

FEBRUARY

Erindale Place & Sheridan Way

Legend

AR- Activity Room on Lower Level

CQ- Crooked-Q on Lower Level

EP/SW- Erindale Place/ Sheridan way Neighbourhood

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10:30 Trivia 2:30 Crafty Corner-CQ 6:30 Brains and Banter
2 Groundhog Day 10:30 Church Service 11:00 Hymn Sing 2:30 Popcorn and a Movie: Groundhog Day-CQ 6:30 Soothing Sensations	3 10:30 Friendly Visits 11:00 Musical Moments 3:00 Group Exercise 6:30 Word Games	4 10:30 Group Exercise- CQ 2:30 Armchair Travel- Jamaica	5 10:30 Neighbourhood Time 2:30 Pool- AR 3:00 Group Exercise 6:30 Friendly Visits	6 10:30 Group Exercise- CQ 2:30 Baking- AR 6:30 Stepping Out	7 10:30 Group Exercise-CQ 2:30 Bingo-CQ 6:30 Travelogue	8 10:30 Chair Yoga-CQ 2:30 Ring Toss
9 National Pizza Day 10:30 Church Service 11:00 Hymn Sing 2:30 Pizza Party	10 10:30 History Club 3:00 Group Exercise 6:30 Trivia	11 10:30 Group Exercise- CQ 2:30 Flower Arranging 6:30 Movie Night- Ace Ventura When Nature Calls-CQ	12 10:30 Music with Wendy 2:30 Shuffleboard-CQ 3:00 Group Exercise 6:30 Word Connect	13 10:30 Group Exercise-CQ 2:30 Anglican Communion-CQ 6:30 Stepping Out	14 Valentine's Day 10:30 Group Exercise-CQ 2:30 Valentines Social-CQ with Johnny Dee	15 10:30 Karaoke 2:30 Bowling- CQ 6:30 Bingo
16 10:30 Church Service 11:00 Hymn Sing 2:30 Target Practice 6:30 Travelogue	17 Family Day 10:30 Chair Yoga- CQ 2:30 High Tea Social- CQ 3:00 Group Exercise 6:30 Word Connect	18 10:30 Group Exercise- CQ 2:30 RC Communion- CQ	19 10:30 Art Class- AR 2:30 Sing- A- Long w/ Noreen 3:00 Group Exercise 6:30 Friendly Visits	20 10:30 Group Exercise- CQ 2:30 Gourmet Club 2:45 Mask Making 6:30 Hangman	21 10:30 Group Exercise- CQ 2:30 Armchair Travel- Japan 6:30 Stepping Out	22 10:30 Java Music Club 2:30 Bingo
23 10:30 Church Service 11:00 Hymn Sing 2:30 Movie Afternoon- The Six Triple Eight	24 10:30 Art Class-AR 3:00 Group Exercise 6:0 Trivia	25 Aspiration Launch Day 10:30 Group Exercise- CQ 2:30 Pool- AR 6:30 Neighbourhood Time	26 Pink Shirt Day 10:30 Chair Yoga-CQ 2:30 Jiahemay Dancers- CQ 3:00 Group Exercise 6:30 Bingo	27 10:30 Group Exercise- CQ 2:30 Food Committee & Resident Council Meeting-CQ 6:30 Soothing Sensations	28 10:30 Group Exercise- CQ 2:30 Shuffleboard- CQ	

FEBRUARY



Movies for the Month

- Sun Feb 2: Groundhog Day-CQ
- Tues Feb 11: Hidden Figures CQ
- Sun Feb 23: The Six Triple Eight (EP/SW)
- Sun Feb 23: The Six Triple Eight (Hazel Lane)



Entertainment/ Special Events

- 14th Valentines Day Social with Johnny Dee
- Feb 17 Family Day High Tea Social
- Feb 25th Aspiration Launch Day/ Party
- 26th Jiahemay Dancers

- Feb 4th Armchair Travel- Jamaica
- Feb 21st Armchair Travel- Japan

All residents and family members are welcome to attend programs anywhere in the building. If you have any questions please talk to a recreation team member.

Black History Month

Each February, people across Canada participate in Black History Month events and celebrations that honour the legacy and contributions of Black people in Canada and their communities.

The 2025 theme for Black History Month is: "Black Legacy and Leadership: Celebrating Canadian History and Uplifting Future Generations." This theme acknowledges the diversity of Black Canadians, the importance of Black leadership and the legacy being built for future generations. Black communities are diverse at many levels. Those with a long history in this country have established a legacy for the newer communities. The theme underscores that Black Canadians have a rightful place in the nation's narrative, with over 400 years of historical presence on these Indigenous lands, deserving acknowledgment and celebration.

We invite all Canadians to learn more about Black Canadian communities, and how they continue to help shape Canada.

Heart Month

Here are some facts about the heart:

Heartbeat

A healthy heart beats around 100,000 times per day, pumping about 2,000 gallons of blood.

Size

An adult heart is about the size of two hands clasped together, while a child's heart is about the size of a fist.

Blood flow

The heart pumps blood through the body's network of blood vessels, including arteries, veins, and capillaries.

Blood composition

Blood carries oxygen and nutrients to the body's organs and muscles, and removes carbon dioxide and waste products.

