

| Sunday                                                                                                                                                                                                                                                                                                                                                                                            | Monday                                                                                                                                                                                                                                                                                                                                                                                                                                          | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                     | Wednesday                                                                                                                                                                                                                                                                                                                                          | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                | Friday                                                                                                                                                                                                                                                                                               | Saturday                                                                                                                                                                                                                                                |
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|  <p><b>Foot Care Service with Gulpinder (Sign-up at Reception)</b> <b>7</b></p> <p><b>Weekly Puzzle Package Available at Reception (Pick-up)</b></p> <p>10:30 ☺ Easy Listening Music Hour [L]</p> <p>2:00 🧠 Afternoon Documentary: "Becoming" [GR]</p> <p>6:30 ☺ <b>Sunday Movie Night: "Just Mercy" [GR]</b></p> | <p>10:00 🧘 <b>Morning Yoga Video - Maximum 6 Participants (Sign-up at Reception) [L]</b> <b>1</b></p> <p>10:45 🧠 <b>Fit Minds [AR]</b></p> <p>2:15 ☺ <b>Monday Movie Matinee: "Ride Like a Girl" [GR]</b></p> <p>3:00 ☺ Adult Colouring Hour [PDR]</p> <p>6:15 🧘 Tea &amp; Reminiscing with Thea [L]</p>                                                                                                                                        | <p><b>Groundhog Day</b> <b>2</b></p> <p>10:00 🧘 <b>Tai Chi Video - Maximum 6 participants (Sign-up at Reception) [GR]</b></p> <p>10:45 ☺ Name that Tune [L]</p> <p>2:00 🧠 <b>Meet Me @ The MoMa Lecture: "Shuvina Ashoon" [AR]</b></p> <p>2:30 🧘 <b>Go4Life Walking Club - Maximum 6 Participants (Sign-up at Reception) [L]</b></p> <p>6:15 🧠 Mad Gab Game Night [L]</p>                                                                   | <p>10:00 🧘 <b>Morning Yoga Video - Maximum 6 Participants (Sign-up at Reception) [L]</b> <b>3</b></p> <p>10:45 🧠 <b>Blurt! [L]</b></p> <p>2:15 🧠 <b>BINGO! [GR]</b></p> <p>3:45 🧠 <b>TED Talk Presentation &amp; Discussion: "Mentalism, mind reading and the art of getting inside your head" [GR]</b></p> <p>6:15 🧠 Brain Games with JP! [L]</p> | <p>10:00 🧘 <b>Tai Chi Video - Maximum 6 participants (Sign-up at Reception) [GR]</b> <b>4</b></p> <p>11:00 ☺ <b>Travelogue: "25 Most Beautiful Destinations in America" [GR]</b></p> <p>2:30 🧘 <b>Go4Life Walking Club - Maximum 6 Participants (Sign-up at Reception) [L]</b></p> <p>3:00 🧠 <b>Living Loving Local Social: Carrot Themed (Sign-up at Reception) [DR]</b></p> <p>6:15 🧠 Group Trivia! [L]</p>                           | <p>10:00 ☺ <b>Morning Meditation Session [GR]</b> <b>5</b></p> <p>10:30 ☺ <b>Java Music Club [GR]</b></p> <p>2:15 ☺ <b>Friday Afternoon Entertainment: "Abba: Super Troupe"</b></p> <p>6:30 ☺ <b>Popcorn &amp; A Movie Night: "Ford Vs. Ferrari" [GR]</b></p>                                        | <p><b>New Scattergories Sheet Available at Reception (Pick-up)</b> <b>6</b></p> <p>10:30 🧠 Granville Knitting Club [AR]</p> <p>2:30 🧘 <b>Go4Life Walking Club (Self Run)</b></p> <p>6:30 ☺ <b>Classic Movie Night: "A League of Their Own" [GR]</b></p> |
