

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