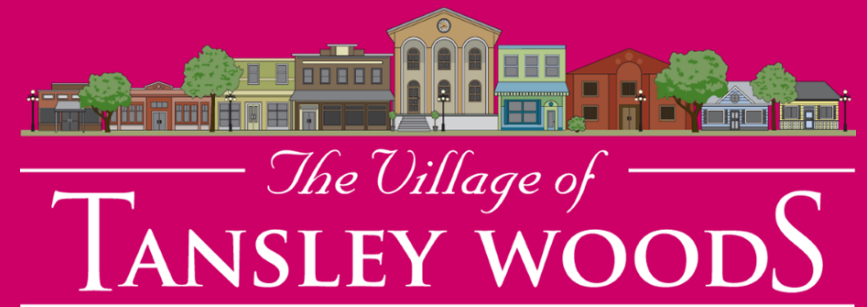




February 2024

Nelson



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Legend CC– Community Center FC– Fitness Center TH– Town Hall L– Library MS– Main Street</p>					<p>2 Groundhog Day 8:15 Breakfast 10:00 Express Yourself 11:00 Musical Moments 11:00 Line Dancing– FC 12:00 Lunch 2:00 Soothing Sensations 3:30 For The Fun of Fit 5:00 Dinner</p>	<p>3 8:15 Breakfast 10:00 Coffee Social– CC 11:00 Brains and Banter– CC 12:00 Lunch 2:00 Stepping Out 3:00 Gerry Larkin– TH 4:00 You and Me 5:00 Dinner</p>
<p>4 8:15 Breakfast 10:00 Movie Matinee– TH 12:00 Lunch 2:00 For The Soul 3:00 Stepping Out 4:00 You and Me 5:00 Dinner</p>	<p>5 8:15 Breakfast 10:00 For The Soul 11:00 Express Yourself 12:00 Lunch 2:30 Art Gallery– TH 2:30 Stepping Out 3:00 Sweat Squad– FC 3:30 You and Me 5:00 Dinner 6:30 Brains and Banter– CC</p>	<p>6 8:15 Breakfast 9:30 Neighborhood Time 10:30 Standing Balance– FC 12:00 Lunch 2:00 Group Art Gallery– FC 2:30 For The Soul 3:00 You and Me 5:00 Dinner</p>	<p>7 Program Awareness Day 8:15 Breakfast 10:00 For The Soul 11:00 Brains and Banter 11:15 Fun & Fit 12:00 Lunch 1:30 Music Therapy 2:30 Neighbourhood Time 3:30 Stepping Out 5:00 Dinner</p>	<p>8 8:15 Breakfast 10:00 Musical Moments 10:15 Basketball & Ball Toss– FC 11:00 Stepping Out 12:00 Lunch 2:30 In The Kitchen– CC 3:00 Yoga– FC 3:30 Circle of Friends–CC 5:00 Dinner</p>	<p>9 Diners Club 8:15 Breakfast 10:00 Soothing Sensations 11:00 Stepping Out 11:00 Line Dancing– FC 12:00 Lunch 2:00 You and Me 3:00 For The Fun of Fit 5:00 Dinner</p>	<p>10 8:15 Breakfast 10:30 Chinese New Year Social– CC 12:00 Lunch 2:00 Stepping Out 3:00 Manvir– TH 4:00 You and Me 5:00 Dinner</p>
<p>11 Superbowl 8:15 Breakfast 10:00 Soothing Sensations 11:00 Brains and Banter 12:00 Lunch 2:00 For The Soul 3:00 Superbowl Party– MS 5:00 Dinner</p>	<p>12 8:15 Breakfast 10:00 For The Soul 11:00 Express Yourself 12:00 Lunch 2:00 Circle of Friends 3:00 Sweat Squad– FC 3:00 For The Fun of Fit 5:00 Dinner 6:30 Brains and Banter– CC</p>	<p>13 Mardi Gras 8:15 Breakfast 10:00 In The Kitchen 10:30 Standing Balance– FC 11:00 Brains and Banter 12:00 Lunch 1:15 Art Therapy 2:00 Group Fitness– FC 2:30 Pancake Social– MS 3:30 Stepping Out 5:00 Dinner</p>	<p>14 Valentines Day 8:15 Breakfast 10:00 For The Soul 10:30 Ash Wednesday Service 11:00 Brains and Banter 11:15 Fun & Fit 12:00 Lunch 1:30 Music Therapy 2:00 Valentines Day Social– TH 3:00 Paula French– TH 5:00 Dinner</p>	<p>15 8:15 Breakfast 10:00 Musical Moments 10:15 Basketball & Ball Toss– FC 11:00 Stepping Out 11:00 Horticulture Therapy 12:00 Lunch 2:30 In The Kitchen 3:00 Yoga– FC 3:30 Circle of Friends 5:00 Dinner</p>	<p>16 8:15 Breakfast 10:00 Express Yourself 11:00 Musical Moments 11:00 Line Dancing– FC 12:00 Lunch 2:00 Soothing Sensations 3:30 For The Fun of Fit 5:00 Dinner</p>	<p>17 8:15 Breakfast 10:00 In The Kitchen 11:00 Circle of Friends 12:00 Lunch 2:00 Stepping Out 3:00 Jay Franco– TH: 4:00 You and Me 5:00 Dinner</p>
