



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 February is Black History Month Valentine's Day Cookie-Grams will be on sale February 6-10 in the Bistro with Recreation students *Jodi will be on vacation February 6-10			9:30 Exercises (M) 1 10:30 Mass (C) 1:00 Knitting Club (PD) 2:30 Happy Hour: Hot Toddy Bar (B) 3:30 Sing-Along w/ Sr. Christine (AL4) 4:00 Rosary (C)	9:30 Exercises (M) 2 10:30 Mass (C) 2:00 Physio Exercises (AL1) 2:30 Ice Cream Bar (B) 3:00 Happy Hour! (AL4) 3:30 Physio Exercises (AL3) Groundhog Day	9:30 Exercises (M) 3 10:30 Mass (C) 1:45 Bridge (GR) 2:30 BINGO (AL3) 2:30 Pilates w/ Carolyn (M) 4:00 Rosary (C) 7:00 BINGO (DR)	10:30 Mass (C) 4 6:30 Movie Night (T): Hidden Figures
10:30 Mass (1, 2 & AL) 5 11:45 Mass (3, 4) 2:00 Movie Matinee (T): Hidden Figures 3:30 Sing-Along with Sr. Christine (AL4) 7:00 Centering Prayer (PD)	9:30 Exercises (M) 6 10:30 Mass (C) 2:30 Pilates w/ Carolyn (M) 2:30 BINGO (AL1) 4:00 Rosary (C)	9:30 Slow Flow Fitness (M) 7 10:30 Mass (C) 1:00 Arts & Crafts (AL4) 2:00 SAGE Group (PD) 2:00 Physio Exercises (AL1) 2:30 Balloon Toss (AL2) 3:30 Physio Exercises (AL3)	9:30 Exercises (M) 8 10:30 Mass (C) 1:00 Knitting Club (PD) 2:30 Happy Hour (B) 3:30 Sing-Along w/ Sr. Christine (AL4) 4:00 Rosary (C) 7:00 Super BINGO (DR)	9:30 Exercises (M) 9 10:30 Mass (C) 2:00 Physio Exercises (AL1) 2:30 Ice Cream Bar (B) 3:00 Happy Hour! (AL4) 3:00 CareRX Meet & Greet (T) 3:30 Physio Exercises (AL3)	9:30 Exercises (M) 10 10:30 Mass (C) 1:45 Bridge (GR) 2:30 BINGO (AL3) 2:30 Pilates w/ Carolyn (F) 3:00 Michael L. O'Loughlin: Hidden Mercy (C) 4:00 Rosary (C) 7:00 BINGO (DR)	10:30 Mass (C) 11 6:30 Movie Night (T): Passing
10:30 Mass (1, 2 & AL) 12 11:45 Mass (3, 4) 2:00 Movie Matinee (T): Passing 3:30 Sing-Along with Sr. Christine (AL4) 7:00 Centering Prayer (PD)	9:30 Exercises (M) 13 10:30 Mass (C) 2:30 Valentine's Day Party with Jay Vasquez (DR) 4:00 Rosary (C)	9:30 Slow Flow Fitness (M) 14 10:30 Mass (C) 1:00 Let's Bake! (AL4) 2:00 Physio Exercises (AL1) 2:00 Valentine's Day Paint n' Sip Class with Dira (GR) 2:30 Colouring Group (AL1) 3:30 Physio Exercises (AL3) Valentine's Day	9:30 Exercises (M) 15 10:30 Mass (C) 1:00 Knitting Club (PD) 2:30 Happy Hour: Hot Chocolate Bar (B) 3:30 Sing-Along w/ Sr. Christine (AL4) 4:00 Rosary (C)	9:30 Exercises (M) 16 10:30 Mass (C) 2:00 Physio Exercises (AL1) 2:30 Ice Cream Bar (B) 3:00 CareRX In-Service: Heart Health (T) 3:00 Happy Hour! (AL4) 3:30 Physio Exercises (AL3)	9:30 Exercises (M) 17 10:30 Mass (C) 1:45 Bridge (GR) 2:30 BINGO (AL3) 2:30 Pilates w/ Carolyn (M) 4:00 Rosary (C) 7:00 BINGO (DR)	10:30 Mass (C) 18 6:30 Movie Night (T): Marshall
10:30 Mass (1, 2 & AL) 19 11:45 Mass (3, 4) 2:00 Movie Matinee (T): Marshall 3:30 Sing-Along with Sr. Christine (AL4) 7:00 Centering Prayer (PD)	9:30 Exercises (M) 20 10:30 Mass (C) 2:30 Pilates w/ Carolyn (M) 2:30 BINGO (AL1) 4:00 Rosary (C) Family Day	9:30 Slow Flow Fitness (M) 21 10:30 Mass (C) 1:00 Arts & Crafts (AL4) 2:00 Physio Exercises (AL1) 2:30 Mardi Gras Birthday Party (DR) 3:30 Physio Exercises (AL3) Mardi Gras	9:30 Exercises (M) 22 10:30 Mass (C) 1:00 Knitting Club (PD) 2:30 Happy Hour (B) 3:30 Sing-Along w/ Sr. Christine (AL4) 4:00 Rosary (C) Ash Wednesday	9:30 Exercises (M) 23 10:30 Mass (C) 2:00 Physio Exercises (AL1) 2:00 Town Hall (C) 3:00 Ice Cream Bar (DR) 3:00 Happy Hour! (AL4) 3:30 Physio Exercises (AL3)	9:30 Exercises (M) 24 10:30 Mass (C) 1:45 Bridge (GR) 2:30 BINGO (AL3) 2:30 Pilates w/ Carolyn (M) 4:00 Rosary (C) 7:00 BINGO (DR)	10:30 Mass (C) 25 6:30 Movie Night (T): Fences
10:30 Mass (1, 2 & AL) 26 11:45 Mass (3, 4) 2:00 Movie Matinee (T): Fences 3:30 Sing-Along with Sr. Christine (AL4) 7:00 Centering Prayer (PD)	9:30 Exercises (M) 27 10:30 Mass (C) 2:30 Pilates w/ Carolyn (M) 2:30 BINGO (AL1) 4:00 Rosary (C) 7:00 Pub Night with Dave Rowan (B)	9:30 Slow Flow Fitness (M) 28 10:30 Mass (C) 1:00 Let's Bake! (AL4) 2:00 Physio Exercises (AL1) 2:00 Documentary: 13th (T) 2:30 Word Games (AL3) 3:30 Physio Exercises (AL3)	 <h1>February 2023</h1> <h2>ASSISTED LIVING RECREATION CALENDAR</h2>			

B – Bistro C - Chapel DR – Dining Room F – Fitness Centre GR – Games Room L – Library M – Multipurpose Room PD – Private Dining Room T – Theatre