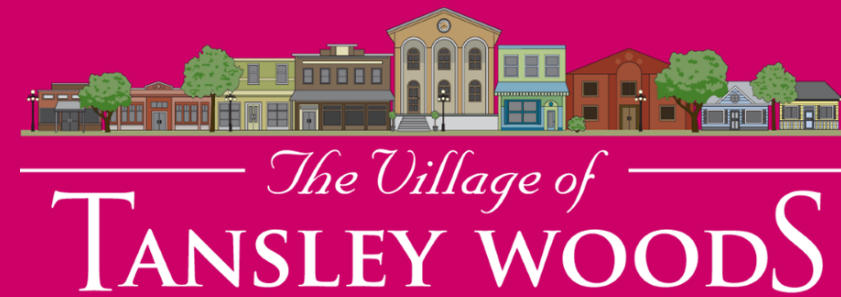




February 2024

BRANT NEIGHBOURHOOD



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Legend CC– Community Center FC– Fitness Center TH– Town Hall L– Library MS– Main Street</p>				<p>1 8:15 Breakfast 10:00 Calendar Drop Off 10:15 Basketball and Ball Toss 10:30 Gratis Shoppe– MS 11:00 Stepping Out 12:00 Lunch 2:15 Drum Fit– FC 3:00 Yoga—FC 3:00 Brains and Banter 5:00 Dinner</p>	<p>2 Groundhog Day 8:15 Breakfast 9:15 Fun and Fit 10:00 Soothing Sensations 11:00 Musical Moments 11:00 Line Dancing– FC 12:00 Lunch 1:15 Art Therapy 2:00 Circle of Friends 3:00 For The Fun of Fit 5:00 Dinner</p>	<p>3 8:15 Breakfast 10:00 Circle of Friends 11:00 For The Fun of Fit 12:00 Lunch 2:00 Stepping Out 3:00 Gerry Larkin Performs– TH 5:00 Dinner</p>
<p>4 8:15 Breakfast 10:00 Driving Miss Daisy Matinee– TH 12:00 Lunch 2:00 For the Soul 3:00 For the Fun of Fit 4:00 You and Me 5:00 Dinner</p>	<p>5 8:15 Breakfast 12:00 Lunch 2:00 You and Me 2:30 Art Gallery– TH 3:00 Stepping Out 3:00 Sweat Squad– FC 3:30 Musical Moments 5:00 Dinner 6:00 Brains and Banter—CC</p>	<p>6 8:15 Breakfast 10:00 Neighbourhood Time 10:30 Standing Balance– FC 12:00 Lunch 2:00 Stepping Out 2:00 Group Fitness– FC 3:15 Brains and Banter 5:00 Dinner</p>	<p>7 8:15 Breakfast 10:00 Jamboree 11:00 Music Therapy 11:00 Stepping Out 12:00 Lunch 2:00 You and Me 2:30 Laughter Yoga—FC 3:15 In The Kitchen 5:00 Dinner</p>	<p>8 8:15 Breakfast 10:00 For The Soul 10:15 Basketball & Ball Toss– FC 11:00 Brains and Banter 12:00 Lunch 2:15 Drum Fit 3:00 Yoga—FC 3:15 Stepping Out 4:00 You and Me 5:00 Dinner</p>	<p>9 8:15 Breakfast 9:15 Fun and Fit 10:00 Soothing Sensations 11:00 Musical Moments 11:00 Line Dancing—FC 12:00 Lunch—Diner's Club City Pizza 1:15 Art Therapy 2:00 You and Me 3:00 For The Fun of Fit 5:00 Dinner</p>	<p>10 8:15 Breakfast 10:30 Chinese New Year Social 12:00 Lunch 2:00 Stepping Out 3:00 Manvir Performs– TH 5:00 Dinner</p>
<p>11 8:15 Breakfast 10:00 Soothing Sensations 11:00 Express Yourself 12:00 Lunch 2:00 For the Soul 3:00 Superbowl Party—MS 5:00 Dinner</p>	<p>12 8:15 Breakfast 12:00 Lunch 2:00 In The Kitchen 3:00 Musical Moments 3:00 Sweat Squad– FC 4:00 You and Me 5:00 Dinner 6:00 Brains and Banter—CC</p>	<p>13 Mardi Gras/Shrove Tuesday 8:15 Breakfast 10:00 Circle of Friends 10:30 Standing Balance– FC 11:00 Express Yourself 12:00 Lunch 2:00 Group Fitness– FC 2:30 Pancake Social—MS 3:30 Stepping Out 5:00 Dinner</p>	<p>14 Valentines Day/ Ash Wednesday 8:15 Breakfast 10:00 Jamboree 10:30 Ash Wednesday Service 11:00 Music Therapy 11:00 Brains and Banter 12:00 Lunch 2:00 Valentines Day Social– TH 3:00 Paula French