



February 2024

Pollock Neighbourhood



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Black History Month	Johnston: Jo Matthews: Ma Pollock: Po Hagey: Ha Wright: Wr Downey: Do	Main Street: MS Community Centre: CC Chapel: C Library: L Fitness Centre: FC Courtyard: CY		1 9:30 Church Service (C) 11:00 Soothing Sensations 1:00 Outing: Country Drive 1:00 Greenhouse Drop-in 6:30 Active Games (MS)	2 Groundhog's Day 9:30 Groundhog Announcement & Trivia 2:00 Bingo (Pollock) 3:30 Active Games (FC) 6:30 Crafting Club (CC)	3 9:30 Daily Perk 10:30 For the Fun of Fit 2:00 Entertainment with Manvir (Po)
4 9:30 Manicures 11:30 Stepping Out 2:00 Brains and Banter	5 9:30 Express Yourself: Valentines Craft 10:30 Village Townhall (C) 1:30 Calendar Planning & Bill of Rights 2:30 Bowling 3:30 Total Body Fitness (FC) 6:30 Game Show Trivia (CC)	6 9:30 Rosary (C) 10:30 Sit N Get Fit Pollock 2:00 Bingo (MS) 3:30 Green Thumbs 3:30 Tai Chi (FC) 6:30 Karaoke (CC)	7 10:00 For the Fun of Fit 1:00 Greenhouse Drop-in 1:15 Art with Sonal 2:00 Food Committee (C) 3:30 Balance Class (FC) 6:30 Documentary & Pop-corn (C)	8 9:30 Church Service (C) 11:00 You and Me 1:00 Outing: Mandarin 1:00 Greenhouse Drop-in 6:30 Active Games (MS)	9 12:15 Chinese Food Diners Club *sign up needed 2:00 Bingo (Downey) 6:30 Crafting Club (CC)	10 9:30 Daily Perk 10:30 For the Fun of Fit 2:00 Entertainment with the Dynamic Duo (Jo)
11 10:00 Valentines Craft 1:30 Manicures 2:30 Board Games	12 2:15 Aquatic Therapy 2:30 Karaoke 6:30 Scouts Canada Beaver Group (MS)	13 Shrove Tuesday 9:30 Rosary (C) 10:30 Sit N Get Fit Pollock 12:15 Pancake Lunch 2:00 Bingo (MS) 3:30 Green Thumbs 3:30 Tai Chi (FC) 6:30 Devotions (CC)	14 Valentine's Day 10:00 Ash Wednesday Service (C) 1:00 Greenhouse Drop-in 1:15 Art with Sonal 2:00 Valentine's Dance (RH) 3:30 Balance Class (FC) 6:30 Games Night (CC)	15 9:30 Church Service (C) 11:00 Soothing Sensations 1:00 Greenhouse Drop-in 2:00 Residents' Council (C) 6:30 Active Games (MS)	16 9:00 Outing: Giant Tiger 2:00 Bingo (Pollock) 3:30 Active Games (FC) 6:30 Crafting Club (CC)	17 Random Acts of Kindness Day 9:30 Daily Perk 10:30 For the Fun of Fit 1:30 In the Kitchen
18 11:30 Stepping Out 2:00 Entertainment with Sheryl Walsh (MS) 3:30 Manicures	19 Family Day 10:00 Express Yourself 2:00 Family Day Fun (MS) 6:30 Game Show Trivia (CC)	20 9:30 Rosary (C) 10:30 Sit N Get Fit Pollock 2:00 Bingo (MS) 3:30 Green Thumbs 3:30 Tai Chi (FC) 6:30 Karaoke (CC)	21 10:00 For the Fun of Fit 1:00 Greenhouse Drop-in 1:15 Art with Sonal 2:00 Welcome TEMS (MS) 3:30 Balance Class (FC) 6:30 Games Night (CC)	22 9:30 Church Service (C) 11:00 You and Me 1:00 Greenhouse Drop-in 2:00 Board Games 6:30 Active Games (MS)	23 2:00 Bingo (Downey) 3:30 Active Games (FC) 6:30 Crafting Club (CC)	24 9:30 Daily Perk 10:30 For the Fun of Fit 2:00 Entertainment with Bill Loeb sack (Ma)
25 10:00 Coffee and Conversation 1:30 Manicures 2:30 Board Games	26 2:30 Express Yourself 3:30 Total Body Fitness (FC) 6:30 Game Show Trivia (CC)	27 9:30 Rosary (C) 10:30 Sit N Get Fit Pollock 2:00 Bingo (MS) 3:30 Green Thumbs 3:30 Tai Chi (FC) 6:30 Devotions (CC)	28 10:00 For the Fun of Fit 1:00 Greenhouse Drop-in 1:15 Art with Sonal 1-4 Stand Up Challenge (FC) 3:30 Balance Class (FC) 6:30 Games Night (CC)	29 10:00 Celebration of Life 11:00 Soothing Sensations 1:00 Greenhouse Drop-in 2:00 Karaoke Pub (MS) 6:30 Active Games (MS)		