



February 2024

ESN



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Black History Month				1 8:30 Breakfast 10:15 In the Kitchen 11:00 You & I 12:00 Lunch 1:30 Dog Visits 2:30 Musical Moments 5:00 Dinner	2 Groundhog Day 8:30 Breakfast 10:30 Soothing Sensations 11:30 Brains & Banters 12:00 Lunch 2:30 Arm Chair Travel 5:00 Dinner	3 8:30 Breakfast 10:15 In the Kitchen 11:00 You & I 12:00 Lunch 2:30 BINGO 5:00 Dinner
4 8:30 Breakfast 10:15 Church Service 11:00 Musical Moments 12:00 Lunch 2:30 High Tea Social 5:00 Dinner	5 8:30 Breakfast 10:30 Chair Yoga (CQ) 11:30 Soothing Sensations 12:00 Lunch 2:30 You & I 5:00 Dinner	6 8:30 Breakfast 10:15 Java Music 11:00 Circle of Friends 12:00 Lunch 2:30 Fun n' Fitness 5:00 Dinner	7 8:30 Breakfast 10:30 Friendly Visits 12:00 Lunch 1:30 Stepping Out 2:30 In the Kitchen 5:00 Dinner 6:30 Comedy Night (CQ)	8 8:30 Breakfast 10:15 Fun n' Fitness 11:00 Stepping Out 12:00 Lunch 1:30 Dog Visits 2:30 Brains & Banter 5:00 Dinner	9 8:30 Breakfast 10:30 Musical Moments 12:00 Lunch 2:30 Express Yourself 5:00 Dinner	10 Chinese New Year 8:30 Breakfast 10:15 Express Yourself 11:00 Circle of Friends 12:00 Lunch 2:30 Tea Garden 5:00 Dinner
11 8:30 Breakfast 10:15 Church Service 11:00 Circle of Friends 12:00 Lunch 2:30 Baking Afternoon 5:00 Dinner	12 8:30 Breakfast 10:00 Music with Wendy 12:00 Lunch 2:30 Fun n' Fitness 3:30 You & I 5:00 Dinner	13 Shrove Tuesday 8:30 Breakfast 10:15 Java Music 11:00 You & I 12:00 Lunch 2:30 Cookie Decorating 5:00 Pancake Dinner	14 Valentine's Day Ash Wednesday 8:30 Breakfast 10:30 Friendly Visits 12:00 Lunch 1:30 Soothing Sensations 2:30 Sweet Hearts Party with Jordo (CQ) 5:00 Dinner 6:30 Circle of Friends	15 8:30 Breakfast 10:15 Express Yourself 11:00 Stepping Out 12:00 Lunch 1:30 Dog Visits 2:30 Hands-On Exotics CQ 5:00 Dinner	16 8:30 Breakfast 10:30 Stepping Out 11:00 You & I 12:00 Lunch 2:30 In the Kitchen 5:00 Dinner	17 8:30 Breakfast 10:30 You & I 12:00 Lunch 2:30 Brains & Banter 5:00 Dinner
18 8:30 Breakfast 10:15 Church Service 12:00 Lunch 2:30 You & I 5:00 Dinner	19 Family Day 8:30 Breakfast 10:30 Chair Yoga (CQ) 11:30 Circle of Friends 12:00 Lunch 2:30 Sip n' Paint (CQ) 5:00 Dinner	20 8:30 Breakfast 10:15 Java Music 11:00 Express Yourself 12:00 Lunch 2:30 Bowling in CQ 5:00 Dinner	21 8:30 Breakfast 10:30 Friendly Visits 12:00 Lunch 1:30 Stepping Out 2:30 In the Kitchen 5:00 Dinner 6:30 Stepping Out	22 8:30 Breakfast 10:15 In the Kitchen 11:00 Circle of Friends 12:00 Lunch 1:30 Dog Visits 2:30 BINGO in CQ 5:00 Dinner	23 8:30 Breakfast 10:30 You & I 12:00 Lunch 2:30 Musical Moments 5:00 Dinner	24 8:30 Breakfast 10:15 Fun n' Fitness 11:00 Circle of Friends 12:00 Lunch 2:30 You & I 5:00 Dinner
25 8:30 Breakfast 10:15 Church Service 11:00 Brains & Banter 12:00 Lunch 2:30 In the Kitchen 5:00 Dinner	26 8:30 Breakfast 10:30 You & I 12:00 Lunch 2:30 Arm Chair Travel 5:00 Dinner	27 8:30 Breakfast 10:15 Java Music 11:00 Circle of Friends 12:00 Lunch 2:30 Baking Afternoon 5:00 Dinner	28 Pink Shirt Day 8:30 Breakfast 10:00 Music with Wendy 12:00 Lunch 1:30 Stepping Out 2:30 Birthday Party (CQ) 5:00 Dinner 6:30 You & I	29 8:30 Breakfast 10:30 Food Committee & Resident Council 10:30 Friendly Visits 12:00 Lunch 1:30 Dog Visits 2:30 Soothing Sensations 5:00 Dinner		