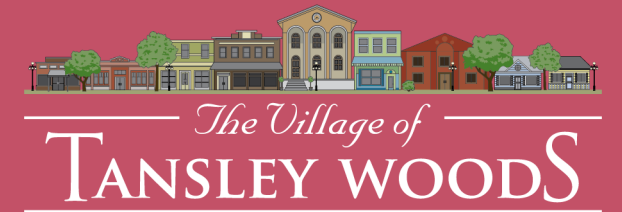




February 2024

BRONTE NEIGHBOURHOOD



Sunday

Monday

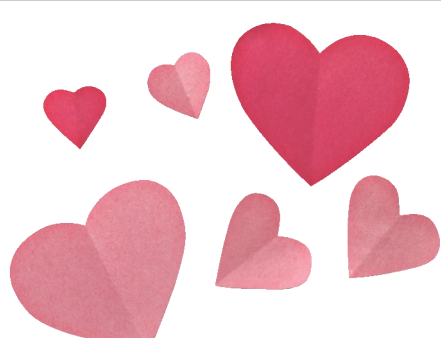
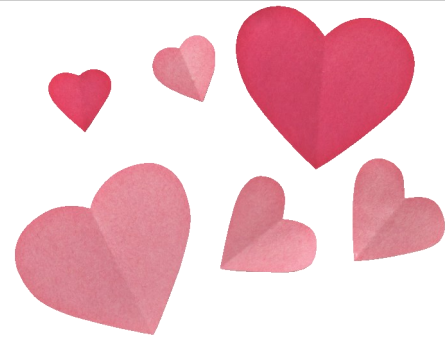
Tuesday

Wednesday

Thursday

Friday

Saturday



1
 8:15 Breakfast
 10:00 Calendar Delivery
 10:15 Basketball & Ball Toss-FC
 10:30 Gratis Shoppe—MS
 11:00 Stepping Out
 12:00 Lunch
 1:30 Music Therapy
 3:00 Yoga Class-FC
 3:00 For the Fun of Fit
 4:00 You & Me
 5:00 Dinner

2 Groundhog Day
 8:15 Breakfast
 10:00 Circle of Friends
 11:00 Line Dancing—FC
 11:00 Stepping Out
 12:00 Lunch
 1:45 For the fun of fit—Lounge
 3:00 Meditation W/ Elizabeth
 4:00 You & Me
 5:00 Dinner

3
 8:15 Breakfast
 10:00 Coffee Social—CC
 11:00 You and Me
 12:00 Lunch
 2:00 Brains and Banter
 3:00 Gerry Larkin Performs-TH
 4:00 You and Me
 5:00 Dinner

4
 8:15 Breakfast
 10:00 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
 10:00 Circle of Friends
 11:00 For The Fun of Fit
 12:00 Lunch
 2:00 Stepping Out
 2:30 Art Gallery— TH
 3:00 Sweat Squad-FC
 3:00 Brains and Banter
 5:00 Dinner

6
 8:15 Breakfast
 10:00 Neighborhood Times
 10:30 Standing Balance— FC
 12:00 Lunch
 2:00 Group Fitness-FC
 2:00 Brains & Banter
 3:00 For The Soul
 4:00 You & Me
 5:00 Dinner

7
 8:15 Breakfast
 10:00 Neighborhood Time (Outing)
 12:00 Lunch
 1:30 Stepping Out
 2:00 Program Awareness—MS
 3:00 You and Me
 3:00 Total Body Fitness
 5:00 Dinner

8
 8:15 Breakfast
 10:00 Horticulture Therapy
 10:15 Basketball & Ball Toss— FC
 10:00 Circle of Friends
 11:00 Stepping Out
 12:00 Lunch
 1:30 Music Therapy
 2:00 In the Kitchen—Appleby
 3:00 Yoga Class-FC
 5:00 Dinner

9
 8:15 Breakfast
 10:00 Circle of Friends
 11:00 Line Dancing—FC
 11:00 Brains and Banter
 12:00 Diner's Club—MS
 1:45 For the fun of fit—Lounge
 3:00 Meditation W/ Elizabeth
 4:00 You & Me
 5:00 Dinner

10 Chinese New Year
 8:15 Breakfast
 10:30 Chinese New Year Social—Town Hall
 11:00 Total Body Fitness
 12:00 Lunch
 2:00 Stepping Out
 3:00 Manvir Performs-TH
 4:00 You and Me
 5:00 Dinner

11 Superbowl Sunday
 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

12
 8:15 Breakfast
 10:00 In the Kitchen
 11:00 Musical Moments
 11:15 Fun & Fit
 12:00 Lunch
 2:00 For The Soul
 3:00 Sweat Squad-FC
 3:00 For The Fun of Fit
 4:00 You & Me
 5:00 Dinner
 6:30 Brains & Banter

