

February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9:30 - Exercise Group - REC 1:00 - Tuck Shop 1:30 - Bingo-REC
2 7:20 - Sunrise Cafe - REC 10:40 - Sunday Service 1:00 - Hand Spa - LNG	3 7:20 - Sunrise Cafe - REC 9:30 - Exercise Group - REC 10:20 - Hymn Singing - 2LNG 1:30 - Java Memory Care - 2LNG 1:30 - Ladies Lounge Social - REC 2:00 - Musical Memories - 3LNG 5:40 - Wonders Nature - REC	4 8:00 - Ladies Breakfast Club - CHAP 9:30 - Music and Movement - REC 10:00 - Coffee Social - REC 10:20 - Busy Hands - REC 10:30 - Reading Group - 2LNG 1:30 - Creative Arts Club - REC 1:30 - Men's Shed - CHAP 5:45 - Twin's Performance - REC	5 7:20 - Sunrise Cafe - REC 9:10 - Catholic Service 9:20 - Pamper Me - ALL 9:30 - Active Games - ALL 10:30 - Reading Group - 4LNG 11:00 - Sensory Music Therapy 2nd 5:40 - Chapel Service - REC	6 7:20 - Sunrise Cafe - REC 9:15 - Scenic Drive to Southlands 10:00 - Duet Bike Excursions 10:10 - Bible Study - ALL 1:30 - Garden City Lane Social 1:30 - Reading Group - 2LNG 5:45 - Shuffleboard - REC	7 7:20 - Sunrise Cafe - REC 9:20 - Weight Training - REC 1:30 - Valentine Jazz with Kevin Zakresky - REC 5:45 - Armchair Travel - REC	8 9:30 - Exercise Group - REC 1:00 - Tuck Shop 1:30 - Love Caravan Variety Show - REC
9 7:20 - Sunrise Cafe - REC 10:40 - Sunday Service 1:00 - Hand Spa - LNG	10 7:20 - Sunrise Cafe - REC 9:30 - Exercise Group - REC 10:20 - Celebration of Life - CHAP 1:30 - Java Memory Care - 2LNG 1:30 - Ladies Lounge Social - REC 2:00 - Musical Memories - 3LNG 5:40 - Crossword Group - REC	11 8:00 - Men's Shed Breakfast - CHAP 9:30 - Music and Movement - REC 10:00 - Coffee Social - REC 10:20 - Busy Hands - REC 10:30 - Reading Group - 2LNG 1:30 - Creative Arts Club - REC 5:45 - Sing-A-Long - REC	12 7:20 - Sunrise Cafe - REC 9:10 - Catholic Service 9:20 - Pamper Me - ALL 9:30 - Active Games - ALL 10:30 - Reading Group - 4LNG 11:00 - Sensory Music Therapy 2nd 5:40 - Chapel Service - REC	13 7:20 - Sunrise Cafe - REC 9:15 - Scenic Drive to UBC 10:00 - Duet Bike Excursions 10:10 - Bible Study - ALL 1:30 - Garden City Lane Social 1:30 - Reading Group - 2LNG 5:45 - Dominoes - REC	14 7:20 - Sunrise Cafe - REC 9:20 - Weight Training - REC 1:30 - Valentines Day Couples High Tea - PH 5:45 - Crosswords Group - REC	15 9:30 - Exercise Group - REC 1:00 - Tuck Shop 1:30 - Bingo-REC
16 7:20 - Sunrise Cafe - REC 10:40 - Sunday Service 1:00 - Hand Spa - LNG	17 Statutory Holiday 	18 9:30 - Music and Movement - REC 10:00 - Coffee Social - REC 10:20 - Busy Hands - REC 10:30 - Reading Group - 2LNG 1:30 - Creative Arts Club - REC	19 7:20 - Sunrise Cafe - REC 9:10 - Catholic Service 9:20 - Pamper Me - ALL 9:30 - Active Games - ALL 10:30 - Reading Group - 4LNG 11:00 - Sensory Music Therapy 2nd 1:30 - Resident Birthday Party- ALL 5:40 - Chapel Service - REC	20 7:20 - Sunrise Cafe - REC 10:00 - Duet Bike Excursions 10:10 - Bible Study - ALL 11:00 - Broadway Church Lunch Outing 1:30 - Garden City Lane Social 1:30 - Reading Group - 2LNG 5:45 - Shuffleboard - REC	21 7:20 - Sunrise Cafe - REC 9:20 - Weight Training - REC 1:30 - Be My Valentine Baking - KIT 1:30 - Poetry Club - REC 1:30 - Sing-A-Long - 2LNG 5:45 - Armchair Travel - REC	22 9:30 - Exercise Group - REC 1:00 - Tuck Shop 1:30 - Discussion Group-REC
23 7:20 - Sunrise Cafe - REC 10:40 - Sunday Service 1:00 - Hand Spa - LNG	24 7:20 - Sunrise Cafe - REC 9:30 - Exercise Group - REC 10:20 - Hymn Singing - 2LNG 1:30 - Java Memory Care - 2LNG 1:30 - Ladies Lounge Social - REC 2:00 - Musical Memories - 3LNG 5:40 - Crossword Group - REC	25 9:30 - Music and Movement - REC 10:00 - Coffee Social - REC 10:20 - Busy Hands - REC 10:30 - Reading Group - 2LNG 1:30 - Creative Arts Club - REC 1:30 - Men's Shed - CHAP 5:45 - International Dinner-Chinese Please - CHAP	26 7:20 - Sunrise Cafe - REC 9:10 - Catholic Service 9:20 - Pamper Me - ALL 9:30 - Active Games - ALL 10:30 - Reading Group - 4LNG 11:00 - Sensory Music Therapy 2nd 1:30 - Resident Council Meeting - CHAP 5:40 - Chapel Service - REC	27 7:20 - Sunrise Cafe - REC 9:15 - Scenic Drive to Marine Drive 10:00 - Duet Bike Excursions 10:10 - Bible Study - ALL 1:30 - Garden City Lane Social 1:30 - Reading Group - 2LNG 5:45 - Dominoes - REC	28 7:20 - Sunrise Cafe - REC 9:20 - Weight Training - REC 1:30 - Western Day with Two for the Show Girls - REC 5:45 - Crosswords Group - REC	29 9:30 - Exercise Group - REC 1:00 - Tuck Shop 1:30 - Bingo-REC

CHAP - Chapel

KIT - Recreation Kitchen

LNG - Lounge

REC - Recreation Area