



February 2024

Downey Neighbourhood



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Black History Month	Johnston: Jo Matthews: Ma Pollock: Po Hagey: Ha Wright: Wr Downey: Do	Main Street: MS Community Centre: CC Chapel: C Library: L Fitness Centre: FC Courtyard: CY		1 9:30 Church Service (C) 1:30-3:30 Outing: Winter Country Drive *Sign Up Required 3:30 Green Thumbs 6:30 Active Games (MS)	2 Groundhog Day 9:30 Daily Perk 10:30 Sit N Get Fit with PAL 2:00 Bingo on Pollock 3:30 Active Games (FC) 6:30 Crafting Club (CC)	3 9:30 Good Morning Downey 10:30 In the Kitchen: Valentines Cookies 2:00 Entertainment with Manvir (Po)
4 9:30 For the Soul 10:30 Neighbourhood Time 2:00 Balloon Volleyball	5 10:30 Village Townhall (C) 2:30 Manicures & Nail Care 3:30 Total Body Fitness (FC) 6:30 Game Show Trivia (CC)	6 9:30 Rosary (C) 10:45 Art with Sonal 2:00 Bingo (MS) 2:00 Greenhouse Drop-in 4:00 You & Me 3:30 Tai Chi (FC)	7 1:00 Greenhouse Drop-in 2:00 Food Committee (C) 3:30 Trivia 3:30 Balance Class (FC) 6:30 Documentary & Popcorn (C)	8 9:30 Church Service (C) 1:00 Greenhouse Drop-In 2:00 Calendar Planning & Bill of Rights Meeting 3:30 Green Thumbs 6:30 Active Games (MS)	9 9:30-11:30 Bus Outing: Tim Hortons *Sign Up Required 10:30 Sit N Get Fit with PAL 12:00 Diners Club: Chinese Food 2:00 Bingo with Pollock 3:30 Active Games (FC) 6:30 Crafting Club (CC)	10 Lunar New Year 9:30 You & Me 10:30 Stepping Out 2:00 Entertainment with the Dynamic Duo (Jo)
11 Superbowl Sunday 9:30 For the Soul 10:30 Valentines Craft 2:00 For the Fun of Fit	12 10:30 Manicures & Nail Care 2:30 In the Kitchen 2:15 Aquatic Therapy *Sign Up Required 6:30 Scouts Canada Beaver Group (MS)	13 Shrove Tuesday 9:30 Rosary (C) 10:45 Art with Sonal 12:15 Pancake Lunch 2:00 Bingo (MS) 2:00 Greenhouse Drop-in 3:30 Tai Chi (FC) 4:00 Manicures & Nail Care 6:30 Devotions (C)	14 Valentine's Day & Ash Wednesday 9:00 Daily Perk 10:00 Ash Wednesday Service (C) 2:00 Valentines Day Dance (RH TH) 3:30 Balance Class (FC) 6:30 Games Night (CC)	15 9:30 Church Service (C) 1:00 Greenhouse Drop-In 2:00 Residents' Council (C) 3:30 Green Thumbs 6:30 Active Games (MS)	16 9-11:30 Outing: Shopping at Giant Tiger *Sign Up Required 10:30 Sit N get Fit with PAL 2:00 Bingo on Pollock 3:30 Active Games (FC) 6:30 Crafting Club (CC)	17 Random Acts of Kindness Day 9:30 Daily Perk 10:00 Stepping Out: Random Acts of Kindness 2:30 Express Yourself
18 9:00 Stepping Out 10:30 Travelling Cart 2:00 Entertainment with Sheryl Walsh (MS)	19 Family Day 9:30 Manicures & Nail Care 10:30 Card Club 2:00 Family Day Fun on Main St 6:30 Game Show Trivia (CC)	20 9:30 Rosary (C) 10:45 Art with Sonal 2:00 Bingo (MS) 2:00 Greenhouse Drop-in 3:30 Tai Chi (FC) 4:00 You & Me 6:30 Karaoke (CC)	21 National Sticky Bun Day 1:00 Greenhouse Drop-In 1:30 Daily Perk 2:00 Welcome TEMS (MS) 3:30 In the Kitchen: Sticky Buns 3:30 Balance Class (FC) 6:30 Games Night (CC)	22 9:30 Church Service (C) 1:00 Greenhouse Drop-In 3:30 Green Thumbs 6:30 Active Games (MS)	23 9:30 Daily Perk 10:30 Sit N Get Fit with PAL 2:00 Bingo with Pollock 3:30 Active Games (FC) 6:30 Crafting Club (CC)	24 9:30 Soothing Sensations 10:30 Brains & Banter 2:00 Entertainment with Bill Loeb sack (Ma)
25 9:30 You & Me 10:30 Neighbourhood Time 2:00 For the Fun Fit	26 10:30 Manicures & Nail Care 2:30 Tim Hortons Social 3:30 Total Body Fitness (FC) 6:30 Game Show Trivia (CC)	27 9:30 Rosary (C) 10:45 Art with Sonal 2:00 Bingo (MS) 2:00 Greenhouse Drop-in 3:30 Tai Chi (FC) 4:15 Brain Games	28 1-4 Stand Up Challenge (FC) 1:00 Greenhouse Drop-In 2:30 Movie & Popcorn 3:30 Balance Class (FC) 6:30 Games Night (CC)	29 Leap Day 10:00 Celebration of Life (C) 11:15 Daily Perk 1:00 Greenhouse Drop-In 2:00 Pub & Karaoke (MS) 3:30 Green Thumbs 6:30 Active Games (MS)		