

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Grammys Awards Night Italian Theme Week 2:30 ☕ Refreshments	Groundhog Day 9:30 🧘 Morning Stretch 10:30 📖 Spring or Snow! (Groundhog Game) 11:00 ❤️ Doll therapy 1:30 🙏 Spiritual Corner 2:15 ❤️ Flower Arrangement 2:45 📖 Amazing Animals: Groundhogs 3:30 ☕ Friendly Visits	9:30 🧘 Sunshine Yoga 10:00 ☕ Strolls about Belmont 10:30 🙏 Morning Prayers 11:00 📖 News of the Day! 2:00 ❤️ Art Expressions with Sara 3:15 📖 Grandmas Kitchen: Tiramisu	9:30 🧘 Balloon Tennis 10:00 ❤️ Sensory Touches 10:45 ☕ Pet Visits with Milo 11:00 🧘 Strolls about Belmont 1:30 🙏 Spiritual Corner 2:30 📖 Memorial Service - MacDonald Room 3:30 ☕ Friendly Visits	1:15 ❤️ Art with UCC 2:30 ☕ Taste & Travel: Italy 3:30 🙏 Spiritual Corner 4:00 ❤️ Indoor Gardening 6:30 📖 Italiano Trivia 7:00 ☕ Movie Night	Winter Olympics Opening Ceremony 9:30 🧘 Bocce (Italian Sport) 10:30 📖 Who Am I (Black History Month) 11:05 🙏 Hymn Sing 1:30 ❤️ Colouring Arts 2:30 ☕ Hot Chocolate Social 3:15 📖 Board Games	10:15 🧘 Balloon Tennis
Superbowl LX Valentines Day Theme Week 2:30 ☕ Refreshments	10:30 📖 Tales of Poetry 11:00 ❤️ Doll therapy 1:30 🙏 Spiritual Corner 2:15 ❤️ Flower Arrangement 2:45 📖 Amazing Animals: Swans 3:30 ☕ Friendly Visits	9:30 🧘 Sunshine Yoga 10:00 🧘 Strolls about Belmont 10:30 🙏 Morning Prayers 11:00 📖 News of the Day! 2:00 ❤️ Art Expressions with Sara 3:15 🧘 Racing Hearts Relay	Recreation Awareness Day 9:30 🧘 Balloon Tennis 10:00 ❤️ Sensory Touches 10:45 ☕ Pet Visits with Milo 11:00 🧘 Strolls about Belmont 1:15 🙏 Spiritual Corner 2:00 ☕ Recreation Awareness Day - Walker Cafe 2:00 📖 Valentine's Day Bingo!	1:00 ❤️ 1:1 Short Stories 2:30 ☕ Taste & Travel: City of Love (Paris, France) 3:30 🙏 Spiritual Corner 4:00 ❤️ Indoor Gardening 6:30 📖 Valentine's Trivia Night 7:00 ☕ Movie Night	9:30 🧘 Move to the Beat! 10:30 📖 Who Am I (Black History Month) 11:05 🙏 Hymn Sing 2:30 ☕ Valentine's Day Party	Valentine's Day 10:15 🧘 Balloon Badminton 1:45 📖 Trivia 5:00 ☕ Valentine's Day Dinner
Winter Olympics Theme Week 2:30 ☕ Refreshments	Family Day 9:30 🧘 Winter Olympic Workout 10:30 📖 Tales of Poetry 11:00 ❤️ Doll therapy 2:45 📖 What Am I (Winter Sports Edition) 3:30 ☕ Friendly Visits	Lunar New Year 9:30 🧘 Sunshine Yoga 10:00 🧘 Strolls about Belmont 10:30 🙏 Morning Prayers 11:00 📖 News of the Day! 2:00 ❤️ Art Expressions with Sara 3:15 📖 Grandmas Kitchen: Fruity Sugar Cookie Olympic Rings 5:00 ☕ Lunar New Year Dinner	Ash Wednesday 9:30 📖 Pictionary 10:00 ❤️ Sensory Touches 10:45 ☕ Pet Visits with Milo 11:00 🧘 Strolls about Belmont 1:30 🙏 Spiritual Corner 2:00 🙏 Ash Wednesday Service - Chapel 3:15 📖 Let's Play Bingo	1:00 ❤️ 1:1 Short Stories 2:30 ☕ Winter Olympics Social 3:30 🙏 Spiritual Corner 4:00 ❤️ Indoor Gardening 6:30 📖 Winter Olympics Trivia Night 7:00 ☕ Movie Night	9:30 🧘 Move to the Beat! 10:30 📖 Who Am I (Black History Month) 11:05 🙏 Hymn Sing 1:30 ❤️ Colouring Arts 2:30 ☕ Hot Chocolate Social 3:15 📖 Board Games	10:15 🧘 Balloon Badminton 1:45 📖 Trivia
Oh Canada Theme Week 2:00 📖 Winter Olympics Closing Ceremony 2:30 ☕ Refreshments	2:45 📖 Amazing Animals: Beaver	9:30 🧘 Sunshine Yoga 10:00 🧘 Strolls about Belmont 10:30 🙏 Morning Prayers 11:00 📖 News of the Day! 2:00 ❤️ Art Expressions with Sara 3:15 ❤️ Discussion Group: Significance of Canadian Flag	9:30 🧘 Balloon Tennis 10:00 ❤️ Sensory Touches 10:45 ☕ Pet Visits with Milo 11:00 🧘 Strolls about Belmont 1:30 🙏 Spiritual Corner 2:30 ☕ Sing and Dance Along 3:15 📖 Let's Play Bingo	1:00 ❤️ 1:1 Short Stories 2:30 ☕ Maple Leaf Social 3:30 🙏 Spiritual Corner 4:00 ❤️ Indoor Gardening 6:30 📖 Canadian Trivia Night 7:00 ☕ Movie Night	11:05 🙏 Hymn Sing 2:00 📖 Who Am I? (Black History Month) 2:30 ☕ Hot Chocolate Social	10:15 🧘 Balloon Badminton

Recreation Coordinator
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February Calander
February 4th - Memorial Service
February 5th - Art with UCC
February 6th - Winter Olympics Opening Ceremony
February 8th - Superbowl LX
February 13th - Valentine's Day Party
February 14th - Valentine's Day
February 17th - Lunar New Years



February is Black History Month & Recreation Awareness Month

