



February 2024

APPLEBY NEIGHBOURHOOD



The Village of
TANSLEY WOODS

Sunday

Monday

Tuesday

Wednesday

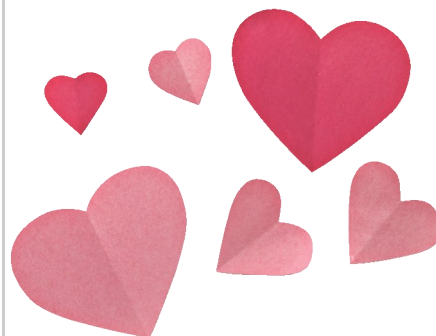
Thursday

Friday

Saturday

Residents Bill Of Rights

23. Every Resident Has The Right To Pursue Social, Cultural, Religious, Spiritual Or Other Interests, To Develop His Or Her Potential And To Given Reasonable Assistance By The Licensee To Pursue These Interests And To Develop Their Potential.



1

8:15 Breakfast
10:15 Basketball & Ball Toss-FC
10:30 Gratis Shoppe-MS
11:00 Stepping Out
11:00 Music Therapy
12:00 Lunch
3:00 Yoga Class-FC
2:00 In the Kitchen-CK
3:00 Musical Moments
4:00 You & Me
5:00 Dinner

2 Groundhog Day

8:15 Breakfast
10:00 For the Soul
10:00 Art Therapy
11:00 Line Dancing
11:00 Stepping Out
12:00 Lunch
2:00 For the Fun of Fit
3:00 Brains & Banter
4:00 You & Me
5:00 Dinner

3

8:15 Breakfast
10:30 Coffee Social-CC
11:00 Stepping Out
12:00 Lunch
2:00 Circle of Friends
3:00 Gerry Larkin Performs-TH
4:00 You and Me
5:00 Dinner

4

8:15 Breakfast
10:00 Driving Miss Daisy Movie Matinee-TH
12:00 Lunch
2:00 For the Soul
3:00 Musical Moments
4:00 You & Me
5:00 Dinner

5

8:15 Breakfast
9:15 Fun & Fit
12:00 Lunch
1:30 In the Kitchen
2:30 Art Gallery- TH
3:00 Sweat Squad-FC
3:00 Meditation w/Elizabeth
4:00 You & Me
5:00 Dinner
6:30 Brains and Banter- CC

6

8:15 Breakfast
10:00 Neighborhood Times
10:30 Standing Balance-FC
12:00 Lunch
2:00 Group Fitness-FC
3:00 Hymns Singing-L
4:00 You & Me
5:00 Dinner

7

8:15 Breakfast
10:00 Neighborhood Times
11:00 Total Body Fitness
12:00 Lunch
2:00 Neighborhood Times
3:00 Stepping Out
4:00 You and Me
5:00 Dinner

8

8:15 Breakfast
10:00 Circle of Friends
10:15 Basketball & Ball Toss-FC
11:00 Stepping Out
11:00 Music Therapy
12:00 Lunch
2:00 In the Kitchen-CK
3:00 Musical Moments- CK
3:00 Yoga Class-FC
3:30 You & Me
5:00 Dinner

9

National Pizza Day
8:15 Breakfast
10:00 Circle of Friends
10:00 Art Therapy
11:00 Line Dancing
11:00 Stepping Out
12:00 Pizza Diner's Club Lunch
2:30 For the Fun of Fit
3:30 Brains & Banter
4:00 You & Me
5:00 Dinner

10

8:15 Breakfast
10:30 Chinese New Year Social-CC
11:30 Stepping Out
12:00 Lunch
2:00 Express Yourself
2:00 Total Body Fitness
3:00 Manvir Performs-TH
5:00 Dinner

11 Superbowl

8:15 Breakfast
10:00 Soothing Sensations
11:00 For the Fun of Fit
12:00 Lunch
2:00 For the Soul
3:00 Superbowl Party-MS
5:00 Dinner

12

8:15 Breakfast
9:15 Fun & Fit
10:30 Horticulture Therapy
12:00 Lunch
1:00 In the Kitchen
2:30 Express Yourself-CC
3:00 Sweat Squad-FC
4:00 You & Me
5:00 Dinner
6:30 Brains and Banter- CC

13 Mardi Gras

8:15 Breakfast
10:00 Circle of Friends
10:30 Standing Balance-FC
11:00 Brains & Banter
12:00 Lunch
2:00 Group Fitness-FC
2:30 Mardi Gras Social-MS
3:30 Stepping Out
4:00 You & Me
5:00 Dinner

