



# February 2022

## 5 West Walker Wing

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>Recreation Co-Ordinator:</b> Adrian DeRoy Holder <b>Phone Number:</b> (416) 964-9231 ext. 217 <b>Email:</b> adholder@belmonthouse.com		<b>Lunar New Year 1</b> 1:15 📺 Sensory Stimulation Cart 2:00 📖 Famous Faces: Mo Yan 3:00 ❤️ Green Thumbs 6:00 ❤️ Short Stories 6:30 ❤️ Artsy Colouring 7:30 📺 Fun on the Run Activity Trolley	<b>Groundhog Day 2</b> 10:00 📺 Move and Groove 10:30 📖 Amazing Animals: Groundhog 11:30 📺 Friendly Visits 3:00 ❤️ Sing Along 3:15 ❤️ Phone a Friend	9:15 ❤️ Phone a Friend 10:00 📺 Gentle Yoga Practice 10:30 📖 News and Views 11:30 ❤️ Tea for Two 2:30 📖 Trivia 3:00 ❤️ Movie Matinee 3:15 📺 Friendly Visits	<b>Beijing Winter Olympics Start 4</b> 10:00 📺 Move and Groove 10:30 📖 Weather Watcher 11:00 ❤️ Tea for Two 2:30 📺 Winter Treats Social 3:00 ❤️ Sounds of Winter 3:30 📺 Green Thumbs	10:30 📖 Trivia 2:30 📺 Tea Social	
2:30 📺 Tea Social	<b>7</b> 8:45 ❤️ Dolls and Dogs 9:30 📺 Morning Stretch 9:45 📖 Morning Prayers 10:30 📺 Name that Tune 2:00 📖 Bingo 3:00 ❤️ Nail Salon 3:30 📺 Tea for Two	<b>8</b> 1:15 📺 Sensory Stimulation Cart 2:00 📖 Famous Faces: Charles Dickens 2:30 📖 Around The World 3:00 ❤️ Green Thumbs 6:00 ❤️ Short Stories 6:30 ❤️ Artsy Colouring 7:30 📺 Fun on the Run Activity Trolley	<b>9</b> 10:00 📺 Move and Groove 10:30 📖 Amazing Animals: Beagle 11:30 📺 Friendly Visits 2:30 📺 Chocolate Kisses 3:00 ❤️ Sing Along 3:15 ❤️ Phone a Friend	<b>10</b> 9:15 ❤️ Phone a Friend 10:00 📺 Gentle Yoga Practice 10:30 📖 News and Views 11:30 ❤️ Tea for Two 2:30 📖 Trivia 3:00 ❤️ Movie Matinee 3:15 📺 Friendly Visits	<b>11</b> 10:00 📺 Move and Groove 10:30 📖 Weather Watcher 11:00 ❤️ Tea for Two 2:30 📺 Winter Treats Social 3:00 ❤️ Sounds of Winter 3:30 📺 Green Thumbs	10:30 📖 Trivia 2:30 📺 Tea Social	
<b>Superbowl Sunday 13</b> 2:30 📺 Tea Social	<b>Valentine's Day 14</b> 8:45 ❤️ Dolls and Dogs 9:30 📺 Morning Stretch 9:45 📖 Morning Prayers 10:30 ❤️ Valentine's Day Hearts Craft 2:30 📺 Valentine's Day Social 3:30 📺 Tea for Two 5:00 Valentine's Day Dinner	<b>15</b> 1:15 📺 Sensory Stimulation Cart 2:00 📖 Famous Faces: Galileo Galilei 3:00 ❤️ Green Thumbs 6:00 ❤️ Short Stories 6:30 ❤️ Artsy Colouring 7:30 📺 Fun on the Run Activity Trolley	<b>16</b> 10:00 📺 Move and Groove 10:30 📖 Amazing Animals: Bear 11:30 📺 Friendly Visits 3:00 ❤️ Sing Along 3:15 ❤️ Phone a Friend	<b>17</b> 9:15 ❤️ Phone a Friend 10:00 📺 Gentle Yoga Practice 10:30 📖 News and Views 11:30 ❤️ Tea for Two 2:30 📖 Trivia 3:00 ❤️ Movie Matinee 3:15 📺 Friendly Visits	<b>18</b> 10:00 📺 Move and Groove 10:30 📖 Weather Watcher 11:00 ❤️ Tea for Two 2:30 📺 Winter Treats Social 3:00 ❤️ Sounds of Winter 3:30 📺 Green Thumbs	10:30 📖 Trivia 2:30 📺 Tea Social	
<b>Olympics Ends 20</b> 2:30 📺 Tea Social	<b>Family Day 21</b> 8:45 ❤️ Dolls and Dogs 9:30 📺 Morning Stretch 9:45 📖 Morning Prayers 10:30 📺 Name that Tune 2:00 📖 Bingo 3:00 ❤️ Nail Salon 3:30 📺 Tea for Two	<b>22</b> 1:15 📺 Sensory Stimulation Cart 2:00 📖 Famous Faces: Elizabeth Taylor 2:30 📖 Around The World 3:00 ❤️ Green Thumbs 6:00 ❤️ Short Stories 6:30 ❤️ Artsy Colouring 7:30 📺 Fun on the Run Activity Trolley	<b>23</b> 10:00 📺 Move and Groove 10:30 📖 Amazing Animals: Penguin 11:30 📺 Friendly Visits 2:30 📺 Cherry Pie Social 3:00 ❤️ Sing Along 3:15 ❤️ Phone a Friend	<b>24</b> 9:15 ❤️ Phone a Friend 10:00 📺 Gentle Yoga Practice 10:30 📖 News and Views 11:30 ❤️ Tea for Two 2:30 📖 Guyana Independence 3:00 ❤️ Movie Matinee 3:15 📺 Friendly Visits	<b>25</b> 10:00 📺 Move and Groove 10:30 📖 Weather Watcher 11:00 ❤️ Tea for Two 2:30 📺 Winter Treats Social 3:00 ❤️ Sounds of Winter 3:30 📺 Green Thumbs	10:00 📺 Move and Groove 10:30 📖 Trivia 2:30 📺 Tea Social	
2:30 📺 Tea Social	<b>27</b> 8:45 ❤️ Dolls and Dogs 9:30 📺 Morning Stretch 9:45 📖 Morning Prayers 10:30 📺 Name that Tune 2:00 📖 Bingo 3:00 ❤️ Nail Salon 3:30 📺 Tea for Two				<b>February Highlights</b> <b>Black History Month</b> 2nd - Groundhog Day 4th - Start of the Olympics 14th - Valentine's Day 21st - Family Day		