

Recreation Calendar



February 2019



Upper Terrace

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 10:00 Coffee & Chat 10:15 Fitness 2:15 Singalong with Judith 3:15 Movie Afternoon	2
	4 10:00 Coffee & Chat 10:15 Piano with Lori 2:00 Music Therapy (South) 3:15 Movie Afternoon	5 10:00 Coffee & Chat 10:15 Fitness 11:00 Music Therapy (North) 1:15 Movie Afternoon 2:00 Visits with Tobey 2:30 Small Group Program	6 9:45 Coffee & Chat 10:00 Movie Memories "Remembering Movies and Movie Stars" 1:15 Movie Afternoon 2:00 United Church/Lodge 2:30 One to One Activities	7 10:00 Coffee & Chat 10:15 Music Appreciation "Country Music" 2:15 Blue lasso (entertainment) 3:15 Movie Afternoon 3:30 Hand Massage/linda	8 10:00 Coffee & Chat 10:15 Fitness 2:00 Reg Dickson (at Lower Terrace) 3:15 Movie Afternoon	9 10:45 Christine and Murray (banjo and guitar) at the Lodge
10	11 10:00 Coffee & Chat 10:15 Piano with Lori 2:30 Slideshow with Gail "Valentine's Day" 3:30 Movie Afternoon	12 10:00 Coffee & Chat 10:15 Fitness 11:00 Music Therapy (North) 1:15 Movie Afternoon 2:00 Visits with Tobey 2:30 Small Group Program 2:30 Anglican Church/Lodge	13 9:45 Coffee & Chat 10:00 Where am I? "Famous Landmarks around the World" 1:15 Movie Afternoon 2:30 One to One Activities	14 10:00 Coffee & Chat 10:15 All we need is LOVE 2:15 John Cronin (Valentine's Day Party) 3:15 Movie Afternoon 3:30 Hand Massage/linda	15 10:00 Coffee & Chat 10:15 Fitness 2:15 Michael Holland (entertainment) at Lower Terrace 3:15 Movie Afternoon	16
17 	18 10:00 Coffee & Chat 10:00 Coffee & Chat 10:15 Piano with Lori 1:15 Movie Afternoon 2:30 Undecorating	19 10:00 Coffee & Chat 10:15 Fitness 11:00 Music Therapy (North) 1:15 Movie Afternoon 2:00 Visits with Tobey 2:30 Small Group Program	20 9:45 Coffee & Chat 10:00 Famous People "Remembering Famous and Influential People" 1:15 Movie Afternoon 2:30 One to One Activities	21 10:00 Coffee & Chat 10:15 Music Appreciation "Rock & Roll" 1:15 Movie Afternoon 2:30 Small Group Program 3:30 Hand Massage/linda	22 10:00 Coffee & Chat 10:15 Fitness 2:15 Singalong with Judith and Poetry Reading with Marlene Kraus 3:15 Movie Afternoon	23 10:45 Christine and Murray (banjo and guitar) at the Lodge
24 	25 10:00 Coffee & Chat 10:15 Piano with Lori 2:00 Music Therapy (South) 3:30 Movie Afternoon	26 10:15 Fitness 11:00 Music Therapy (North) 1:15 Movie Afternoon 2:00 Visits with Tobey 2:30 Small Group Program	27 9:45 Coffee & Chat 10:00 Trivia "Rooms & their uses" 1:15 Movie Afternoon 2:00 Music with Gail/west	28 10:00 Coffee & Chat 10:30 Comedy Hour "Red Skelton Biography" 2:15 Iorraine Smith (entertainment) 3:30 Hand Massage/linda		