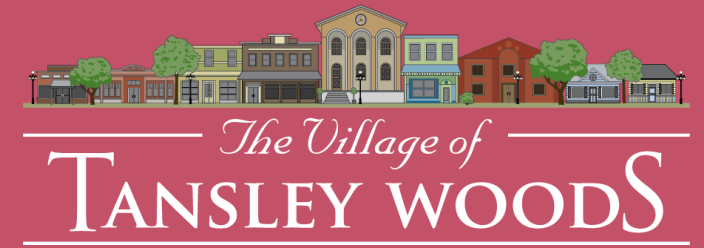




February 2024

OAKLANDS NEIGHBOURHOOD



Sunday

Monday

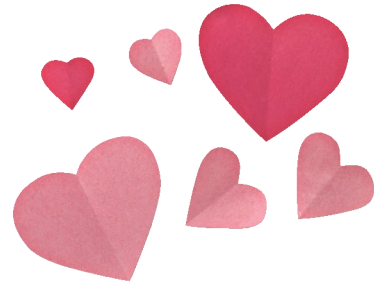
Tuesday

Wednesday

Thursday

Friday

Saturday



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.



1
8:15 Breakfast
10:15 Basketball & Ball Toss— FC
10:30 Gratis Shoppe— MS
12:00 Lunch
2:15 Drum Fit—FC
3:00 Yoga— FC
3:00 In The Kitchen—CC
3:30 Musical Moments
5:00 Dinner
6:15 Brains and Banter

2 Groundhog Day
8:15 Breakfast
10:00 Musical Moments
11:00 Line Dancing—FC
11:00 Stepping Out
12:00 Lunch
2:00 For the Soul
3:00 Express Yourself
5:00 Dinner

3
8:15 Breakfast
10:00 Circle of Friends
11:00 Stepping Out
12:00 Lunch
2:00 You and Me
3:00 Gerry Larkin Performs—TH
5:00 Dinner

4
8:15 Breakfast
10:00 Movie Matinee-TH
12:00 Lunch
2:00 For The Soul
3:00 For The Fun of Fit
4:00 You & Me
5:00 Dinner

5
8:15 Breakfast
10:00 Musical Moments
11:00 Circle of Friends
12:00 Lunch
2:00 In the Kitchen—CC
2:30 Art Gallery— TH
3:00 Sweat Squad— FC
3:00 Stepping Out
5:00 Dinner
6:30 Brains & Banter—CC

6
8:15 Breakfast
10:00 Neighborhood Time
10:30 Standing Balance— FC
12:00 Lunch
2:00 Group Fitness—FC
2:30 Stepping Out
3:00 Circle of Friends
5:00 Dinner

7
8:15 Breakfast
9:15 Fun and Fit
10:00 For The Soul
11:00 Express Yourself
12:00 Lunch
2:00 Soothing Sensations
2:30 Music Therapy
3:30 For the Fun of Fit
5:00 Dinner

8
8:15 Breakfast
10:15 Basketball & Ball Toss— FC
12:00 Lunch
2:30 In The Kitchen—CC
3:00 Yoga
3:30 Circle of Friends
4:00 You and Me
5:00 Dinner
6:15 Brains and Banter

9
8:15 Breakfast
10:00 Musical Moments
11:00 Line Dancing—FC
11:00 Stepping Out
12:00 Pizza Diners Club—MS
2:30 For the Soul
3:30 Express Yourself
5:00 Dinner

10
8:15 Breakfast
10:30 Chinese New Year Social—CC
12:00 Lunch
2:00 Stepping Out
3:00 Manvir Performs—TH
4:00 You and Me
5:00 Dinner

11
8:15 Breakfast
10:00 Total Body Fitness
10:00 In the Kitchen
11:00 Musical Moments
12:00 Lunch
2:00 For the Soul
3:00 Superbowl Party—MS
5:00 Dinner

12
8:15 Breakfast
10:00 Circle of Friends
11:00 Musical Moments
12:00 Lunch
1:15 Horticulture Therapy
2:30 Express Yourself—CC
3:00 Sweat Squad— FC
3:30 For the Fun of Fit
5:00 Dinner
6:30 Brains & Banter— CC

