



February 2024

Erindale Place & Sheridan Way



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Black History Month				1 10:30 Group Exercise 11:00 Friendly Visits 1:00 Soothing Sensations 1:30 Pet Visits 2:30 Movie Afternoon 6:00 Karaoke	2 Groundhog Day 10:30 Group Exercise 11:00 Musical Moments 2:30 Arm– Chair Travel– China 4:00 Walk & Talk	3 10:30 You and Me 11:00 Brains and Banter 2:30 Java Music Club 6:30 Air Hockey Tournament
4 10:30 Church Service 11:00 Hymn Sing 2:30 High Tea Social (CQ) 6:30 Brains and Banter	5 10:30 Chair Yoga (CQ) 2:30 BINGO 6:30 Soothing Sensations	6 10:30 Group Exercise 11:00 Family Feud 2:30 Tuesday Trivia & Tea 4:00 Stepping out	7 10:30 Creative Poetry (AR) 11:00 You & Me 2:30 Movie and Popcorn 6:30 Comedy Night (CQ)	8 10:30 Group Exercise 11:00 Friendly Visits 1:00 Soothing Sensations 1:30 Pet Visits 2:30 Communion (CQ) 6:00 Air Hockey	9 10:30 Group Exercise 11:00 Musical Moments 2:30 Flower Arranging 6:30 Stepping Out	10 Chinese New Year 10:30 Friendly Visits 11:00 History of The Lunar Year 2:30 The Chopstick Game
11 10:30 Church Service 11:00 Hymn Sing 2:30 Baking	12 10:30 Friendly visits 11:00 Music w/ Wendy (CQ) 2:30 BINGO 6:30 Soothing Sensations	13 Shrove Tuesday 10:30 Art Class w/ Glynnis 11:00 You & Me 2:30 Group Exercise 5:00 Pancake Supper 6:30 Stepping Out	14 Valentine’s Day Ash Wednesday 10:30 Cookie Decorating 11:00 Musical Moments 2:30 Sweet Hearts Party with Jordo (CQ) 6:30 Travelogue	15 10:30 Group Exercise 1:00 Soothing Sensations 1:30 Pet Visits 2:30 Hands on Exotics (CQ) 6:00 Corn Hole	16 10:30 Group Exercise 11:00 Musical Moments 2:30 Arts for All 4:00 Walk & Talk	17 10:30 You and Me 11:00 Funny Videos 2:30 Java Music Club 6:30 Air Hockey Tournament Final
18 10:30 Church Service 11:00 Hymn Sing 2:30 RC Communion-CQ 6:30 Brains and Banter	19 Family Day 10:30 Chair Yoga (CQ) 2:30 Sip and Paint (CQ) 6:30 Soothing Sensations	20 10:30 Group Exercise 11:00 Wheel of Fortune 2:30 Nail Salon 4:00 Stepping out	21 10:30 Board Games 11:00 You & Me 2:30 BINGO 6:30 Travelogue	22 10:30 Group Exercise 11:00 Friendly Visits 1:00 Soothing Sensations 1:30 Pet Visits 2:30 Movie Afternoon 6:00 Card Games	23 10:30 Group Exercise 11:00 Musical Moments 2:30 Bowling (CQ) 6:30 Stepping Out	24 10:30 Flower Arranging 11:00 You & Me 2:30 Java Music Club 4:00 Afternoon Stretch
25 10:30 Church Service 11:00 Hymn Sing 2:30 BINGO 4:00 Walk & Talk	26 10:30 Art Class w/ Glynnis (AR) 11:00 Friendly Visits 2:30 Arm– Chair Travel- Jamaica 6:30 Soothing Sensations	27 10:30 Group Exercise 11:00 Price is Right! 2:30 Baking 6:30 Stepping Out	28 Pink Shirt Day 10:30 Hangman 11:00 Musical Moments 2:30 Birthday Social (CQ) 6:30 Travelogue	29 10:30 Food Committee & Resident’s Council 11:00 Friendly Visits 1:00 Soothing Sensations 1:30 Pet Visits 2:30 Group Exercise 6:00 BINGO Night	Recreation Team Members Ankita, Jashan, and Komal Neighborhood Coordinator Ferdie Gonzales	