

# Parkland at the Lakes- Harris Hall & Inverness Hall

## February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b>
						2:00 Parkland University: Understanding the Brain (CTP) 2:00 Adult Colouring (PR) 6:30 Chicago Bridge (PR) 6:30 Brush Up on Bridge (TW)
2	3	4	5	6	7	8
10:30 Catholic Communion Service—everyone is welcome! (CTP) 2:00 Pet Visit: Muggles the Sheltie & Lisa (PAR) 2:30 Classical Music(CTP) 6:30 Cozy Corner (PAR)	10:00 Exercise (CTP) 2:00 Bingo (BB) 2:00 Parkland Pen Pals (PR) 3:00 Brush Up on Bridge (TW) 3:15 Bowling (SL) 6:30 Pet Visit: Lady (PAR)	10:15 GG's Ukulele Players (BB) 1:30 Pokeno (PR) 1:30 Cribbage (TW) 2:00 Music with Doug Cooney & Friends (CTP) 3:00 Brain Fitness (BB) 7:00 Rummoli (CR) 7:00 Bridge (PR) 7:00 Bunco (TW)	10:00 Exercise (CTP) 10:30 Hearts & Hands (SL) 1:15 Mini Manicures with Amy— RSVP @ 8373 (SL) 2:00 Square Dancing (CTP) 3:00 Book Club (SL) 3:15 Ladies Pool (BB) 6-9 Portland Room Booked (PR)	10-2 Lindt Chocolate Store Pop-Up (HH) 10:00 Curling (TW) 10:15 Men's Pool (BB) 10:30 Current Events (SL) 2:00 Netflix Hour: The Crown, S3 E5 (CTP) 3:00 Harris Hall Resident Meeting (TW) 7:00 Bridge (PR)	10:00 Exercise (CTP) 10:00 Men's Coffee Hour (TW) 10:30 Charity Dolls (SL) 2:00 Wine & Cheese with Music by Fiddles & Co. (CTP) 7:00 Party Bridge (PR)	10:00 Baking w/ Ann (PR) 2:00 Parkland University: Understanding the Brain (CTP) 2:00 Adult Colouring (PR) 6:30 Chicago Bridge (PR) 6:30 Brush Up on Bridge (TW)
9	10	11	12	13	14	15
2:00 Baptist Service with Grace Baptist (CTP) 6:30 Cozy Corner (PAR)	10:00 Exercise (CTP) 2:00 Bingo (BB) 3:00 Brush Up on Bridge (TW) 3:15 Bowling (SL) 6:30 Pet Visit: Lady (PAR)	10:15 GG's Ukulele Players (BB) 1:30 Pokeno (PR) 1:30 Cribbage (TW) 2:00 Tea with Volunteers, Glen & Renee (PAR) 3:00 Brain Fitness (BB) 3:15 Dining Room Discussion with Chef Matt (TW) 6:30 Pizza & Bowling (SL) 7:00 Rummoli (CR) 7:00 Bridge (PR) 7:00 Bunco (TW)	10:00 Exercise (CTP) 10:30 Hearts & Hands (SL) 2:00 Quiet Worship with Cole Harbour United (CTP) 2:00 Catholic Mass (GH) 3:00 Book Club (SL) 3:15 Ladies Pool (BB)	10:00 Curling (TW) 10:15 Men's Pool (BB) 10:30 Current Events (SL) 2:00 Music with Chalmers Doane (CTP) 3:15 Left Center Right (TW) 6:15 Movie Night: The Upside— inspired by a true story (CTP) 7:00 Bridge (PR)	10:00 Exercise (CTP) 10:00 Men's Coffee Hour (TW) 10:30 Charity Dolls (SL) 2:00 Valentine's Day Party with Music by Daniel Matto (CTP) 7:00 Party Bridge (PR)	2:00 Parkland University: Understanding the Brain (CTP) 2:00 Adult Colouring (PR) 6:30 Chicago Bridge (PR) 6:30 Brush Up on Bridge (TW)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16	17	18	19	20	21	22
