

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Winterlude Theme Week 1 2:30 ☕ Refreshments	Groundhog Day 2 9:30 ☕ Friendly Visits 10:00 ☕ Wonderful Winterlude Social 11:00 🎓 Famous Faces 1:45 🌿 Walk about Belmont 2:30 🎓 Biography: Bill Murray 3:15 ❤️ A Day at the Theatre	9:15 ❤️ Dolls and Dogs with Dignity 9:45 🕊️ Morning Prayers 10:30 🌿 Hit the Target! 1:45 ❤️ Friendly Visits 2:00 ❤️ Artistic Expressions with Sarah 3:15 🌿 Let's Build a Snowman	1:30 🌿 Winter Walks 2:30 🕊️ Memorial Service 4:00 🎓 Let's Talk: Ice Sculpting 6:30 ❤️ Movie Night 7:20 ☕ Friendly Visits	10:00 🌿 Rise and Shine 11:00 🎓 Scattergories 11:00 ❤️ Short Stories 1:15 ☕ Art with UCC Students at Belmont 2:30 🎓 Travelogue: Skating the Rideau Canal 3:00 ❤️ Fun on the Run	Winter Olympics Begin 6 9:30 🌿 Bocce 10:30 ☕ Friendly Visits 11:00 🌿 Winter Walks 1:45 ❤️ Musical Reflections 2:30 ☕ Hot Chocolate Social 3:00 ❤️ A Day at the Theatre	11:00 ❤️ Short Stories 2:30 ☕ Refreshments
Love, Friendship and Kindness Theme Week Super bowl Sunday 8 2:30 ☕ Refreshments	9:15 🌿 Rise and Shine 9:30 ❤️ Love Song Sing Along 11:00 🎓 Famous Faces 1:45 🌿 Walk about Belmont 2:30 🎓 Biography: Tommy Douglas 3:15 ❤️ Super Bowl Social	9:15 ❤️ Dolls and Dogs with Dignity 9:45 🕊️ Morning Prayers 10:30 🌿 Hit the Target! 1:15 🎓 Current Events 2:00 ❤️ Artistic Expressions with Sarah 3:15 ❤️ Television Concert	Recreation Awareness Day 11 1:30 🌿 Winter Walks 2:00 Recreation Awareness Day - Walker Cafe 2:30 ❤️ Amazing Animals: Capybara Friendliest Wild Animal 4:00 🎓 This Day in History 6:30 ❤️ Movie Night 7:20 ☕ Friendly Visits	9:30 🌿 Table Games 10:00 🌿 Artist Corner: Making Kindness Cards 11:00 ❤️ Short Stories 1:45 🎓 Table Games 2:30 ❤️ Baking 3:00 ❤️ Fun on the Run	9:30 ❤️ Artist Corner 10:30 ☕ Friendly Visits 11:00 🌿 Winter Walks 2:30 ☕ Valentines Day Party 3:00 ❤️ Television Concert	Valentine's Day 14 11:00 ❤️ Short Stories 2:30 ☕ Refreshments 2:30 🎓 Scattergories 5:00 Valentine's Day Dinner
Winter Olympics Theme Week 15 2:30 ☕ Refreshments	Family Day 16 2:00 🎓 Famous Faces	Lunar New Year Shrove Tuesday 17 9:15 ❤️ Dolls and Dogs with Dignity 9:45 🕊️ Morning Prayers 10:30 🌿 Olympic Curling 1:45 ❤️ Friendly Visits 2:00 ❤️ Artistic Expressions with Sarah 3:15 ☕ Lunar New Year Social 5:00 Lunar New Year Dinner	Ash Wednesday 18 1:30 🎓 Biography: Barbara Ann Scott, Canadian Gold Medalist 2:00 ❤️ Ash Wednesday Service (Chapel) 3:00 🕊️ Hymn Sing 4:00 🎓 Let's Talk: Olympic Ski Mountaineering 6:30 ❤️ Movie Night 7:20 ☕ Friendly Visits	9:30 🌿 Rise and Shine 10:00 ☕ Baking: Blueberry Muffins 11:00 ❤️ Short Stories 1:45 🌿 Balloon Badminton 2:30 🎓 Trivia: Winter Olympics 3:00 ❤️ Fun on the Run	9:30 🌿 Olympic Ring Toss 10:30 ☕ Friendly Visits 11:00 🌿 Winter Walks 1:45 ❤️ Musical Reflections 2:30 ☕ Hot Chocolate Social 3:00 ❤️ A Day at the Theatre	11:00 ❤️ Short Stories 2:30 ☕ Refreshments 2:30 🎓 Scattergories
Black History Theme Week 22 2:30 ☕ Refreshments	9:15 🌿 Rise and Shine 9:30 ☕ Friendly Visits 11:00 ☕ Musical Reflections: Civil Rights Songs 1:45 🌿 Walk about Belmont 2:30 🎓 Biography: Viola Desmond 3:15 🎓 Family Feud	9:15 ❤️ Dolls and Dogs with Dignity 9:45 🕊️ Morning Prayers 10:30 🌿 Hit the Target! 1:15 🎓 Current Events 2:00 ❤️ Artistic Expressions with Sarah 3:15 ❤️ Television Concert: Nat King Cole	1:30 🌿 Winter Walks 2:30 ❤️ Amazing Animals: African Elephant 3:00 🕊️ Gospel Sing 4:00 🎓 Let's Talk: Bands Inspired by Black Musicians 6:30 ❤️ Movie Night 7:20 ☕ Friendly Visits	9:30 ❤️ Short Stories by Niel Degrasse Tyson 10:00 🎓 Cranium Crunch 10:30 🎓 Bingo 1:45 🌿 Ladder Ball 2:30 🎓 Travelogue: Egypt 3:00 ❤️ Fun on the Run	9:30 ❤️ Artist Corner 10:30 ☕ Friendly Visits 11:00 🌿 Winter Walks 1:45 ❤️ Musical Reflections 2:30 ☕ Hot Chocolate Social 3:00 ❤️ Television Concert	11:00 ❤️ Short Stories 2:30 ☕ Refreshments

Recreation Coordinator: Kyle

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February Highlights
Memorial Service - 4th
Art with UCC Students - 5th
Winter Olympics Begin - 6th
Superbowl LX - 8th
Valentines Day Party - 13th
Valentines Day - 14th
Lunar New Year - 17th

February is
Black History Month!

and
Recreation Therapy Month!

