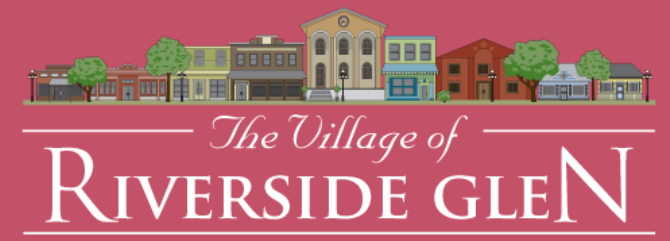


February 2024

Nichol Neighbourhood



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 8:30 Breakfast 11:00 Drum Fit 12:00 Lunch 1:00 Music with Mallory 2:00 Baking: Chocolate 5:00 Dinner	2 Groundhog Day 8:30 Breakfast 10:00 Groundhog Bowling 10:30 Hymn Sing 12:00 Lunch 2:00 Plant Club 3:00 Groundhog Day Movie 5:00 Dinner	3 8:30 Breakfast 10:00 Chair Yoga 11:00 Java Time 12:00 Lunch 2:00 Banana Split Social 5:00 Dinner
4 8:30 Breakfast 10:00 Best of Winter Sports 11:00 Church on Erin 12:00 Lunch 2:00 Winter Walks 3:00 Cat Visits 5:00 Dinner	5 8:30 Breakfast 10:00 Art with Sonal 12:00 Lunch 2:00 Baking with Nutella 5:00 Dinner 6:30 Motown Moments	6 8:30 Breakfast 10:00 IN2L 11:00 Move and Groove 12:00 Lunch 2:00 Chinese New Year Bingo 5:00 Dinner	7 8:30 Breakfast 10:30 Songbird Choir 11:00 Move and Groove 12:00 Lunch 5:00 Dinner 6:30	8 8:30 Breakfast 10:00 The Happy News 11:00 Drum Fit 12:00 Lunch 1:00 Music with Mallory 2:00 Valentine Craft 5:00 Dinner	9 8:30 Breakfast 10:00 Sensory Baking 10:30 Hymn Sing 12:00 Lunch 2:00 Plant Club 3:00 Helping Hands 5:00 Dinner	10 Chinese New Year 8:30 Breakfast 12:00 Lunch 1:00 Manicures 2:00 Chinese New Year Social 5:00 Dinner 6:30 Chinese Astrology
11 Super Bowl Sunday 8:30 Breakfast 11:00 Church on Erin 12:00 Lunch 1:30 Making Appetizers 3:00 Football Trivia 5:00 Dinner 6:30 Superbowl Social	12 8:30 Breakfast 10:00 Art with Sonal 11:00 Chocolate Making 12:00 Lunch 2:00 Balloon Volleyball 5:00 Dinner	13 Shrove Tuesday 8:30 Breakfast 10:00 IN2L 11:00 Move and Groove 12:00 Lunch 2:00 Shrove Bingo 2:30 Resident's Council 5:00 Dinner	14 Ash Wednesday Valentine's Day 8:30 Breakfast 10:30 Songbird Choir 11:00 Move and Groove 12:00 Lunch 1:30 Valentine's Social 3:00 Walking Club 5:00 Dinner	15 8:30 Breakfast 11:00 Drum Fit 12:00 Lunch 1:00 Music with Danielle 1:00 Calendar Planning 2:00 Exploring Black History 5:00 Dinner	16 8:30 Breakfast 10:30 Catholic Mass (Library) 12:00 Lunch 2:00 Plant Club 2:30 Chinese New Year Presentation (Townhall) 5:00 Dinner	17 8:30 Breakfast 12:00 Lunch 1:30 Bowling 2:30 Ideas and Idioms 5:00 Dinner 6:30 Cookies and Milk
18 8:30 Breakfast 11:00 Church on Erin 12:00 Lunch 1:30 Bean Bag Toss 2:30 Café Chats 5:00 Dinner 6:30 Fireside Stories	19 Family Day 8:30 Breakfast 10:00 Art with Sonal 12:00 Lunch 2:00 Tabletop Games 2:30 Food Committee 5:00 Dinner 6:30 Travelogue: New Orleans	20 8:30 Breakfast 10:00 Aiden Purnell Live 11:00 Move and Groove 12:00 Lunch 2:00 Heart Bingo 3:00 Soothing Sensations 5:00 Dinner	21 8:30 Breakfast 10:30 Songbird Choir 11:00 Move and Groove 12:00 Lunch 2:00 Hand Massage 3:00 Walking Club 5:00 Dinner 6:30 Fireside Stories	22 8:30 Breakfast 11:00 Drum Fit 12:00 Lunch 1:00 Music with Danielle 2:00 This or That? 5:00 Dinner	23 8:30 Breakfast 10:00 Sensory Baking 10:30 Hymn Sing 12:00 Lunch 2:00 Plant Club 3:00 Outdoor Leisure 5:00 Dinner	24 8:30 Breakfast 10:00 Circle of Friends 12:00 Lunch 1:00 Cat Visits 2:00 Yarn Club (Library) 5:00 Dinner
25 8:30 Breakfast 10:00 Musical Moments 11:00 Church on Erin 12:00 Lunch 2:00 Smoothie Social 3:00 IN2L 5:00 Dinner	26 8:30 Breakfast 10:00 Art with Sonal 11:00 Homemade Chai Tea 12:00 Lunch 2:00 Lets' Dance! 5:00 Dinner	27 8:30 Breakfast 10:00 IN2L 11:00 Move and Groove 12:00 Lunch 2:00 Card Bingo 5:00 Dinner	28 8:30 Breakfast 10:30 Songbird Choir 12:00 Lunch 2:00 Floral Arrangements 3:00 Walking Club 5:00 Dinner 6:30 Movie and Munchies	29 8:30 Men's Breakfast 11:00 70's/ 80s Dancercise 12:00 Lunch 1:00 Music with Danielle 2:00 Birthday Social (Café) 5:00 Dinner	<div style="border: 2px solid red; padding: 10px; margin: 0 auto; width: fit-content;"> <p>Neighbourhood Coordinator: Angela Gualtero</p> <p>Recreation: Steph and Dayna</p> </div>	