2:00 Pet Visit: Muggles the Sheltie & Lisa (PAR) 2:30 Classical Music (CTP) 6:30 Cozy Corner (PAR)	2:00 Parkland University: Understanding the Brain (CTP) 3:00 Brush Up on Bridge (TW) 6:30 Pet Visit: Lady (PAR)	10:15 GG's Ukulele Players (BB) 1:30 Pokeno (PR) 1:30 Cribbage (TW) 2:00 YouTube Music w/ Amy (PAR) 3:00 Brain Fitness (BB) 7:00 Rummoli (CR) 7:00 Bridge (PR) 7:00 Bunco (TW)	10:00 Exercise (CTP) 10:30 Hearts & Hands (SL) 1:15 Mini Manicures with Amy- RSVP @ 8373 (SL) 2:00 Square Dancing (CTP) 3:00 Book Club (SL) 3:15 Ladies Pool (BB) 7:00 Music with Leander Mendoza (CTP)	10:00 Curling (TW) 10:15 Men's Pool (BB) 10:30 Current Events (SL) 2:00 Netflix Hour: The Crown, S3 E6 (CTP) 3:15 Left Center Right (TW) 6:30 Jeopardy w/ Amy (BB) 7:00 Bridge (PR)	10:00 Exercise (CTP) 10:00 Men's Coffee Hour (TW) 10:30 Charity Dolls (SL) 2:00 Presentation: Eat Well, Age Well by Sobey's Dietitian, Caroline Black (CTP) 2:45 Healthy Snack (BB) 7:00 Party Bridge (PR)	10:00 Baking w/ Amy (PR) 2:00 Parkland University: Understanding the Brain (CTP) 2:00 Adult Colouring (PR) 6:30 Chicago Bridge (PR) 6:30 Brush Up on Bridge (TW)
23	24	25	26	27	28	29
2:30 Classical Music (CTP) 6:30 Cozy Corner (PAR)	10:00 Exercise (CTP) 2:00 Bingo (BB) 3:00 Physio Care at Home Presentation: Fall Prevention (CTP) 3:00 Brush Up on Bridge (TW) 6:30 Pet Visit: Lady (PAR)	10:15 GG's Ukulele Players (BB) 1:30 TED Talks with Ann (BB) 1:30 Pokeno (PR) 1:30 Cribbage (TW) 2:00 YouTube Music w/ Amy (PAR) 3:00 Brain Fitness (BB) 7:00 Rummoli (CR) 7:00 Bridge (PR) 7:00 Bunco (TW)	10:00 Exercise (CTP) 10:30 Hearts & Hands (SL) 2:00 Time for Grace with Grace United (CTP) 3:00 Book Club (SL) 3:15 Ladies Pool (BB)	10:00 Curling (TW) 10:15 Men's Pool (BB) 10:30 Current Events (SL) 2:00 Netflix Hour: The Crown, S3 E7 (CTP) 3:15 Left Center Right (TW) 7:00 Bridge (PR) 7:00 Pub Night with Music by The Bellimen (CTP)	10:00 Exercise (CTP) 10:00 Men's Coffee Hour (TW) 10:30 Charity Dolls (SL) 2:00 February Birthday Party with Music by John Drakes (CTP) 7:00 Party Bridge (PR)	2:00 Parkland University: Understanding the Brain (CTP) 2:00 Adult Colouring (PR) 6:30 Chicago Bridge (PR) 6:30 Brush Up on Bridge (TW) 7:00 Music with Foxwood (CTP)


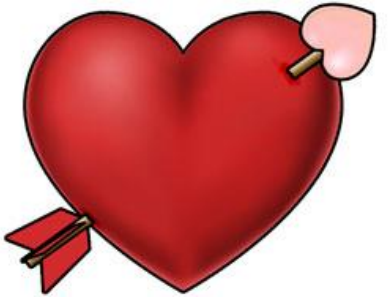


# Parkland at the Lakes – Jamieson Hall

# February 2020


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b>
						Recreation lead by Health Services.
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Recreation lead by Health Services.	Activity package available in 1 <sup>st</sup> floor library.	10:00 Chair yoga 10:30 Bean bag toss 2:00 Music w/ Alex Vaughan 3:15 Fill in the word	10:00 Exercise 10:30 Short stories 2:00 Cane Dancing w/ Ann 3:00 TV time: "The Crown" – season 3 episode 6 (2)	10:30 Tai chi 11:00 Lexicon 2:00 Valentine's Craft (2) 3:00 Andre Rieu Music Video	10:00 Exercise 10:30 Ladderball 2:00 Sing along w/ Jim & Brenda 3:00 1:1 visits	Recreation lead by Health Services.