14 Valentine's Day/Ash Wednesday

8:15 Breakfast
10:30 Ash Wednesday Service-L
11:00 Circle of Friends
11:00 Total Body Fitness
12:00 Lunch
2:00 Valentine's Day Social-TH
3:00 Paula French Performs- TH
4:00 Stepping Out
5:00 Dinner

15

8:15 Breakfast
10:00 Circle of Friends
10:15 Basketball & Ball Toss-FC
11:00 Music Therapy
11:00 Stepping Out
12:00 Lunch
3:00 Yoga Class-FC
3:00 In the Kitchen-CK
4:00 You & Me
5:00 Dinner

16

8:15 Breakfast
10:00 Soothing sensation
10:00 Art Therapy
11:00 Line Dancing
11:00 Stepping Out
12:00 Lunch
2:00 For The Fun of Fit
3:00 In the Kitchen- CK
4:00 You & Me
5:00 Dinner

17

8:15 Breakfast
10:00 For the Soul
11:00 For the Fun of Fit
12:00 Lunch
2:00 Circle of Friends
3:00 Jay Franco Performs-TH
4:00 You and Me
5:00 Dinner

18

8:15 Breakfast
10:00 Free Willy Movie Matinee-TH
12:00 Lunch
2:00 For the Soul
3:00 Musical Moments
4:00 You & Me
5:00 Dinner

19

Family Day
8:15 Breakfast
9:15 Fun & Fit
10:30 Horticulture Therapy
12:00 Lunch
1:00 In Kitchen
3:00 Sweat Squad-FC
4:00 You & Me
5:00 Dinner
6:30 Brains and Banter- CC

20 National Love Your Pet Day

8:15 Breakfast
10:30 Pet Social -CC
10:30 Standing Balance-FC
11:00 Stepping Out
12:00 Lunch
2:00 Group Fitness-FC
3:00 Hymns Singing-L
4:00 You & Me
5:00 Dinner

21

8:15 Breakfast
10:00 Musical Moments
11:00 Total Body Fitness
11:00 Circle Friends
12:00 Lunch
2:00 In the Kitchen-CK
3:00 Brains & Banter
4:00 You and Me
5:00 Dinner

22

8:15 Breakfast
10:00 Circle of Friends
10:15 Basketball & Ball Toss-FC
11:00 Music Therapy
11:00 Stepping Out
12:00 Lunch
2:30 Reconciliation Sacrament - Chapel
3:00 Yoga Class-FC
3:30 You & Me
5:00 Dinner

23

8:15 Breakfast
10:00 Art Therapy
11:00 Line Dancing
11:00 Stepping Out
12:00 Lunch
2:00 For The Fun of Fit
3:00 Brains & Banter
4:00 You & Me
5:00 Dinner

24

8:15 Breakfast
10:30 Tai Chi- FC
10:00 Soothing Sensation
11:00 For the Fun of Fit
12:00 Lunch
2:00 Total Body Fitness- FC
2:00 Circle of Friends
3:00 Geri Defoe Performs-TH
4:00 You and Me
5:00 Dinner

25

8:15 Breakfast
10:00 Soothing Sensation
11:00 In the Kitchen - CK
12:00 Lunch
2:00 For the Soul
3:15 Basket Ball & Ball Toss - FC
3:30 Brains & Banter
5:00 Dinner

26

8:15 Breakfast
9:15 Fun & Fit
10:30 Horticulture Therapy
12:00 Lunch
1:00 In the Kitchen
3:00 Sweat Squad-FC
4:00 You & Me
5:00 Dinner
6:30 Brains and Banter- CC

27

8:15 Breakfast
10:00 Circle of Friends
10:30 Standing Balance-FC
11:00 Brains & Banter
12:00 Lunch
2:00 Group Fitness-FC
3:00 Hymns Singing-L
4:00 You & Me
5:00 Dinner

28 Pink Shirt Day

8:15 Breakfast
10:00 Circle of Friends
11:00 Total Body Fitness
11:00 Musical Moments
12:00 Lunch
2:30 High Tea Social-TH
3:30 Stepping Out
4:00 You and Me
5:00 Dinner

29

8:15 Breakfast
10:00 Circle of Friends
10:15 Basketball & Ball Toss-FC
11:00 Music Therapy
11:00 Stepping Out
12:00 Lunch
2:00 In the Kitchen-CK
3:00 Yoga Class-FC
3:00 Brains & Banter
4:00 You & Me
5:00 Dinner



L - Library
TH - Town Hall
FC - Fitness Centre
MS - Main Street
CC - Community Centre
CK-Country Kitchen