

## February 2019 - NH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Exercise Classes are on Monday, Wednesday, and Friday Morning @ 9:30am in the South Lounge ----- Balance Class is on Thursday @ 9:30am in the North Lounge</p>					<p><b>1</b> 9:00- Calendar Handout and Chat 10:30- Catholic Church 2:00- Manicures / Making Bread 6:30 Popcorn Movie Night</p>	<p><b>2</b> 1:30 -Wiarthon Willie Spring Reveal!!! 2:30- Ball Exercises 3:30 -Name that Smell Game</p>
<p><b>3</b> 1:30 -Puzzles 2:30-Indoor Walks 3:30- Aroma Therapy</p>	<p><b>4</b> 10:30 – Piano with Muriel 2:00 – Heart Health Group Exercise 3:30- Pet Visits with Bunny</p>	<p><b>5</b> 9:30 -BV School Visit 10:30 – Tai Chi with Andrea 1:00- Snack Shack 2:00 – Chinese New Year Party 6:30 –Craft Origami</p> <p style="color: blue;">Happy Chinese New Year! Happy Pancake Day!</p>	<p><b>6</b> 9:00 – Sparking Specs 2:00 -Grace United Church 4:00 -1:1 Visits 6:30 -Bingo</p>	<p><b>7</b> 9:30- Sensory Music 10:30- Music Therapy 1:00-1:45- Snack shack 2:00 -Music with James Skarikat 6:30-Evening Stretch and Relax</p>	<p><b>8</b> 10:30 -Mike Smith 50’s and 60’s Music 2:00 – Manicures/Making Bread 4:00- 1:1 Montessori 6:30 -Popcorn and a Movie</p>	<p><b>9</b> 1:30 -Sensory Massages with Aroma Therapy 3:00- Music with Michael Semenuk</p>
<p><b>10</b> 1:30 -Baggo 2:30 -Sensory Nature Sounds 3:30 -Hangman</p>	<p><b>11</b> 10:30- Piano with Muriel 2:00- Happy fiddlers 3:30- 1:1 Walking</p>	<p><b>12</b> 10:30 -Tai Chi with Andrea 1:00- Snack Shack 2:00 -Resident Council 4:00- 1:1 Montessori 6:30 -Arm Chair Travel to France</p>	<p><b>13</b> 9:00- Sparkling Specs 2:00- First Baptist Church 4:00 -1:1 Visits 6:30- Bingo</p>	<p><b>14</b> <span style="color: pink;">Happy Valentines Day!</span> 9:30- Sensory Music 10:30- Music Therapy 1:00 - Snack Shack 2:00- Jones and Jones Cupcake Party 6:30- Chocolate Fondue Party</p>	<p><b>15</b> <span style="color: red;">National Flag Day!!!</span> 10:30- Men’s Group 2:00 – Around the world Party! 4:00 -1:1Montessori 6:30 -Cozy Indoor Campfire Night</p>	<p><b>16</b> 1:30 -Ball Exercises 2:30 -Knitting 3:30 -Snoezelen Room</p>
<p><b>17</b> 1:30 -Rim Ball 2:30- Sensory Light Therapy 3:30 -Loom Weaving</p>	<p><b>18</b> <span style="color: purple;">Happy Family Day!</span> 10:30 -Piano with Muriel 2:00 -Crafts with Mary 3:00- Indoor Gardening <span style="color: green;">Happy Birthday James R!</span></p>	<p><b>19</b> 10:30 -Tai Chi with Andrea 1:00 -Snack Shack 4:00 -1:1 Montessori 6:30 -Reading Circle</p>	<p><b>20</b> <span style="color: green;">****Pajama Day!!!****</span> 9:00 -Sparkling Specs 2:00 -Blue Mountain Community Church 3:00- Pajama Stroll! 6:30 -Bingo</p>	<p><b>21</b> 9:30 Sensory Music 10:30 Music Therapy 1:00 Snack Shack 2:00 Coffee Shop 6:30 Planet Earth <span style="color: pink;">Happy Bday Audrey H!</span></p>	<p><b>22</b> 10:30- Pet Visits with Bunny 2:00 -Manicures / Making Bread 3:00 – Lets cook Supper! 5:00- Supper Club</p>	<p><b>23</b> 1:30- Chair Yoga 2:30 -Craft Corner 3:30 -Friendly Visits</p>
<p><b>24</b> 1:30 Bean Bag Toss 2:30 1:1 Make-up and Hair 3:30 Sensory Stimulation</p>	<p><b>25</b> 10:30- Making Something out of Nothing 2:00- Heart Health Exercise Group 3:30 – Indoor Gardening</p>	<p><b>26</b> 10:30- Tai Chi with Andrea 1:00- Snack Shack 2:00- Indoor Gardening 6:30- Chair Yoga</p>	<p><b>27</b> 9:00 -Pet Visits with Cocoa 2:00 -Presbyterian Church 4:00 -1:1 Visits 6:30- Bingo</p>	<p><b>28</b> 9:30 -Sensory Music 10:30 -Music Therapy 1:00 -Snack Shack 2:00 -Resident Memorial Service 6:30- Music and Memory 1:1</p>		