

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February 2020

Recreation Calendar

<p>11:00 Sunday Mass (C) 1:00 Scrabble (GR) 2:00 Afternoon Movie Matinée (T) 6:15 Book of Isaiah by Fr. Irwin (M) 6:30 Superbowl Party (B)</p> <p><small>Groundhog Day</small></p>	<p>10:30 Find Your Balance (M) 11:15 Daily Mass (C) 2:00 Ice Cream Bar (B) 3:00 Brain Aerobics (GR) 4:00 Circuit Training (F) 4:00 Sing Along with Seville (AL-F2)</p>	<p>10:15 Chair Yoga (M) 11:15 Daily Mass (C) 1:00 Shuttle Service (O) 2:00 Nutrition for Life (T) 2:00 Bingo (AL-F3) 3:00 The Sage Club (DK) 3:30 Physio Fitness (M) 4:00 Art Class with Dira (AL-F3) 7:00 Centering Prayer (C)</p>	<p>10:00 Medical Tai Chi (M) 11:15 Daily Mass (C) 2:00 Knitting Group (L) 2:00 Sing Along with James Levac (AL-F3) 2:00 "Missing You" Art Exhibit (M) 3:00 Happy Hour (B) 4:00 Tech Help (GR)</p>	<p>10:30 Stretch and Tone (M) 11:15 Daily Mass (C) 12:00 Shuttle Service (O) 3:30 Two Hollywood Stars by Daniel Aonso (T) 3:30 Physio Fitness (M) 7:00 Euchre Night (GR) 7:00 Big Tribute Band Rehearsals (M)</p>	<p>10:30 Build Your Strength (M) 11:15 Daily Mass (C) 2:00 Afternoon Bridge (GR) 2:00 Bingo (AL-F1) 3:00 Afternoon Tea (B) 4:00 Circuit Training (F) 7:00 Aquafit (P)</p>	<p>10:00 Wu-Dang Tai Chi (M) 11:15 Daily Mass (C) 3:00 Crafts with Kristin (AL-F3) 4:00 Sing Along with Allen (AL-F4) 7:00 Movie Night (T)</p>
<p>11:15 Sunday Mass (C) 1:00 Scrabble (GR) 2:00 Food for the Heart (DK) 2:00 Afternoon Movie Matinée (T) 6:15 Book of Isaiah by Fr. Irwin (M)</p>	<p>10:30 Find Your Balance (M) 11:15 Daily Mass (C) 2:00 Pet Therapy Presentation (M) 2:00 Ice Cream Bar (B) 3:00 Brain Aerobics (GR) 4:00 Circuit Training (F) 4:00 Sing Along with Seville (AL-F2)</p>	<p>10:15 Chair Yoga (M) 11:15 Daily Mass (C) 1:00 Shuttle Service (O) 2:00 Bingo (AL-F3) 3:00 The Sage Club (DK) 3:30 Physio Fitness (M) 4:00 Art Class with Dira (AL-F3) 7:00 Centering Prayer (C)</p>	<p>10:00 Medical Tai Chi (M) 11:15 Daily Mass (C) 2:00 Knitting Group (L) 2:00 Sing Along with James Levac (AL-F3) 3:00 Happy Hour (B) 4:00 Tech Help (GR) 7:00 Night at the Opera: Manon (T)</p>	<p>10:30 Stretch and Tone (M) 11:15 Daily Mass (C) 12:00 Shuttle Service (O) 2:00 From Rome to Home: Synodality in the Diocese of London (T) 3:30 Physio Fitness (M) 7:00 Euchre Night (GR) 7:00 Big Tribute Band Rehearsals (M)</p>	<p>10:15 Mindful Yoga with Mariana (M) 11:15 Daily Mass (C) 12:00 Valentine's Day Lunch (DA) 2:00 Afternoon Bridge (GR) 2:00 Bingo (AL-F1) 3:00 Afternoon Tea (B) 7:00 Aquafit (P)</p> <p><small>Valentine's Day</small></p>	<p>10:00 Wu-Dang Tai Chi (M) 11:15 Daily Mass (C) 3:00 Crafts with Kristin (AL-F3) 4:00 Sing Along with Allen (AL-F4) 7:00 Movie Night (T)</p>
