

FEBRUARY

Nelson

Legend
 CC- Community Center
 FC- Fitness Center
 MS- Main Street
 L- Library
 TH- Town Hall

Note/Announcement:
 Programs Subject to Change

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9:00 Neighbourhood Time 10:00 Circle of Friends 2:00 You and Me 3:00 Brad Boland- TH
2 Groundhog Day 9:00 Neighbourhood Time 10:00 Movie Matinee 11:00 Total Body Fitness 2:00 Church- TH 3:30 Stepping Out	3 9:00 Neighbourhood Time 10:30 For The Fun of Fit 2:00 Circle of Friends 3:30 Musical Moments	4 11:00 Spiritual Care 1:00 Neighbourhood Time 2:00 Brains and Banter 3:30 Stepping Out 6:30 You and Me	5 9:00 Neighbourhood Time 10:30 For The Soul 11:15 Fun & Fit 1:30 Music Therapy 2:00 You and Me 3:00 Express Yourself	6 8:15 Breakfast Club 9:00 Neighbourhood Time 10:00 Circle of Friends 11:00 For The Fun of Fit 1:15 Horticultural Visits 2:00 Stepping Out	7 9:00 Neighbourhood Time 10:30 Soothing Sensations 11:00 Stepping Out 11:15 Line Dancing- FC 2:30 Art Therapy 3:30 Musical Moments	8 9:00 Neighbourhood Time 10:00 Soothing Sensations 11:00 For The Fun of Fit 2:00 Stepping Out 3:00 Ron Tansley- TH
9 1:00 Neighbourhood Time 2:00 Church 3:30 Brains and Banter 6:00 You and Me	10 9:00 Neighbourhood Time 10:00 Mother Goose- TH 2:00 Circle of Friends 3:30 Musical Moments	11 9:00 Neighbourhood Time 11:00 Spiritual Care 2:30 In The Kitchen 3:30 You and Me	12 9:00 Neighbourhood Time 10:30 For The Soul 11:15 Fun & Fit 1:30 Music Therapy 2:00 You and Me 3:00 Express Yourself	13 9:00 Neighbourhood Time 11:00 For The Fun of Fit 2:00 You and Me 3:00 In The Kitchen	14 Valentine's Day 9:00 Neighbourhood Time 10:00 Stepping Out 11:15 Line Dancing- FC 2:30 Art Therapy 3:30 You and Me	15 9:00 Neighbourhood Time 10:00 In The Kitchen- CC 2:00 You and Me 3:00 Musical Moments
16 9:00 Neighbourhood Time 10:00 Movie Matinee 11:00 Total Body Fitness 2:00 Church- TH 3:30 Stepping Out	17 Family Day 9:00 Neighbourhood Time 10:30 For The Fun of Fit 2:00 Circle of Friends 3:30 Musical Moments	18 11:00 Spiritual Care 1:00 Neighbourhood Time 2:00 Brains and Banter 3:30 In The Kitchen 6:30 You and Me	19 9:00 Neighbourhood Time 10:30 For The Soul 11:15 Fun & Fit 1:30 Music Therapy 4:00 You and Me	20 9:00 Neighbourhood Time 11:00 For The Fun of Fit 1:15 Horticultural Visits 2:00 You and Me 3:00 In The Kitchen	21 9:00 Neighbourhood Time 10:30 Soothing Sensations 11:00 Stepping Out 11:15 Line Dancing- FC 2:30 Art Therapy 3:30 Musical Moments	22 9:00 Neighbourhood Time 10:00 Soothing Sensations 11:00 For The Fun of Fit 2:00 Stepping Out 3:00 Geri Defoe Performs- TH
23 1:00 Neighbourhood Time 2:00 Church 3:30 Brains and Banter 6:00 You and Me	24 9:00 Neighbourhood Time 10:30 For The Fun of Fit 2:00 Circle of Friends 3:30 Musical Moments	25 11:00 Spiritual Care 1:00 Neighbourhood Time 2:00 Brains and Banter 3:30 You and Me 6:00 Celebration of Life- TH	26 Pink Shirt Day 9:00 Neighbourhood Time 10:00 For The Soul 11:15 Fun & Fit 1:30 Music Therapy 3:00 Express Yourself	27 9:00 Neighbourhood Time 11:00 For The Fun of Fit 1:15 Horticultural Visits 2:00 Birthday Social- Appleby 3:30 Stepping Out	28 9:00 Neighbourhood Time 10:30 Soothing Sensations 11:00 Stepping Out 11:15 Line Dancing- FC 2:30 Art Therapy 3:30 Musical Moments	

FEBRUARY

In The Kitchen

- 11- Chocolate Chip Cookies
- 13- Cinnamon Spiced Banana's
- 18- Rice Krispie Squares
- 20- Smore Cookie Cups

Social

- 15 - Coffee and Tea

Movie Morning's

Popcorn will be provided



Movies for the month:

- 2- Dirty Dancing
- 16- The Bucket List

Pal Group Programs

Monday

Sweat Squad 1:30

Tuesday

Group Fitness 1:45

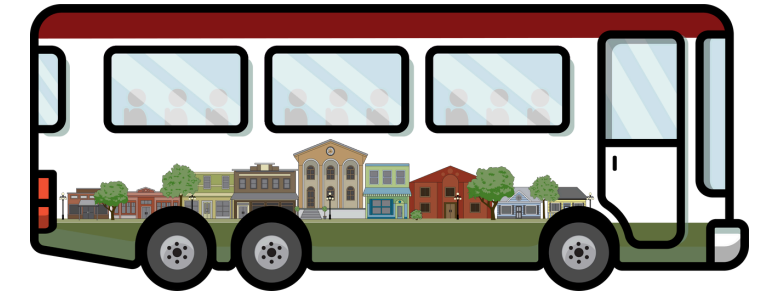
Thursday

Basketball 11:30

Yoga 1:45

Outings

- 12- Scenic Drive
- 19- Nickel Brook
- 26- Piper's Arm Restuarant



Diner's Club

- 21- Fish and Chips from The Ruby

Valentine's Day Social

Sign up for a lunch with entertainment for February 14th at 11:30AM in Town Hall. Reserve your seat by February 7th. Contact Christine.Gomisa@SchlegelVillages.com Donations accepted.