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
Recreation lead by Health Services.	Activity package available in 1 <sup>st</sup> floor library.	10:00 Chair yoga 10:30 Bean bag toss 2:00 Virtual Vacation: Niagara Falls 3:15 TV sermon: Joel Osteen (2)	10:00 Exercise 10:30 Short stories 10:30 Pet visit w/ J-Ze 2:00 Artsy Afternoon (2) 6:00 Music w/ The Bellimen	10:30 Tai chi 11:00 Lexicon 2:00 Storyteller Art White (2) 3:00 Remembering Love Songs (2)	10:00 Exercise 10:30 Ladderball 2:00 Valentine's Day Party w/ Riversong 3:00 1:1 visits	10:00 Exercise video 2:00 The Music of Mendelssohn 3:00 Sing along

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
Recreation lead by Health Services.	Activity package available in 1 <sup>st</sup> floor library.	10:30 St. Andrews Anglican Church Service (2) 2:00 Remembering going to the Movies (2) 3:00 TV time: "The Crown" – season 3 episode 7 (2)	10:00 Exercise 10:30 Short stories 2:00 Cane Dancing w/ Ann 3:15 What am I? 6:00 Artsy Evening (2)	10:30 Tai chi 11:00 Lexicon 2:00 Storyteller Art White (2) 3:00 Sing along	10:00 Exercise 10:30 Ladderball 2:00 Food for thought – Disgusting Delicacies 3:00 1:1 visits	Recreation lead by Health Services.
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
Recreation lead by Health Services.	10:00 Exercise 10:30 Brain fitness 2:00 What if? 3:00 Bowling	10:00 Chair yoga 10:30 Bean bag toss 2:00 TV sermon: Joel Osteen (2) 3:00 Sing along	10:00 Exercise 10:30 Short stories 10:30 Pet visit w/ J-Ze 2:00 Artsy Afternoon (2) 6:00 Birthday Party w/ Gerry V.	10:30 Tai chi 11:00 Lexicon 2:00 Music w/ Leander 3:15 Leap year laughs	Activity package available in 1 <sup>st</sup> floor library.	Recreation lead by Health Services.







# February




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Room Legend: Main Floor</b>  <b>SR</b> – Shannon Room  <b>KPL</b> – Keeler Piano Lounge  <b>SWR</b> – Private Dining Room  <b>MB</b> – Mays Bar  <b>GAZ</b> – Gazebo  <b>CD</b> – Concierge Desk  <b>DR</b> – Dining Room  <b>PT</b> – Patterson Theatre  <b>FS</b> – Fitness Studio  <b>AR</b> – Russell Activity Room  <b>LP</b> – The Lakes Pool</p>		<p><b>Need to RSVP?</b>                  Please sign up in our “Sign-up Book” located at the Harmony Desk  <b>Questions or Ideas for Wellness?</b>                  Call Megan at ext. 5121                  mmccarron@shannex.com  <b>Questions or Ideas about the Pool?</b>                  Call Maureen at ext. 5053</p>	<p><b>Cancellation of Programs:</b>                  All programs &amp; events at Kinross Hall are subject to change with advanced or very little notice. Please check your <i>Daily Activity Posters</i> in the <u>elevators</u>, the <u>Maitre D’s Desk</u> &amp; the <u>Front Lobby News Board</u> for any updated time changes or cancellations</p>			<p><b>1</b>                  1:30 – SR – Bridge  <b>2:00 – PT – Movie Matinee – Brooklyn W Saoirse Ronan 2015</b>                  7:00 – SR – Board Games</p>
<p><b>2</b>                  2:00 – SR - \$5 Rummoli                  3:00 – KPL – Adult Coloring Club                  7:30 – SR – Chess Mates With Don</p> 	<p><b>3</b>                  10:00 – SR – Chair Exercise                  1:00 – 2:00 – LP – Gentle Water Exercise Class                  2:00 - Mic Mac Mall <b>RSVP</b>                  2:00 – 3:30 – LP – Open Swim                  2:00 – PT – Call the Midwife –TV Series                  3:00 – SR - \$6 Bingo Hall                  6:30 – SR – Mahjong</p>	<p><b>4</b>                  10:00 – SR – Chair Exercise                  1:00 – 2:00 – LP – Gentle Water Exercise Class  <b>1:30 – SR – Bridge</b>                  