<p>11:15 Sunday Mass (C) 1:00 Scrabble (GR) 2:00 Art Class with Dira (AL-F3) 2:00 Afternoon Movie Matinée (T) 6:15 Book of Isaiah by Fr. Irwin (M)</p>	<p>11:15 Daily Mass (C) 7:30 Family Day Concert by The Community Band (DA)</p> <p><small>Presidents' Day (US)</small></p>	<p>10:15 Chair Yoga (M) 11:15 Daily Mass (C) 1:00 Shuttle Service (O) 2:00 Bingo (AL-F3) 3:00 The Sage Club (DK) 3:30 Physio Fitness (M) 4:00 Art Class with Dira (AL-F3) 7:00 Centering Prayer (C)</p>	<p>10:00 Medical Tai Chi (M) 11:15 Daily Mass (C) 2:00 Knitting Group (L) 2:00 Town Hall (DA) 2:00 Sing Along with James Levac (AL-F3) 3:00 Happy Hour (B) 4:00 Tech Help (B) 7:00 Netflix Doc: Royal House of Windsor Ep. 1 (T)</p>	<p>10:30 Stretch and Tone (M) 11:15 Daily Mass (C) 12:00 Shuttle Service (O) 1:00 The Story of Women Religious in Canada's Health Care System (C) 4:00 Circuit Training (F) 7:00 Euchre Night (GR) 7:00 Big Tribute Band Rehearsals (M)</p>	<p>10:15 Mindful Yoga with Mariana (M) 11:15 Daily Mass (C) 2:00 Historical Talk of the Basilian Fathers (C) 2:00 Afternoon Bridge (GR) 2:00 Bingo (AL-F1) 3:00 Afternoon Tea (B) 7:00 Aquafit (P)</p>	<p>10:00 Wu-Dang Tai Chi (F) 10:00 Workshop for Caregivers by Alzheimer's Society of Toronto (M) 11:15 Daily Mass (C) 3:00 Crafts with Kristin (AL-F3) 4:00 Sing Along with Allen (AL-F4) 7:00 Movie Night (T)</p>
<p>11:15 Sunday Mass (C) 1:00 Scrabble (GR) 2:00 Art Class with Dira (AL-F3) 2:00 Afternoon Movie Matinée (T) 6:15 Book of Isaiah by Fr. Irwin (M)</p>	<p>10:30 Find Your Balance (M) 11:15 Daily Mass (C) 2:00 Ice Cream Bar (B) 3:00 TED Talks: Climate Change (T) 3:00 Brain Aerobics (GR) 4:00 Circuit Training (F) 4:00 Sing Along with Seville (AL-F2)</p>	<p>10:15 Chair Yoga (M) 11:15 Daily Mass (C) 1:00 Shuttle Service (O) 2:00 Bingo (AL-F3) 3:00 The Sage Club (DK) 3:30 Physio Fitness (M) 4:00 Art Class with Dira (AL-F3) 7:00 Centering Prayer (C)</p> <p><small>Mardi Gras</small></p>	<p>10:00 Medical Tai Chi (M) 11:15 Daily Mass (C) 2:00 Knitting Group (L) 2:00 Sing Along with James Levac (AL-F3) 3:00 Happy Hour (B) 4:00 Tech Help (B) 7:00 Nature Netflix Series: Dancing with the Birds (T)</p> <p><small>Ash Wednesday</small></p>	<p>10:30 Stretch and Tone (M) 11:15 Daily Mass (C) 12:00 Shuttle Service (O) 2:30 Birthday Party with Jack Garson (DA) 4:00 Circuit Training (F) 7:00 Euchre Night (GR) 7:00 Big Tribute Band Rehearsals (M)</p>	<p>10:15 Mindful Yoga with Mariana (M) 11:15 Daily Mass (C) 2:00 Afternoon Bridge (GR) 2:00 Bingo (AL-F1) 3:00 Afternoon Tea (B) 4:00 Circuit Training (F) 7:00 Aquafit (P)</p>	<p>10:00 Wu-Dang Tai Chi (M) 11:15 Daily Mass (C) 3:00 Crafts with Kristin (AL-F3) 4:00 Sing Along with Allen (AL-F4) 7:00 Movie Night (T)</p> <p><small>Leap Day</small></p>

Assisted Living – (AL-F) Bistro – (B) Chapel – (C) Dining Area – (DA) Demo Kitchen – (DK) Fitness Room – (F) Games Room – (GR) Library – (L) Multipurpose Room – (M) Outing – (O) Pool – (P) Theatre – (T)