13 Shrove Tuesday/ Mardi Gras
 8:15 Breakfast
 10:00 In the Kitchen—Pancake Tuesday
 10:30 Art Therapy
 11:00 Brains & Banter
 12:00 Lunch
 2:00 Group Fitness-FC
 2:30 Mardi Gras Social— MS
 4:00 You & Me
 5:00 Dinner

14 Valentine's Day/Ash Wednesday
 8:15 Breakfast
 10:30 Ash Wednesday Service
 12:00 Lunch
 2:00 Valentines Day Social— TH
 3:00 Paula French Performs— TH
 3:00 Total Body Fitness
 4:00 You and Me
 5:00 Dinner
 6:00 Brains And Banter

15
 8:15 Breakfast
 10:00 Circle of Friends
 10:00 Horticulture Therapy
 11:00 Stepping Out
 12:00 Lunch
 1:30 Music Therapy
 2:00 For The Soul
 3:00 Yoga Class-FC
 3:00 In The Kitchen
 5:00 Dinner

16
 8:15 Breakfast Club—CC
 10:00 Musical Moments
 11:00 Line Dancing—FC
 11:00 Stepping Out
 12:00 Lunch
 1:45 For the fun of fit—Lounge
 3:00 Meditation W/ Elizabeth
 4:00 You & Me
 5:00 Dinner

17
 8:15 Breakfast
 10:00 Soothing Sensations
 11:00 For The Fun of Fit
 12:00 Lunch
 2:00 Stepping Out
 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 In the Kitchen
 4:00 Stepping Out
 5:00 Dinner

19 Family Day
 8:15 Breakfast
 10:00 Circle of Friends
 11:00 Express Yourself
 12:00 Lunch
 2:00 Soothing Sensations
 3:00 Sweat Squad-FC
 3:00 In the Kitchen
 5:00 Dinner
 6:30 Brains & Banter— CC

20
 8:15 Breakfast
 10:30 Pet Social— CC
 10:30 Art Therapy
 10:30 Standing Balance-FC
 12:00 Lunch
 2:00 You and Me
 2:00 Group Fitness-FC
 3:00 For The Soul
 5:00 Dinner

21
 8:15 Breakfast
 12:00 Lunch
 2:00 In the Kitchen—Appleby
 3:00 Brains & Banter
 3:00 Total Body Fitness
 4:00 You and Me
 5:00 Dinner
 6:00 Circle of Friends

22
 8:15 Breakfast
 10:00 Circle of Friends
 10:00 Horticulture Therapy
 10:15 Basketball & Ball Toss— FC
 11:00 Stepping Out
 12:00 Lunch
 1:30 Music Therapy
 2:00 Soothing Sensations
 2:30 Reconciliation Sacrament— Chapel
 3:00 Yoga Class-FC
 3:30 You & Me
 5:00 Dinner

23
 8:15 Breakfast
 10:00 Musical Moments
 11:00 Line Dancing—FC
 11:00 Brains and Banter
 12:00 Lunch
 1:45 For the fun of fit—Lounge
 3:00 Meditation W/ Elizabeth
 4:00 You & Me
 5:00 Dinner

24
 8:15 Breakfast
 10:00 Musical Moments
 10:30 Tai Chi— FC
 11:00 Total Body Fitness
 12:00 Lunch
 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 Sensations
 11:00 Morning Movies
 12:00 Lunch
 2:00 For the Soul
 3:00 Stepping Out
 3:15 Basketball & Ball Toss— FC
 5:00 Dinner

26
 8:15 Breakfast
 10:00 Circle of Friends
 11:00 Express Yourself
 11:15 Fun & Fit
 12:00 Lunch
 2:00 Soothing Sensations
 3:00 Sweat Squad-FC
 3:00 Musical Moments
 5:00 Dinner

27
 8:15 Breakfast
 10:00 Circle of Friends
 10:30 Art Therapy
 11:00 For The Fun of Fit
 12:00 Lunch
 2:00 Group Fitness-FC
 2:00 Brains and Banter
 3:00 For The Soul
 5:00 Dinner

28 Pink Shirt Day
 8:15 Breakfast
 10:00 Neighborhood Time (Outing)
 12:00 Lunch
 2:30 Ladies High Tea Social-TH
 3:00 Total Body Fitness
 3:30 Stepping Out
 5:00 Dinner

29
 8:15 Breakfast
 10:00 Horticulture Therapy
 10:00 Soothing Sensations
 11:00 Brains and Banter
 12:00 Lunch
 1:30 Music Therapy
 2:30 For the Fun of fit
 3:00 Yoga Class— FC
 5:00 Dinner