Performs– TH 5:00 Dinner</p>	<p>15 8:15 Breakfast 10:00 For The Soul 10:15 Basketball & Ball Toss– FC 11:00 Brains and Banter 12:00 Lunch 1:15 Horticulture Therapy 2:15 Drum Fit 3:00 Yoga—FC 3:15 Stepping Out 5:00 Dinner</p>	<p>16 8:15 Breakfast 9:15 Fun and Fit 10:00 Soothing Sensations 11:00 Musical Moments 11:00 Line Dancing—FC 12:00 Lunch 1:15 Art Therapy 2:00 You and Me 3:00 For The Fun of Fit 5:00 Dinner</p>	<p>17 8:15 Breakfast 10:00 Circle of Friends 11:00 For The Fun of Fit 12:00 Lunch 2:00 Stepping Out 3:00 Jay Franco–TH 5:00 Dinner</p>
<p>18 8:15 Breakfast 10:00 Free Willy Matinee—TH 12:00 Lunch 2:00 For the Soul 3:00 For The Fun of Fit 4:00 You and Me 5:00 Dinner</p>	<p>19 Family Day 8:15 Breakfast 12:00 Lunch 2:00 In The Kitchen 3:00 Musical Moments 3:00 Sweat Squad– FC 4:00 You and Me 5:00 Dinner 6:00 Brains and Banter—CC</p>	<p>20 National Love Your Pet Day 8:15 Breakfast 10:30 Standing Balance– FC 10:30 Pet Social—CC 12:00 Lunch 2:00 Stepping Out 2:00 Group Fitness– FC 3:15 Brains and Banter 5:00 Dinner</p>	<p>21 8:15 Breakfast 10:00 Jamboree 11:00 Music Therapy 11:00 Stepping Out 12:00 Lunch 2:00 Neighbourhood Time 5:00 Dinner</p>	<p>22 8:15 Breakfast 10:00 For the Soul 10:15 Basketball and Ball Toss 11:00 Brains and Banter 12:00 Lunch 1:15 Horticulture Therapy 2:30 Drum Fit 2:30 Reconciliation Sacrament– Chapel 3:00 Yoga 3:15 Stepping Out 5:00 Dinner</p>	<p>23 8:15 Breakfast 9:15 Fun and Fit 10:00 Soothing Sensations 11:00 Line Dancing—CC 12:00 Lunch 1:15 Art Therapy 2:00 You and Me 3:00 For the Fun of Fit 5:00 Dinner</p>	<p>24 8:15 Breakfast 10:00 Circle of Friends 10:30 Tai Chi—FC 11:00 For the Fun of Fit 12:00 Lunch 2:00 Stepping Out 3:00 Geri Defoe performs—TH 5:00 Dinner</p>
<p>25 8:15 Breakfast 10:00 Soothing Sensations 11:00 Express Yourself 12:00 Lunch 2:00 For the Soul 3:00 For the Fun of Fit 3:15 Basketball and Ball Toss—FC 4:00 You ad Me 5:00 Dinner</p>	<p>26 8:15 Breakfast 12:00 Lunch 2:00 In The Kitchen 3:00 Musical Moments 3:00 Sweat Squad– FC 4:00 You and Me 5:00 Dinner 6:00 Brains and Banter—CC</p>	<p>27 8:15 Breakfast 10:00 For The Soul 10:30 Standing Balance– FC 11:00 For the Fun of Fit 12:00 Lunch 2:00 Group Fitness– FC 2:00 Soothing Sensations 3:00 Express Yourself 5:00 Dinner</p>	<p>28 8:15 Breakfast 10:00 Jamboree 11:00 Music Therapy 12:00 Lunch 2:00 You and Me 2:30 Ladies High Tea– CC 3:30 Stepping Out 5:00 Dinner</p>	<p>29 8:15 Breakfast 10:00 For The Soul 10:15 Basketball & Ball Toss– FC 11:00 Brains and Banter 12:00 Lunch 1:15 Horticulture Therapy 2:15 Drum Fit 3:00 Yoga—FC 3:15 Stepping Out 5:00 Dinner</p>	<p>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.</p>	