<p>18 8:15 Breakfast 10:00 Movie Matinee– TH 12:00 Lunch 2:00 For The Soul 3:00 Stepping Out 4:00 You and Me 5:00 Dinner</p>	<p>19 8:15 Breakfast 10:00 For The Soul 11:00 Express Yourself 12:00 Lunch 2:00 Soothing Sensations 3:00 For The Fun of Fit 3:00 Sweat Squad– FC 5:00 Dinner 6:30 Brains and Banter– CC</p>	<p>20 8:15 Breakfast 10:30 Pet Social– CC 10:30 Standing Balance– FC 12:00 Lunch 2:00 For The Soul 2:00 Group Fitness– FC 3:00 In The Kitchen 5:00 Dinner</p>	<p>21 8:15 Breakfast 10:00 For The Soul 11:00 Brains and Banter 11:15 Fun & Fit 12:00 Lunch 1:30 Music Therapy 2:30 Neighbourhood Time 5:00 Dinner</p>	<p>22 8:15 Breakfast 10:00 Musical Moments 10:15 Basketball & Ball Toss– FC 11:00 Stepping Out 11:00 Horticulture Therapy 12:00 Lunch 2:30 Reconciliation Sacrament– Chapel 2:30 In The Kitchen– CC 3:00 Yoga– FC 3:30 Circle of Friends– CC 5:00 Dinner</p>	<p>23 Breakfast Club 8:15 Breakfast 10:00 Express Yourself 11:00 Musical Moments 11:00 Line Dancing– FC 12:00 Lunch 2:00 Soothing Sensations 5:00 Dinner</p>	<p>24 8:15 Breakfast 10:00 Circle of Friends 10:30 Tai Chi– FC 11:00 For The Fun of Fit 12:00 Lunch 2:00 Stepping Out 3:00 Geri Defore– TH 4:00 You and Me 5:00 Dinner</p>
<p>25 8:15 Breakfast 10:00 Soothing Sensations 11:00 Brains and Banter 11:00 Total Body Fitness 12:00 Lunch 2:00 For The Soul 3:00 Stepping Out 3:15 Basketball & Ball Toss– FC 5:00 Dinner</p>	<p>26 8:15 Breakfast 10:00 For The Soul 11:00 Express Yourself 12:00 Lunch 2:00 Circle of Friends 3:00 For The Fun of Fit 3:00 Sweat Squad– FC 5:00 Dinner 6:30 Brains and Banter– CC</p>	<p>27 8:15 Breakfast 10:30 Standing Balance– FC 12:00 Lunch 1:15 Art Therapy 2:00 For The Soul 2:00 Group Fitness– FC 3:00 In The Kitchen 5:00 Dinner 6:30 You and Me</p>	<p>28 Pink Day 8:15 Breakfast 10:00 For The Soul 11:00 Brains and Banter 11:15 Fun & Fit 12:00 Lunch 1:30 Music Therapy 2:30 Ladies High Tea– TH 3:30 Stepping Out 5:00 Dinner</p>	<p>29 Leap Day 8:15 Breakfast 10:00 Musical Moments 10:15 Basketball & Ball Toss– FC 11:00 Stepping Out 11:00 Horticultural Therapy 12:00 Lunch 2:30 In The Kitchen– CC 3:00 Yoga– FC 3:30 Circle of Friends– CC 5:00 Dinner</p>	<p>Residents Bill Of Rights 23. Every Resident Has The Right To Pursue Social, Cultural, Religious, Spiritual Or Other Interests, To Develop His Or Her Potential And To Given Reasonable Assistance By The Licensee To Pursue These Interests And To Develop Their Potential.</p>	