2:00 – 3:30 – LP – Open Swim                  6:30 – SR – Scrabble  <b>7:00 – PT – Movie Night – Wonder W Julia Roberts 2017</b></p>	<p><b>5</b>                  10:00 – SR – Chair Exercise                  10:30 - Sobeys &amp; Lawtons <b>RSVP</b>                  1:00 – 2:00 – LP – Gentle Water Exercise Class                  1:30 – AR – Paint Class <b>RSVP</b>                  2:00 – SR - \$5 Rummoli                  2:00 – SWR –Bible Study w Cyril                  2:00 – 3:30 – LP – Open Swim  <b>3:00 – KPL – Tea Time</b></p>	<p><b>6</b>                  9:30 – 10:30 – LP – Gentle Water Exercise                  10:00 – SR – Chair Exercise                  10:30 - 12:00 – LP – Open Swim  <b>2:00 – KPL – Music w Leander Mendoza</b>  <b>3:00 – SR – Floor Curling</b>                  3:15 – KPL – Stitch n’ Yarn</p>	<p><b>7 Send a Card to a Friend Day</b>                  10:00 – SR – Chair Exercise                  10:00 – PT – SCANS                  1:00 – 2:00 – LP – Gentle Water Exercise Class                  1:30 - Sobeys <b>RSVP</b>  <b>1:30 – SR – Cribbage Club</b>                  2:00 – 3:30 – LP – Open Swim                  2:00 Superstore <b>RSVP</b></p>	<p><b>8</b>                  1:30 – SR – Bridge  <b>2:00 – PT – Movie Matinee – Elizabeth The Golden Age W Cate Blanchette</b>                  7:00 – SR – Board Games</p>
<p><b>9 Kinross Week of Love</b>                  10:00 – SR – Chair Exercise                  1:45 – KPL – Pet Visit w Oscar!  <b>2:00 – PT – Movie Matinee – Something Borrowed W Ginnifer Goodwin 2011</b>                  2:00 – SR - \$5 Rummoli                  1:00 – KPL – Hot Chocolate Bar                  3:00 – KPL – Adult Coloring Club                  7:30 – SR – Chess Mates With Don</p>	<p><b>10 Self Love Day</b>                  9:00 – SWR Self Love Morning Meditation                  10:00 – SR – Chair Exercise                  1:00 – 2:00 – LP – Gentle Water Exercise Class                  2:00 - Mic Mac Mall <b>RSVP</b>                  2:00 – 3:30 – LP – Open Swim  <b>1:00-3:00 – SR – Mini Massages</b>                  2:00 – PT – Call the Midwife –TV Series                  3:00 – SR - \$6 Bingo Hall                  6:30 – SR – Mahjong</p>	<p><b>11 For the Love of Sweets</b>                  10:00 – SR – Chair Exercise  <b>11:00 – Pet Visit W Bryn</b>                  1:00 – 2:00 – LP – Gentle Water Exercise Class  <b>11:00 – KPL – \$2 Candy Gram</b>  <b>1:30 – SR – Bridge</b>                  2:00 – 3:30 – LP – Open Swim  <b>2:00 – KPL – Sweet Treat Bar</b>                  6:30 – SR – Scrabble  <b>7:00 – PT – Movie Night – Book Club W Diane Keaton 2018</b></p>	<p><b>12 Family Bonds</b>                  10:00 – SR – Chair Exercise                  10:30 - Sobeys &amp; Lawtons <b>RSVP</b>                  1:00 – 2:00 – LP – Gentle Water Exercise Class  <b>1:30 - FS – Chair Yoga w Pat</b>                  1:30 – AR – Paint Class <b>RSVP</b>                  2:00 – SR - \$5 Rummoli                  2:00 – SWR –Bible Study w Cyril                  2:00 – 3:30 – LP – Open Swim  <b>3:00 – KPL – Tea Time</b></p>	<p><b>13 “GAL”entine’s Day</b>                  9:30 – 10:30 – LP – Gentle Water Exercise                  10:00 – SR – Chair Exercise                  10:30 - 12:00 – LP – Open Swim  <b>11:00 – FS – Tai Chi &amp; Qi Gong</b>  <b>2:00 – KPL – Music w Tony Quinn</b>                  3:15 – KPL – Stitch n’ Yarn  <b>5:00 – DR – Ladies Dinner Party – “Galentines Day” Wear your pink and red</b></p>	<p><b>14 Valentine’s Day</b>                  10:00 – SR – Chair Exercise                  10:00 – PT – SCANS                  1:00 – 2:00 – LP – Gentle Water Exercise Class                  1:30 - Sobeys <b>RSVP</b>  <b>1:30 – SR – Cribbage Club</b>  <b>2:00 – KPL – Valentine’s Day Celebration W Music by Alex Vaughan</b>                  2:00 – 3:30 – LP – Open Swim                  2:00 Superstore <b>RSVP</b>                  3:00 – SR – Jeopardy  <b>7:00 – PT – Movie Night – Falling Inn Love W Christina Milian 2019</b></p>	<p><b>15</b>                  1:30 – SR – Bridge  <b>2:00 – PT – Movie Matinee – Letters To Juliet W Amanda Seyfried 2010</b>                  7:00 – SR – Board Games</p> 

# February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>16</p> <p><b>10:30 – SR – Interfaith Worship Service w Rev. Gerry Zinck &amp; Friends Collection goes to Feed NS</b>                      2:00 – SR - \$5 Rummoli                      3:00 – KPL – Adult Coloring Club                      7:30 – SR – Chess Mates With Don</p>	<p>17</p> <p><b>10:00 – SR – *NO Chair Exercise*</b>                      1:00 – 2:00 – LP – Gentle Water Exercise Class                      2:00 - Mic Mac Mall <b>RSVP</b>                      2:00 – 3:30 – LP – Open Swim                      2:00 – PT – Call the Midwife – TV Series                      6:30 – SR – Mahjong                      7:00 – KPL – Music <u>W</u> Leander Mendoza</p>	<p>18</p> <p>10:00 – SR – Chair Exercise                      1:00 – 2:00 – LP – Gentle Water Exercise Class                      1:30 – SR – Bridge                      2:00 – 3:30 – LP – Open Swim                      3:30 – KPL – Book Club                      Discussion *Returning Books*                      6:30 – SR – Scrabble                      7:00 – PT – Movie Night – Justice League <u>W</u> Ben Affleck 2017</p>	<p>19</p> <p>10:00 – SR – Chair Exercise                      10:30 - Sobeys &amp; Lawtons <b>RSVP</b>                      1:00 – 2:00 – LP – Gentle Water Exercise Class                      1:30 – AR – Paint Class <b>RSVP</b>                      2:00 – SR - \$5 Rummoli                      2:00 – SWR –Bible Study <u>w</u> Cyril                      2:00 – 3:30 – LP – Open Swim                      3:00 – SR – Culinary Resident Meeting                      3:00 – KPL – Tea Time</p>	<p>20</p> <p>9:30 – 10:30 – LP – Gentle Water Exercise                      10:00 – SR – Chair Exercise                      10:30 - 12:00 – LP – Open Swim                      2:00 – KPL – Music <u>w</u> John Drakes                      3:00 – KPL - Book Club                      *Handing Out a New Book*                      3:15 – KPL – Stitch n’ Yarn</p>	<p>21</p> <p>10:00 – SR – Chair Exercise                      10:00 – PT – SCANS                      1:00 – 2:00 – LP – Gentle Water Exercise Class                      1:30 - Sobeys <b>RSVP</b>                      1:30 – SR – Cribbage Club                      2:00 – 3:30 – LP – Open Swim                      2:00 Superstore <b>RSVP</b>                      3:00 – SR – Jeopardy</p>	<p>22</p> <p>1:30 – SR – Bridge                      2:00 – PT – Movie Matinee – King of Cowboys Western <u>W</u> Roy Rogers 1943                      7:00 – SR – Board Games</p> 
<p>23</p> <p>2:00 – SR - \$5 Rummoli                      3:00 – KPL – Adult Coloring Club                      7:30 – SR – Chess Mates With Don</p>	<p>24</p> <p>9:00 – SWR Morning Meditation                      10:00 – SR – Chair Exercise                      1:00 – 2:00 – LP – Gentle Water Exercise Class                      2:00 – PT – Call the Midwife – TV Series                      2:00 - Mic Mac Mall <b>RSVP</b>                      2:00 – 3:30 – LP – Open Swim                      3:00 – SR - \$6 Bingo Hall                      6:30 – SR – Mahjong</p>	<p>25 Shrove Tuesday</p> <p>10:00 – SR – Chair Exercise                      11:00 – Pet Visit <u>W</u> Bryn                      1:00 – 2:00 – LP – Gentle Water Exercise Class                      1:30 – SR – Bridge                      2:00 – 3:30 – LP – Open Swim                      6:30 – SR – Scrabble                      7:00 – PT – Movie Night – Victoria and Abdul <u>W</u> Judi Dench 2017</p>	<p>26</p> <p>10:00 – SR – Chair Exercise                      10:30 - Sobeys &amp; Lawtons <b>RSVP</b>                      11:00 – PT – Catholic Mass                      1:00 – 2:00 – LP – Gentle Water Exercise Class                      1:30 - FS – Chair Yoga <u>w</u> Pat                      1:30 – AR – Paint Class <b>RSVP</b>                      2:00 – KPL - \$5 Rummoli                      2:00 – 3:30 – LP – Open Swim                      2:00 – SR – Resident Council Meeting                      3:00 – KPL – Tea Time</p>	<p>27</p> <p>9:30 – 10:30 – LP – Gentle Water Exercise                      10:00 – SR – Chair Exercise                      10:30 - 12:00 – LP – Open Swim                      11:00 – FS – Gentle Tai Chi &amp; Qi Gong                      2:00 – KPL – Music <u>w</u> John Dewolfe                      3:15 – KPL – Stitch n’ Yarn</p>	<p>28</p> <p>10:00 – SR – Chair Exercise                      10:00 – PT – SCANS                      1:00 – 2:00 – LP – Gentle Water Exercise Class                      1:00 – AR – Water Colour Paint Class <u>W</u> Alice <b>RSVP</b>                      1:30 - Sobeys <b>RSVP</b>                      1:30 – SR – Cribbage Club                      2:00 – 3:30 – LP – Open Swim                      2:00 Superstore <b>RSVP</b>                      3:00 – SR – Jeopardy</p>	<p>29</p> <p>1:30 – SR – Bridge                      2:00 – PT – Movie Matinee – Secrets of Westminster Documentary 2014                      7:00 – SR – Board Games</p>

# February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Neighborhood Legend:</b>  <b>B: Banook Lane</b> , Main Floor  <b>R: Russell Lane</b>, Main Floor  <b>N: Nantucket Lane</b>, Second Floor  <b>A: Alderney Lane</b>, Second Floor  <b>AL: All Lanes</b></p>		<p><b>Cancellation of Programs:</b>                      All programs &amp; events at Lewis Hall are subject to change with advanced or very little notice. Please check your <i>Daily Activity White Boards</i> for any updated time changes or cancellations.</p>	<p><b>Questions or ideas about Wellness?</b>                      Call <b>Gina , Gracie or Meghan</b>                      902-407-0796 ext. 6611  <a href="mailto:gamuenda@shannex.com">gamuenda@shannex.com</a>  <a href="mailto:gmacneil@shannex.com">gmacneil@shannex.com</a>  <a href="mailto:mmccarron@shannex.com">mmccarron@shannex.com</a>                      The Wellness Office is located in the main lobby.  <b>Brenda Bishop</b>                      Business Manager                      902-444-8365  <a href="mailto:bbishop@shannex.com">bbishop@shannex.com</a></p>	<p><b>February Birthday</b></p> <p>Helen Searles- 10th                      Evelyn Roberts- 19th                      Barbara Patterson-24<sup>th</sup></p>		<p>1</p> <p><b>Health Service Lead Recreation</b></p> <p>10:00- Pet Visits w/ Cat &amp; Big Ben (AL)</p>
<p>2 <b>Ground Hog Day</b></p>	<p>3</p>	<p>4</p>	<p>5</p>	<p>6</p>	<p>7</p>	<p>8</p>
