

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> 8:15am Breakfast 9:30am Greeting the Day 11:00am Fit to Function with Dan - FC 12:00pm Lunch 2:00pm Musical Moments 2:30pm Java Music Club with Janet 3:15pm Residents' Council 3:30pm Stepping Out 5:00pm Dinner	<b>2</b> 8:15am Breakfast <b>8:30am Men's Breakfast - CC</b> 9:30am Greeting the Day 10:30am In the Kitchen 11:00am Stay Strong - FC 12:00pm Lunch 2:00pm Pet Visits 2:15pm Music Therapy with Jen 3:30pm For the Fun of Fit 5:00pm Dinner	<b>3</b> 8:15am Breakfast 9:30am Greeting the Day 12:00pm Lunch 2:00pm Pub with Joe Callura - MS 3:30pm Musical Moments 5:00pm Dinner
<b>4</b> 8:15am Breakfast 9:30am Greeting the Day 10:30am Music and Memory 12:00pm Lunch 2:30pm Church Service with Ankit - CH 3:15pm Fellowship - CC 5:00pm Dinner 6:00pm Neighbourhood Time	<b>5</b> 8:15am Breakfast 9:30am Greeting the Day 10:30am Intergenerational Jamboree Music Therapy - MS 10:30am Soothing Sensations 12:00pm Lunch 2:00pm Bingo - CC 2:15pm Hort Happens with Krystin 5:00pm Dinner 6:00pm Neighbourhood Time	<b>6</b> 8:15am Breakfast 9:30am For the Soul with Janet 9:30am Greeting the Day 11:00am Stay Strong - FC 12:00pm Lunch 1:30pm Soothing Sensations 3:00pm For the Fun of Fit 5:00pm Dinner 6:00pm Neighbourhood Time	<b>7</b> 8:15am Breakfast 9:30am Greeting the Day 10:30am Express Yourself 12:00pm Lunch 2:00pm Tai Chi with Dan - FC 5:00pm Dinner	<b>8</b> 8:15am Breakfast 9:30am Greeting the Day 11:00am Fit to Function with Dan - FC 12:00pm Lunch 2:30pm Java Music Club with Janet 3:30pm Stepping Out 5:00pm Dinner	<b>9</b> 8:15am Breakfast 9:30am Greeting the Day 10:30am Brains and Banter 11:00am Stay Strong - FC 12:00pm Lunch <b>1:00pm Walmart Outing</b> 5:00pm Dinner	<b>10</b> 8:15am Breakfast 9:30am Greeting the Day 12:00pm Lunch 2:00pm Entertainment with Dave Shakespeare on Carrington 3:30pm Musical Moments 5:00pm Dinner 6:00pm Neighbourhood Time
<b>11</b> <b>Superbowl Sunday (Jersey Day)</b> 8:15am Breakfast 9:30am Greeting the Day 10:00am Church Service with Ankit - CH 12:00pm Lunch 2:00pm Superbowl Tailgate Party - CC 2:30pm Church Service with Janet - CH 5:00pm Dinner 6:00pm Neighbourhood Time	<b>12</b> 8:15am Breakfast 9:30am Greeting the Day 10:30am Intergenerational Jamboree Music Therapy - MS 10:30am Soothing Sensations 12:00pm Lunch 2:00pm Bingo - CC 2:15pm Hort Happens with Krystin 5:00pm Dinner	<b>13</b> <b>Shrove Tuesday/Pancake Day Pancake Breakfast 9-12:30pm</b> 8:15am Breakfast 9:30am For the Soul with Janet 9:30am Greeting the Day 11:00am Stay Strong - FC 12:00pm Lunch 2:30pm Pancake Races - TS 5:00pm Dinner 6:00pm Neighbourhood Time	<b>14</b> <b>Ash Wednesday Valentine's Day</b> 8:15am Breakfast 9:30am Greeting the Day 10:30am Ash Wednesday Church Service with Janet - CH 12:00pm Lunch 1:00pm Ashes Distribution 2:00pm Tai Chi with Dan - FC 2:00pm Travelling Cart: Hot Chocolate and Cookies 3:30pm Stepping Out 5:00pm Dinner	<b>15</b> 8:15am Breakfast 9:30am Greeting the Day 11:00am Fit to Function with Dan - FC 