Strength A/R 1:15 Birthday Party V/S 6:15 Chimes Practice V/S	¹⁴ 10:30 Ecumenical Chapel 10:30 Music Therapy with Alan – Cedar 1:30 Valentines Tea V/S	¹⁵ 10:30 Stretch & Strength 10:30 Coloring - Cedar 1:30 Craft: Heart Collage - Garry Oak 1:30 Games with students	¹⁶ 9:45 Stretch & Strength-AR 10:30 Music with Laura – Garry Oak 1:30 - Arbutus	¹⁷ 10:30 Hymn Sing
¹⁸ 10:30 Mass Chapel	<p>Family day</p> 	²⁰ 10:30 Mass Chapel 10:30 Stretch & Strength A/R 1:30 Gem Show – Dogwood 1:30 Wine Tasting(Invite only) A/R 6:15 Games Night V/S	²¹ 10:30 Music Therapy with Alan – Cedar 11:00 Sports Lunch (invite only)A/R 1:30 Ladies Tea - Dogwood	²² 10:30 Stretch & Strength A/R 10:30 Zinnia - Arbutus	²³ 9:45 Stretch & Strength A/R 11:30 Couples Brunch (Invite only) A/R 1:30 Art Group A/R	²⁴
²⁵ 10:30 Mass Chapel 11:00 Cello with Mary- VS	²⁶ 10:30 Visits - Cedar 1:30 Stretch & Strength A/R	²⁷ 10:30 Mass Chapel 10:30 Stretch & Strength A/R 1:30 Word Games-Arbutus 6:15 Chimes Practice V/S	²⁸ 10:30 Music Therapy with Alan – Cedar 1:30- Spa Day!! – Cedar 2:00 Ted Talk A/R	²⁹ 10:30 Stretch & Strength A/R 10:30 Armchair Travel - Dogwood 1:30- Manicure& Hand Massage - Garry Oak	Please speak to Anita Recreation Therapist if you are interested in attending the BBQ, Java club, TED Talks, Art Group and Lunch Programs	