<p><b>Health Service Lead Recreation</b>                      10:00- Bible Hymns                      11:15- Exercise Video                      2:00- Netflix Movie Matinee                      3:30- Adult Coloring/ Brain Fitness</p>	<p>10:00- Group Puzzle(N)                      11:00- Exercise (A)                      2:00 – Manicures (A)                      3:00 – You Tube Sing Along (A)                      3:30 – Board Games (N)                      10:00- Exercise (R)                      11:15- Exercise w/ Megan(B)                      1:30- Craft Time w/Megan (B)                      2:00- Pictionary (R)                      3:00- Afternoon Movie (B)                      3:15- Brain Fitness and Fun (R)</p>	<p>10:00- Group Puzzle(N)                      11:00- Exercise (A)  <b>2:00 – Music w/ Mervyn George (A)</b>                      3:30 – Watercolor Painting (N)                      10:00- Exercise (R)                      10:30- Sing Along (R)                      11:15- Tai Chi (B)                      (moving Check back)                      3:15- Trivia w/ Gracie(B)</p>	<p>10:00- Group Puzzle(N)                      11:00- Exercise (A)                      1:00 – Pet Visits w/ Donna &amp; Charlie (AL)  <b>2:00 – Prize Bingo (A)</b>                      3:30 – You Tube Sing Along (A)                      6:30 – Pet Visits w/ Judi &amp; Jake (AL)                      10:00- Exercise (R)                      11:15- Exercise w/ Megan(B)                      3:15- Making Valentines for Friends (R)</p>	<p>10:00- Group Puzzle(N)                      11:00- Exercise (A)  <b>2:00- Music w/ Alex Vaughn (A)</b>                      3:30- One on One Visits (N)                      10:00- Exercise (R)                      11:15- Exercise w/ Megan(B)                      3:30- One to One Visits (R)</p>	<p>10:00- Group Puzzle(N)                      11:00- Zumba (A)                      1:30 – Crafting w/ Cindy (N)                      3:00 – Jeopardy (A)                      10:00- Exercise (R)                      11:15- Exercise w/ Megan(B)                      1:30- Manicures (B)                      2:30- Board Games (R)</p>	<p><b>Health Service Lead Recreation</b></p>  <p><b>February Gemstone – Amethyst</b></p>
<p>9</p>	<p>10</p>	<p>11</p>	<p>12</p>	<p>13</p>	<p>14</p>	<p>15</p>
<p><b>Health Service Lead Recreation</b>                      10:00- Bible Hymns                      11:15- Exercise Video                      2:00- Netflix Movie Matinee                      3:30- Adult Coloring/ Brain Fitness</p> 	<p>10:00- Group Puzzle(N)                      11:00- Exercise (A)                      1:00 – Pet Visits w/ Donna &amp; Charlie (AL)                      2:00 – Manicures (N)                      3:30 – Valentine Crafting(A)                      10:00- Exercise (R)                      11:15- Exercise w/ Megan(B)                      1:00 – Pet Visits w/ Donna &amp; Charlie (AL)                      1:30- Craft Time w/Megan (B)                      “Making Valentines”</p>	<p>10:00- Group Puzzle(N)                      11:00- Exercise (A)  <b>2:00 – Lewis Choir w/ Leander Mendoza (A)</b>                      2:30 – Pet Visit w/ Judy &amp; Sophie (AL)                      3:30 – Valentine’s Card Making (A)                      10:00- Exercise (R)                      10:30- Sing Along (R)                      11:15- Tai Chi (B)                      3:15- Short Stories(R)</p>	<p>10:00- Group Puzzle(N)                      11:00- Exercise (A)                      2:00 – Prize Bingo (A)                      3:15 – You Tube Sing Along (A)                      3:15 – Valentine’s Card Making (N)                      10:00- Chair Yoga (B)                      10:00- Exercise (R)  <b>2:00- Prize Bingo (A)</b>                      3:00- Group Crossword (B)  <b>6:00- Girl Guide Visit(B)</b></p>	