12:00pm Lunch 2:00pm Musical Moments 2:30pm Java Music Club with Janet 3:30pm Stepping Out 5:00pm Dinner	<b>16</b> 8:15am Breakfast 9:30am Greeting the Day 10:30am In the Kitchen 11:00am Stay Strong - FC 12:00pm Lunch 2:00pm Pet Visits 2:15pm Music Therapy with Jen 3:30pm For the Fun of Fit 5:00pm Dinner	<b>17</b> 8:15am Breakfast 9:30am Greeting the Day 12:00pm Lunch 2:00pm Entertainment with Blue-Eyed Bill on Stonechurch 3:30pm Musical Moments 5:00pm Dinner
<b>18</b> 8:15am Breakfast 9:30am Greeting the Day 10:00am Church Service with Ankit - CH <b>10:00am Winter Wonderland Drive</b> 10:30am Music and Memory 12:00pm Lunch 2:30pm Church Service with Janet - CH 3:15pm Fellowship - CC 5:00pm Dinner 6:00pm Neighbourhood Time	<b>19</b> <b>Family Day</b> 8:15am Breakfast 9:30am Greeting the Day 10:30am Soothing Sensations 12:00pm Lunch 2:00pm Little Ray's Reptile Show - MS 5:00pm Dinner 6:00pm Neighbourhood Time	<b>20</b> 8:15am Breakfast 9:30am For the Soul with Janet 9:30am Greeting the Day 11:00am Stay Strong - FC 12:00pm Lunch 1:30pm Soothing Sensations 3:00pm For the Fun of Fit 3:30pm Stepping Out 5:00pm Dinner 6:00pm Neighbourhood Time	<b>21</b> 8:15am Breakfast 9:30am Greeting the Day 10:30am Roman Catholic Mass - CH 12:00pm Lunch <b>12:00pm Ladies Lunch - CC</b> 2:00pm Movie Afternoon with Janet: The Other Side of the Mountain-TH 2:00pm Tai Chi with Dan - FC 3:00pm Circle of Friends 5:00pm Dinner	<b>22</b> 8:15am Breakfast 9:30am Greeting the Day 11:00am Fit to Function with Dan - FC 12:00pm Lunch 2:00pm Musical Moments 2:30pm Java Music Club with Janet 3:30pm Stepping Out 5:00pm Dinner	<b>23</b> <b>Happy Birthday Christina!</b> 8:15am Breakfast 9:30am Greeting the Day 11:00am Stay Strong - FC 12:00pm Lunch 2:00pm Armchair Travel: Germany - TH 3:30pm For the Fun of Fit 5:00pm Dinner	<b>24</b> 8:15am Breakfast 9:30am Greeting the Day 12:00pm Lunch 2:30pm Chinese New Year Presentation - TH 3:30pm Musical Moments 5:00pm Dinner 6:00pm Neighbourhood Time
<b>25</b> 8:15am Breakfast 9:30am Greeting the Day 10:00am Church Service with Ankit - CH 12:00pm Lunch 2:30pm Church Service with Janet - CH 3:15pm Fellowship - CC 5:00pm Dinner 6:00pm Neighbourhood Time	<b>26</b> 8:15am Breakfast 9:30am Greeting the Day 10:30am Soothing Sensations 12:00pm Lunch 2:15pm Hort Happens with Krystin 2:30pm Celebration of Life - CH 5:00pm Dinner 6:00pm Neighbourhood Time	<b>27</b> <b>Happy Birthday Patricia M!</b> 8:15am Breakfast 9:30am For the Soul with Janet 9:30am Greeting the Day 11:00am Stay Strong - FC 12:00pm Lunch <b>1:00pm Outing to Flamboro Downs Casino</b> 5:00pm Dinner	<b>28</b> <b>Pink Shirt Day</b> 8:15am Breakfast 9:30am Greeting the Day 10:30am Express Yourself 12:00pm Lunch 1:30pm In the Kitchen 2:00pm Tai Chi with Dan - FC 5:00pm Dinner <b>5:00pm Diner's Club: My Buddy's Greek - MS</b>	<b>29</b> 8:15am Breakfast 9:30am Greeting the Day 11:00am Fit to Function with Dan - FC 12:00pm Lunch 2:00pm Musical Moments 2:30pm Java Music Club with Janet 3:30pm Stepping Out 5:00pm Dinner		