

# FEBRUARY

## Claremont Neighbourhood

### Legend

TH—Town Hall

MS— Main Street

OA—Open Area

CK—Country Kitchen

P— Parlour

L—Library

CC— Community Centre

TS— Town Square

RH—Retirement

T— Traveling

FC—Fitness Centre

### Note/Announcement:

See backside for Program information

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> 10:00 You & I 11:00 Neighbourhood time 2:30 Stepping out-T
<b>2 Groundhog Day</b> 9:45 Church services-TH 10:50 Soothing sensations-P 11:00 Musical Moments-T 2:30 Groundhog Day Movie-FC	<b>3</b> 9:30 Neighbourhood Time 10:30 In the Kitchen - CC 2:30 Brains & Banter - CK 6:15 Ice cream social - L	<b>4</b> 11:15 Music Therapy w/Erin-OA 2:30 Black History Month Entertainment w/ Samira Yeo-MS 6:30 Bingo-CC	<b>5</b> 10:00 For the Soul-OA 11:00 Bible study w/Pastor Rob-L 2:30 Monthly Birthday party w/Jeanette DeSousa-MS 6:30 Active Games-MS	<b>6</b> 9:30 Hymn Sing w/ Pastor Rob - OA 10:00 Brains & Banter-CK 11:00 For the soul-T 2:30 Express yourself-CK 6:30 Movie Night-FC	<b>7</b> 10:00 For the Soul-OA 11:00 You & I 2:30 Brain & Banter-CK	<b>8</b> 9:30 Neighbourhood Time 10:30 Fun of Fit - FC 2:30 Soothing Sensations - P
<b>9</b> 9:45 Church Service - TH 10:30 Neighbourhood Time 2:30 Superbowl Social - MS	<b>10</b> 10:00 Brains & Banter-CK 11:00 You & I-T 2:30 Stepping out-T 6:15 Ice cream social-L	<b>11</b> 11:15 Music Therapy w/Erin-OA 1:30 You & I-T 2:30 Valentines Day Social Entertainment w/Rosita Stone 6:30 Bingo-CC	<b>12</b> 10:00 For the Soul-OA 11:00 Bible study w/Pastor Rob-L 2:30 Celebration of Life-TH 6:30 Active Games-MS	<b>13</b> 9:30 Hymn Sing w/ Pastor Rob - OA 10:00 Neighbourhood Time 11:00 You & I - T 2:30 Java Music Club - CC 6:30 Movie Night-FC	<b>14 Valentine's Day</b> 10:00 For the soul-T 11:00 Fun of Fit-CK 2:30 Traveling Treat/Drink Cart-T	<b>15</b> 10:00 Musical Moments-P 11:00 Stepping out-T 2:30 Brains & Banter-CK
<b>16</b> 9:45 Church services-TH 10:00 Stepping out 2:00 Music-OA	<b>17 Family Day</b> 10:00 Neighbourhood time 11:00 Musical Moments-OA 2-4 Family day Event 6:15 Ice cream social-L	<b>18</b> 11:15 Music Therapy w/Erin-OA 1:30 You & I-T 2:30 Neighbourhood time 6:30 Bingo-CC	<b>19</b> 10:00 For the Soul-OA 11:00 Bible study w/Pastor Rob-L 2:30 Neighbourhood time 6:30 Pub night w/Mike Barnes-MS	<b>20</b> 9:30 Hymn Sing w/ Pastor Rob - OA 10:00 Neighbourhood time 11:00 For the soul-T 2:30 Express yourself-CK 6:30 Movie Night-fc	<b>21</b> 10:00 Soothing Sensations-T 11:00 Stepping out-T 2:30 Brains & Banter-CK	<b>22</b> 9:30 Neighbourhood Time 10:30 Fun of Fit (Mini Golf) - FC 2:30 In the Kitchen (Mocktails & Cocktails) - CC
<b>23</b> 9:45 Church Service - TH 10:30 Neighbourhood Time 2:30 Express Yourself - CC	<b>24</b> 10:00 Brains & Banter-CK 11:00 Neighbourhood time 2:30 Stepping out-T 6:15 Ice cream social-L	<b>25</b> 11:15 Music Therapy w/Erin-OA 1:30 You & I-T 2:30 Neighbourhood time 6:30 Bingo-CC	<b>26 Pink Shirt Day</b> 10:00 Music-OA 11:00 Bible study w/Pastor Rob-L 2:30 Neighbourhood time 6:30 Active Games-MS	<b>27</b> 10:00 For the Soul - OA 11:00 You & I - T 2:30 Brains & Banter - CK	<b>28</b> 10:00 For the Soul-OA 11:00 You & I-T 2:30 Brains & Banter-CK	

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## Living In My Today Program Descriptions

Our emphasis is on developing relationships, while the experience of those living with dementia forms the foundation of The Five Pillars of LIVING in My Today.

### The Five Pillars

- Meaningful and Active Engagement;
- Enjoyable Mealtimes;
- Empowered Care Partners;
- Thoughtful Design;
- Supportive Approaches to Care.

### New Program Descriptions

We are now using broad program names on our calendars to maintain flexibility and ensure engagement for all residents. This approach keeps programming dynamic, inclusive, and responsive to the community's evolving needs.

## New Program Descriptions Neighbourhood Time

- Neighbourhood time sets up shared living spaces with resources to catch resident's attention and invite them to give them a try.

### In The Kitchen

- Creates moments of opportunity for reminiscence, learning, and fellowship through its recognition that the kitchen is not only used to prepare and consume food. Replaces; Baking, cooking, etc.

### Circle of Friends

- Creates intentional opportunities for residents to cultivate new connections in a supportive environment that promotes shared experiences and camaraderie. Replaces; Tea & Chats, News & Views, etc.

### Brains & Banter

- A stimulating and social activity, combining engaging brain games with lively conversation. Replaces; Trivia, Word Games, & Puzzles.

### Musical Moments

- Supports residents to engage with music in meaningful ways. Replaces; Music on Demand, Sing-Alongs, etc.

## New Program Descriptions Stepping Out

- A guided walk that supports residents to enjoy the outdoors and village community. Replaces; Walk & Talks, Walks on Main Street, etc.

### You & I

- Replaces One to One & Friendly Visits

### For the Fun of Fit

- Fitness activities that focus on having fun and building relationships, while also challenging hand-eye coordination, balance, and range of motion. Replaces; Active Games, Mini Putt, Bean Bag Toss, etc.

### Express Yourself

- Honours creativity and creates a supportive environment for residents to explore and express themselves. Replaces; Crafts or anything creative.

### Soothing Sensations

- A program that focuses on sensory enrichment. Replaces; Sensory programming

### For the Soul

- Spiritual programs that connect us to others. Replaces; Spiritual programs, Gratitude Circles, & Joke programs.