






February

2021



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY <i>Staff Casual Friday</i>	SATURDAY
<p>Feb 1st -14th we will be raffling a 'Valentines' basket filled with lots of treats & surprises! Monies raised will go towards a local charity. Draw will be Feb 14th.</p>	<p>1 10:30 am & 3pm Coffee Time 'Famous February Birthday's puzzles available today</p>	<p>2 Happy BDay Jim W! & Happy BDay Krista! 10am: 'Get Energized' (3rd floor gym) 10:30 am & 3pm Coffee Time 3pm: BINGO (Activity Hall) Groundhog Day! 'Groundhog Day' puzzles</p>	<p>3 10:30 am & 3pm Coffee Time 3pm: Ice Cream Sundaes 😊 "Zoomin Day" Video calls with family</p>	<p>4 National Mail Carrier Day 10am: 'Get Energized' (3rd floor gym) 10:30 am & 3pm Coffee Time 'Thank your Mail Carrier!'</p>	<p>5 Happy BDay Dave H! 10:30am & 3pm Coffee Time & Snack 3pm: GOLF (Activity Hall) 6:30pm: Movie Night</p>	<p>6 10:30 am & 3:00pm Coffee Time 3pm: GOLF (Activity Hall) Queen Elizabeth 11- 68th year anniversary of her coronation. Longest reigning monarch in history!</p>
<p>7 10:30 am & 3pm Coffee Time 6:30pm: </p>	<p>8 10:30 am & 3pm Coffee Time 'Games we played as kids' Quiz available today!</p>	<p>9 10am: 'Get Energized' (3rd floor gym) 10:30 am & 3pm Coffee Time 3pm: BINGO (Activity Hall) National Pizza Day!</p>	<p>10 10:30am & 3pm Coffee Time 3pm: Banana Splits 😊 "Zoomin Day" Video calls with family</p>	<p>11 10am: 'Get Energized' (3rd floor gym) 10:30am & 3pm Coffee Time 3pm: </p>	<p>12 CHINESE NEW YEARS 2021 10:30am & 3pm Coffee Time 3pm: GOLF (Activity Hall) 5pm Chinese Dinner 6:30pm: Movie Night</p>	<p>13 10:30 am & 3pm Coffee Time 3pm: GOLF (Activity Hall)</p>
<p>14 Happy BDay Ray V!  5pm VALENTINE'S DINNER</p>	<p>15 Happy BDay Alan J! 'Shrove Monday' 10:30 am & 3pm Coffee Time 'Random Acts of Kindness' Week</p>	<p>16 'Pancake Day' 10am: 'Get Energized' (3rd floor gym) 10:30 am & 3pm Coffee Time 3pm: BINGO (Activity Hall)</p>	<p>17 'Ash Wednesday' 10:30 am & 3pm Coffee Time 3pm: Ice Cream Floats 😊 "Zoomin Day" Video calls with family</p>	<p>18 10:30am & 3pm Coffee Time</p>	<p>19 10am 'Get Energized' (3rd Floor gym) 10:30am & 3pm Coffee Time & Snack 3pm: GOLF (Activity Hall) 6:30pm: Movie Night</p>	<p>20 National 'Cherry Pie' Day! 10:30 am & 3pm Coffee Time 3pm: GOLF (Activity Hall)</p>
<p>21 10:30 am & 3pm Coffee Time</p>	<p>22 10:30 am & 3pm Coffee Time 'F' Is for February Crossword puzzle available today</p>	<p>23 Happy BDay Cheryl S! 10am: 'Get Energized' (3rd floor gym) 10:30 am & 3pm Coffee Time 3pm: BINGO (Activity Hall)</p>	<p>24 10am: 'Get Energized' (3rd floor gym) 10:30 am & 3pm Coffee Time 3pm: Milkshakes 😊 "Zoomin Day" Video calls with family</p>	<p>25 10am: 'Get Energized' (3rd floor gym) 10:30 am & 3pm Coffee Time</p>	<p>26 10:30am & 3pm Coffee Time & Snack Cupcakes celebrating February Birthdays at lunch! 3pm: GOLF (Activity Hall) 6:30pm: Movie Night</p>	<p>27 Happy BDay Willy! 10:30 am & 3pm Coffee Time 3pm: GOLF (Activity Hall)</p>
<p>28 Happy BDay Murray G! 10:30 am & 3pm Coffee Time</p>	<p>February is Heart & Stroke Month, a time to bring attention to the importance of heart health, and what we can do to reduce our risk of heart disease. Heart disease affects approximately 2.4 million Canadian adults, and is the second leading cause of death in Canada.</p>					