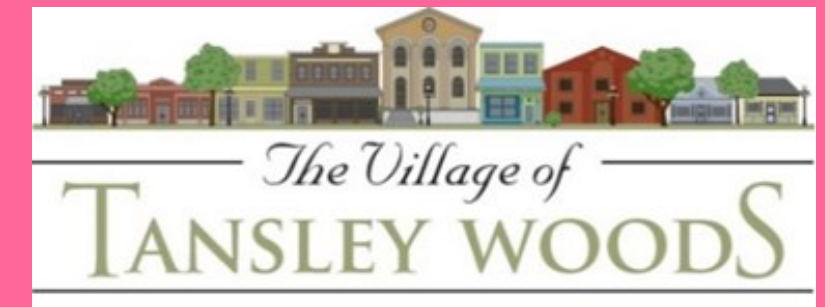


February 2024

Emma's West Neighbourhood



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Birthdays Tom February 12 Gilbert February 14 Bob February 18 Frank February 20				1 8:00 Breakfast 10:00 You and Me 12:00 Lunch 2:15 For the Fun of Fit 3:30 Circle of Friends 5:00 Dinner	2 Groundhog Day 8:00 Breakfast 10:00 Soothing Sensations 11:00 Circle of Friends 12:00 Lunch 2:00 Stepping Out 3:45 Musical Moments 5:00 Dinner	3 8:00 Breakfast 12:00 Lunch 1:30 Church Service 2:30 For the Fun of Fit 3:30 Chocolate Bingo 5:00 Dinner
4 8:00 Breakfast 10:00 For the Soul 11:15 You and Me 12:00 Lunch 2:30 For the Fun of Fit 3:30 Stepping Out 5:00 Dinner	5 8:00 Breakfast 12:00 Lunch 1:30 Exercise Class 2:00 Stepping Out 3:00 Musical Moments 5:00 Dinner	6 8:00 Breakfast 12:00 Lunch 2:00 Stepping Out 3:30 For the Fun of Fit 5:00 Dinner 6:00 Brains and Banter 7:00 You and Me	7 8:00 Breakfast 9:45 Java Time 10:30 Art Workshop 12:00 Lunch 1:30 Exercise Class 2:30 In the Kitchen 5:00 Dinner	8 8:00 Breakfast 10:00 You and Me 12:00 Lunch 2:30 For the Fun of Fit 3:00 Live Entertainment 5:00 Dinner	9 8:00 Breakfast 10:00 Soothing Sensations 11:00 Circle of Friends 12:00 Lunch 2:00 Stepping Out 3:45 Musical Moments 5:00 Dinner	10 8:00 Breakfast 12:00 Lunch 1:30 Church Service 2:30 For the Fun of Fit 3:30 Chocolate Bingo 5:00 Dinner
11 8:00 Breakfast 12:00 Lunch 2:00 For the Fun of Fit 3:00 Café Time 4:00 Brains and Banter 5:00 Dinner 6:15 You and Me	12 8:00 Breakfast 12:00 Lunch 1:30 Exercise Class 2:00 Musical Moments 5:00 Dinner	13 Shrove Tuesday 8:00 Breakfast 12:00 Lunch 2:00 Stepping Out 3:30 For the Fun of Fit 5:00 Dinner 6:00 Brains and Banter 7:00 You and Me	14 Ash Wednesday / Valentine's Day 8:00 Breakfast 10:00 Ash Wednesday Service (Main Floor—Town Hall) 10:30 Art Workshop 12:00 Lunch 1:30 Exercise Class 3:00 Stepping Out 5:00 Dinner	15 8:00 Breakfast 12:00 Lunch 1:30 Exercise Class 3:30 Stepping Out 5:00 Dinner	16 8:00 Breakfast 10:00 Soothing Sensations 11:00 Circle of Friends 12:00 Lunch 2:30 Birthday Party 3:45 Musical Moments 5:00 Dinner	17 8:00 Breakfast 12:00 Lunch 1:30 Church Service 2:30 For the Fun of Fit 3:30 Chocolate Bingo 5:00 Dinner
18 8:00 Breakfast 10:00 For the Soul 11:15 You and Me 12:00 Lunch 2:30 For the Fun of Fit 3:30 Stepping Out 5:00 Dinner	19 Family Day 8:00 Breakfast 12:00 Lunch 1:30 Exercise Class 2:15 Brains and Banter 3:30 For the Fun of Fit 5:00 Dinner 7:00 Live Entertainment (Main Floor)	20 8:00 Breakfast 12:00 Lunch 2:00 Stepping Out 3:30 For the Fun of Fit 5:00 Dinner 6:00 Brains and Banter 7:00 You and Me	21 8:00 Breakfast 9:45 Java Time 10:30 Art Workshop 12:00 Lunch 1:30 Exercise Class 2:30 In the Kitchen 5:00 Dinner 6:15 You and Me	22 8:00 Breakfast 10:00 You and Me 12:00 Lunch 2:15 For the Fun of Fit 3:30 Circle of Friends 5:00 Dinner	23 8:00 Breakfast 10:00 Soothing Sensations 11:00 Circle of Friends 12:00 Lunch 2:30 Tea Party 4:00 Musical Moments 5:00 Dinner	24 8:00 Breakfast 12:00 Lunch 1:30 Church Service 2:30 For the Fun of Fit 3:45 Chocolate Bingo 5:00 Dinner
25 8:00 Breakfast 12:00 Lunch 2:00 For the Fun of Fit 3:00 Café Time 4:00 Brains and Banter 5:00 Dinner 6:15 You and Me	26 8:00 Breakfast 12:00 Lunch 1:30 Exercise Time 2:15 Circle of Friends 5:00 Dinner 6:15 For the Fun of Fit	27 8:00 Breakfast 12:00 Lunch 2:00 Stepping Out 3:30 For the Fun of Fit 5:00 Dinner 6:00 Brains and Banter 7:00 You and Me	28 Pink Shirt Day 8:00 Breakfast 9:45 Java Time 10:30 Art Workshop 12:00 Lunch 1:30 Exercise Class 3:00 Stepping Out 5:00 Dinner 6:15 You and Me	29 8:00 Breakfast 10:00 You and Me 12:00 Lunch 2:15 For the Fun of Fit 3:30 Circle of Friends 5:00 Dinner		