<p>10:00- Group Puzzle(N)                      11:00- Exercise (A)                      2:00 – Valentine’s Cookie Decorating (A)                      3:00 – Valentine’s Cookie Decorating (N)                      11:00- Exercise (R)                      11:15- Exercise w/ Megan(B)                      2:00- Valentines Manicures (B)                      3:00- Valentines Manicures (R)</p>	<p>10:00- Group Puzzle(N)                      11:00- Zumba (A)  <b>2:00 – Valentine’s Day Celebration! Music w/ John Dewolfe</b>  <b>3:30 – Boy and Girls Club Visit (AL)</b>                      10:00- Zumba w. Jeannie (R)                      11:15-Exercise w/ Megan(B)                      3:00- Handing out Valentines</p> 	<p><b>Health Service Lead Recreation</b></p>  <p><b>February Flower -Violets</b></p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>16</p> <p><b>Health Service Lead Recreation</b></p> <p>10:00- Bible Hymns 11:15- Exercise Video 2:00- Netflix Movie Matinee 3:30- Adult Coloring/ Brain Fitness</p>	<p>17</p> <p><b>Family Day!</b></p> 	<p>18</p> <p>2:00 – Watercolor Painting (N) 3:30 – Crafting (A) 10:00- Exercise (R) 10:00- Manicures (R) 11:15- Tai Chi (B) 3:15- Good Hair Day (R) <b>6:00- Valentine’s Day Dance Music w/ John Drakes (R)</b></p>	<p>19</p> <p>10:00- Group Puzzle(N) 11:00- Exercise (A) <b>2:00 – Prize Bingo (A)</b> 3:00 – Bean Bag Toss (N) 11:15- Exercise w/ Megan(B) <b>2:00- Prize Bingo (A)</b> 6:30 – Pet Visits w/ Judi &amp; Jake (AL)</p> 	<p>20</p> <p>10:00- Group Puzzle(N) 11:00- Exercise (A) <b>2:00 – Music w/ Leander Mendoza (A)</b> 3:30 – One on One Visits (N) 10:00- Exercise (R) 11:15- Exercise w/ Megan(B) 3:30- One to One Visits (R)</p>	<p>21</p> <p>11:00- Zumba w/ Jeannie(A) 1:30 – Crafting w/ Cindy (N) 3:30 – Afternoon Movie (N) 3:30 – Afternoon Movie (A) 10:00- Exercise (R) 11:15- Exercise w/ Megan(B) 1:30- Manicures (B) 3:00 - Board Games (R)</p>	<p>22</p> <p>10:00- Group Puzzle(N) 11:00- Zumba (A) 1:30 – Crafting w/ Cindy (N) 3:30 – Jeopardy (A) 10:00- Exercise (R) 11:15- Exercise w/ Gracie(B) <b>2:00- Music w/ Hidden Treasure (A)</b></p>
<p>23</p> <p><b>Health Service Lead Recreation</b></p> <p>10:00- Bible Hymns 11:15- Exercise Video 2:00- Netflix Movie Matinee 3:30- Adult Coloring/ Brain Fitness</p>	<p>24</p> <p>10:00- Group Puzzle(N) 11:00- Exercise (A) 1:00 – Pet Visits w/ Donna &amp; Charlie (AL) 2:00 – Manicures (A) 3:00 – You Tube sing Along (A) 3:00 – Manicures (N) 11:15- Exercise w/ Megan(B) 1:00 – Pet Visits w/ Donna &amp; Charlie (AL) 1:00- Craft Time w/Megan (B)</p>	<p>25</p> <p>10:00- Group Puzzle(N) 11:00- Exercise (A) <b>2:00 – Mardi Gras Celebration w/ Nadia Moore (A)</b> 3:30 – Board Games (N) 3:30 – Movie Afternoon (A) 10:00- Exercise (R) 10:30- Sing Along (R) 11:15- Tai Chi (B) 3:15- Short Stories(R)</p>	<p>26 <i>Ash Wednesday</i></p> <p><b>2:00 – Holy Eucharist (A)</b> 3:15 –Afternoon Movie w/ Ice cream Treat (A&amp;N) 10:00- Chair Yoga (B) 10:00- Exercise (R) 3:15- Afternoon movie w/ Ice Cream Treat (R) <b>6:30 – Performance by the Ukulele Ladies (N)</b></p> 	<p>27</p> <p><b>10:00- Portland Street Daycare Visit (B)</b> 11:00- Exercise (A) <b>2:00 – Birthday Party! Music w/ Tony Quinn (A)</b> 3:30 – Movie Afternoon (N) 3:30 – One on One Visits (A) 10:00- Exercise (R) 11:15- Exercise w/ Megan(B) 3:30- One to One Visits (B)</p>	<p>28</p> <p>10:00 – Group Puzzle (N) 11:00 – Zumba w/ Jeannie (A) 2:00 – Resident Council Meeting (B) 3:15 – You Tube Sing Along (N) 3:30 – Jeopardy (A) 10:00- Zumba w. Jeannie (R) 11:15- Exercise w/ Megan 1:30- Jeopardy (B) 2:30- Trivia “ Who Am I?” (R)</p>	<p>29</p> <p><b>Health Service Lead Recreation</b></p> 