13 Mardi Gras/ Shove Tuesday
8:15 Breakfast
10:00 Soothing Sensations
11:00 Brains and Banter
12:00 Lunch
2:00 Group Fitness—FC
2:30 Mardi Gras Social—CC
2:30 Art Therapy
3:30 You and Me
5:00 Dinner

14 Valentine's Day
8:15 Breakfast
9:15 Fun and Fit
10:00 Soothing Sensations
10:30 Ash Wednesday Service— L
11:00 For The Fun of Fit
12:00 Lunch
2:30 Music Therapy
2:00 Valentines Day Social—TH
3:00 Paula French—TH
5:00 Dinner

15
8:15 Breakfast
10:15 Basketball & Ball Toss— FC
12:00 Lunch
2:15 Drum Fit—FC
3:00 Brains & Banter
3:00 Yoga— FC
5:00 Dinner
6:15 You and Me

16
8:15 Breakfast Club
10:00 Circle of Friends
11:00 Line Dancing—FC
11:00 Stepping Out
12:00 Lunch
2:00 For the Fun of Fit
5:00 Dinner

17
8:15 Breakfast
10:00 Soothing Sensations
11:00 Express Yourself
12:00 Lunch
2:00 Stepping Out
3:00 Jay Franco Performs—TH
4:00 You and Me
5:00 Dinner

18
8:15 Breakfast
10:00 Movie Matinee-TH
12:00 Lunch
2:00 For The Foul
3:00 For The Fun of Fit
4:00 You & Me
5:00 Dinner

19 Family Day
8:15 Breakfast
10:00 Circle of Friends
11:00 Musical Moments
12:00 Lunch
1:15 Horticulture Therapy
2:30 Express Yourself
3:00 Sweat Squad— FC
3:30 For the Fun of Fit
5:00 Dinner
6:30 Brains & Banter— CC

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
2:30 Art Therapy
3:00 Brains & Banter
5:00 Dinner

21
8:15 Breakfast
9:15 Fun and Fit
10:00 Soothing Sensations
11:00 Express Yourself
12:00 Lunch
2:00 You and Me
2:30 Music Therapy
3:30 For the Fun of Fit
5:00 Dinner

22
8:15 Breakfast
10:15 Basketball & Ball Toss— FC
12:00 Lunch
2:30 In The Kitchen—CC
2:30 Reconciliation Sacrament— Chapel
3:30 Circle of Friends
3:00 Yoga-FC
5:00 Dinner
6:15 You and Me

23
8:15 Breakfast
10:00 Musical Moments
11:00 Line Dancing—FC
11:00 Stepping Out
12:00 Lunch
2:00 For the Soul
3:00 For the Fun of Fit
5:00 Dinner

24
8:15 Breakfast
10:00 Soothing Sensations
10:30 Tai Chi— FC
11:00 Stepping Out
12:00 Lunch
2:00 You and Me
3:00 Geri Defoe Performs—TH
5:00 Dinner

25
8:15 Breakfast
10:00 Total Body Fitness
10:00 In the Kitchen
11:00 Musical Moments
12:00 Lunch
2:00 For the Soul
3:00 Circle of Friends
3:15 Basketball & Ball Toss— FC
4:00 You & Me
5:00 Dinner

26
8:15 Breakfast
10:00 Circle of Friends
11:00 Musical Moments
12:00 Lunch
1:15 Horticulture Therapy
2:30 Express Yourself
3:00 Sweat Squad— FC
3:30 For the Fun of Fit
5:00 Dinner
6:30 Brains & Banter— CC

27
8:15 Breakfast
10:00 Soothing Sensations
10:30 Standing Balance— FC
11:00 Brains and Banter
12:00 Lunch
2:00 For The Soul
2:00 Group Fitness—FC
2:30 Art Therapy
3:00 Stepping Out
5:00 Dinner

28 Pink Shirt Day
8:15 Breakfast
9:15 Fun and Fit
10:00 Neighbourhood Time
12:00 Lunch
2:30 Ladies High Tea—TH
2:30 Music Therapy
4:00 You and Me
5:00 Dinner

29
8:15 Breakfast
10:15 Basketball & Ball Toss— FC
12:00 Lunch
2:30 In The Kitchen—CC
3:30 Circle of Friends
3:00 Yoga— FC
4:00 You and Me
5:00 Dinner
6:15 Brains and Banter



L— Library
TH - Town Square
FC - Fitness Centre
MS - Main Street
CC - Community Centre