

# FEBRUARY

Johnston

## Legend

C—Chapel

MS- Main Street

C,OA - Cumberland Open area

L—Library

D-Den

CC- Community Centre

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>2</b> <b>Groundhog Day</b></p> <p>10:00 Virtual Mass 11:00 Brains &amp; Banter 2:30 Neighbourhood Time 4:00 You &amp; I</p>	<p><b>3</b></p> <p>10:00 Gentle Fitness 11:00 Brains &amp; Banter 1:30 In2L Fun 2:45 Gardening with Jenny 4:00 You &amp; I 6:00 Bingo</p>	<p><b>4</b></p> <p>10:00 Chair Yoga 10:30 Brains &amp; Banter 11:00 Mini Manicures 2:15 Famous African American People 4:00 Ball Toss</p>	<p><b>5</b></p> <p>10:00 Hymn Sing 11:00 Java Music 2:15 You &amp; I 3:30 Horse Racing 4:30 Walk &amp; Talk</p>	<p><b>6</b></p> <p>10:00 Neighbourhood Time 1:30 Music with Daiva 2:30 IN2L Fun 3:00 Reading Together 6:00 Bingo</p>	<p><b>7</b></p> <p>10:00 Gentle Fitness 10:30 Express Yourself 2:30 Baking Together 3:15 Express Yourself 4:00 You &amp; I 6:00 Bingo</p>	<p><b>8</b></p> <p>10:00 On the move 10:30 Word Game 2:00 Golden Oldies -MS 4:00 Music Appreciation</p>
<p><b>9</b></p> <p>10:00 Virtual Mass 10:45 Bingo 2:30 Soothing sensations 4:00 You &amp; I</p>	<p><b>10</b></p> <p>10:00 Gentle Fitness 10:30 Catholic Mass 1:30 Art with Glynnis 1:30 Arts &amp; Crafts 2:45 Gardening with Jenny 3:00 Reading Together 6:30 Brains &amp; Banter</p>	<p><b>11</b></p> <p>10:00 Friendly Visits 10:30 Drum Fit 11:00 Mini Manicures 2:30 Famous African American Music 3:30 In The Kitchen 4:00 Balloon Tennis</p>	<p><b>12</b></p> <p>9:30 Express Yourself 10:30 Family Feud 11:30 Mini Manicures 2:00 You &amp; I 3:00 Birthday Bash with Ryan - J,OA 4:00 You &amp; I 6:00 Bingo</p>	<p><b>13</b></p> <p>10:00 Neighbourhood Time 1:30 Music with Daiva 2:30 Sip &amp; Paint 4:00 You &amp; I 6:00 Bingo</p>	<p><b>14</b> <b>Valentine's Day</b></p> <p>10:00 Gentle Fitness 11:00 Brains &amp; Banter 2:30 Valentine's Day Social -MS 3:00 Circle of Friends 3:30 You &amp; I</p>	<p><b>15</b></p> <p>10:00 Brains &amp; Banter 10:30 Word Game 2:30 Bingo 4:00 Music Appreciation</p>

# FEBRUARY

Johnston

## Legend

C—Chapel

MS- Main Street

C,OA - Cumberland Open area

L—Library

D-Den

CC- Community Centre

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>16</b> 10:00 Virtual Mass 10:45 Brains & Banter 2:30 Neighbourhood Time 4:00 You & I	<b>17 Family Day</b> 10:00 Gentle Fitness 10:30 Soothing Sensations 2:30 Family Day Fun-MS 2:45 Gardening with Jenny 4:00 You & I 6:00 Bingo	<b>18</b> 10:00 100 Step Walking Challenge 10:30 Famous African American Movies 11:00 Mini Manicures 2:15 Reading Together 4:00 You & I	<b>19</b> 10:00 Word Games 11:00 Express Yourself 2:30 You & I 3:30 In The Kitchen 4:00 Bowling	<b>20</b> 10:00 Neighbourhood Time 10:00 Games with highschool student 2:30 Black History Month Celebration 3:00 Baking Together 6:30 sip & Paint	<b>21</b> 10:00 Gentle Fitness 10:30 Brains & Banter 2:30 You & I 4:00 Tea & Trivia 6:00 Bingo	<b>22</b> 10:00 On The Move 10:30 Word Game 2:30 Music Appreciation 3:30 You & I
<b>23</b> 10:00 Virtual Mass 10:45 Bingo 2:30 Soothing Sensations 4:00 You & I	<b>24</b> 10:00 Gentle Fitness 1:30 Art with Glynnis 2:00 Cooking Together 2:45 Gardening with Jenny 6:00 Brains & Banter	<b>25</b> 10:00 Chair Yoga 11:00 Mini Manicures 2:30 Famous African American Places/Flags 3:30 Mini Bowling 4:00 sip & Paint	<b>26 Pink Shirt Day</b> 9:30 Express Yourself 10:30 Ball Toss 10:30 Residents Council 11:30 Mini Manicures 2:30 Crafts- Bookmark 4:00 Tea & Trivia 6:00 Bingo	<b>27</b> 10:00 Neighbourhood Time 11:00 You & I 3:00 Hot Chocolate Social 6:30 Tea & Trivia	<b>28</b> Ramadan Starts 10:00 Gentle Fitness 10:30 Food Committee 11:00 Brains & Banter 1:30 Express yourself 2:30 In2L Fun 3:00 Circle of Friends	

### Residents Bill of Rights:

1. Every resident has the right to be treated with courtesy and respect and in a way that fully recognizes the resident's inherent dignity, worth and individuality, regardless of their race, ancestry, place of origin, colour, ethnic origin, citizenship, creed, sex, sexual orientation, gender identity, gender expression, age, marital status, family status or disability.
2. Every resident has the right to have their lifestyle and choices respected.
3. Every resident has the right to have their participation in decision making respected.

### upcoming events:

- Tuesday March 4th Pancake Tuesday
- Wednesday March 5th Ash Wednesday
- Monday March 10th & 31st Art with Glynnis
- Wednesday March 12th Birthday Party
- Thursday March 13th Celebration of life
- Friday March 14th Holi
- Monday March 17th St Patrick's Day