| <p><b>Valentine's Day</b> <b>14</b></p> <p><b>Wear Pink, Red, or White today!</b></p> <p><b>Weekly Puzzle Package Available at Reception (Pick-up)</b></p> <p>10:30 ☺ Easy Listening Music Hour [L]</p> <p>11:00 ☺ <b>Valentines Day Delivery Cart</b></p> <p>2:00 ☺ <b>Valentines Day Matinee Movie: "Valentines Day" [GR]</b></p> <p>6:30 ☺ <b>Sunday Movie Night: "The Notebook" [GR]</b></p>  | <p><b>Family Day</b> <b>15</b></p> <p>10:00 🧘 <b>Morning Yoga Video - Maximum 6 Participants (Sign-up at Reception) [L]</b></p> <p>10:45 🧠 <b>Fit Minds [AR]</b></p> <p>2:15 ☺ <b>Monday Movie Matinee: "Dumplin'" [GR]</b></p> <p>3:00 ☺ Adult Colouring Hour [PDR]</p> <p>6:15 🧘 Tea &amp; Reminiscing with Thea [L]</p>                                                                                                                      | <p>10:00 🧘 <b>Tai Chi Video - Maximum 6 participants (Sign-up at Reception) [GR]</b> <b>16</b></p> <p>10:45 ☺ Name that Tune [L]</p> <p>2:30 🧠 <b>Chinese New Year Curbside Marketing Event</b></p> <p>2:00 🧠 <b>Meet Me @ The MoMa Lecture: "William Kurelek - In the Autumn of Life 1964" [AR]</b></p> <p>2:30 🧘 <b>Go4Life Walking Club - Maximum 6 Participants (Sign-up at Reception) [L]</b></p> <p>6:15 🧠 Mad Gab Game Night [L]</p> | <p>10:00 🧘 <b>Morning Yoga Video - Maximum 6 Participants (Sign-up at Reception) [L]</b> <b>17</b></p> <p>10:45 🧠 <b>Blurt! [L]</b></p> <p>2:15 🧠 <b>BINGO! [GR]</b></p> <p>3:45 🧠 <b>TED Talk Presentation &amp; Discussion: "How I Made Friends with Reality" [GR]</b></p> <p>6:15 🧠 Brain Games with JP! [L]</p>                                | <p>10:00 🧘 <b>Tai Chi Video - Maximum 6 participants (Sign-up at Reception) [GR]</b> <b>18</b></p> <p>11:00 ☺ <b>Travelogue: "Rick Steve's - Oslo" [GR]</b></p> <p>2:30 🧘 <b>Go4Life Walking Club - Maximum 6 Participants (Sign-up at Reception) [L]</b></p> <p>3:00 🧠 <b>Culinary Demonstration with Chef Michael (Sign-up at Reception) [GR]</b></p> <p>6:15 🧠 Group Trivia! [L]</p>                                                 | <p>10:00 ☺ <b>Morning Meditation Session [GR]</b> <b>19</b></p> <p>10:30 ☺ <b>Java Music Club [GR]</b></p> <p>2:15 ☺ <b>Friday Afternoon Entertainment: "Cher: Life in the Spotlight"</b></p> <p>6:30 ☺ <b>Popcorn &amp; A Movie Night: "Bombshell" [GR]</b></p>                                     | <p><b>New Scattergories Sheet Available at Reception (Pick-up)</b> <b>20</b></p> <p>10:30 🧠 Granville Knitting Club [AR]</p> <p>2:30 🧘 <b>Go4Life Walking Club (Self Run)</b></p> <p>6:30 ☺ <b>Classic Movie Night: "Goldfinger" [GR]</b></p>           |
| <p><b>Weekly Puzzle Package Available at Reception (Pick-up)</b> <b>21</b></p> <p>10:30 ☺ Easy Listening Music Hour [L]</p> <p>2:00 🧠 Afternoon Documentary: "Betty White - The First Lady of Television" [GR]</p> <p>6:30 ☺ <b>Sunday Movie Night: "Holiday in the Wild" [GR]</b></p>                                                                                                            | <p>10:00 🧘 <b>Morning Yoga Video - Maximum 6 Participants (Sign-up at Reception) [L]</b> <b>22</b></p> <p>10:45 🧠 <b>Fit Minds [AR]</b></p> <p>2:15 ☺ <b>Monday Movie Matinee: "On the Basis of Sex" [GR]</b></p> <p>3:00 ☺ Adult Colouring Hour [PDR]</p> <p>6:15 🧘 Tea &amp; Reminiscing with Thea [L]</p>                                                                                                                                    | <p>10:00 🧘 <b>Tai Chi Video - Maximum 6 participants (Sign-up at Reception) [GR]</b> <b>23</b></p> <p>10:45 ☺ Name that Tune [L]</p> <p>2:00 🧠 <b>Meet Me @ The MoMa Painting Session [AR]</b></p> <p>2:30 🧠 <b>Wellness Clinic with Christopher (Sign-up at Reception) [GR]</b></p> <p>2:30 🧘 <b>Go4Life Walking Club - Maximum 6 Participants (Sign-up at Reception) [L]</b></p> <p>6:15 🧠 Mad Gab Game Night [L]</p>                     | <p>10:00 🧘 <b>Morning Yoga Video - Maximum 6 Participants (Sign-up at Reception) [L]</b> <b>24</b></p> <p>11:00 🧠 Rhyming Riddles [L]</p> <p>2:15 🧠 <b>BINGO! [GR]</b></p> <p>3:45 🧠 <b>TED Talk Presentation &amp; Discussion: "The Best Kindergarten You've Ever Seen" [GR]</b></p> <p>6:15 🧠 Brain Games with JP! [L]</p>                       | <p>10:00 🧘 <b>Tai Chi Video - Maximum 6 participants (Sign-up at Reception) [GR]</b> <b>25</b></p> <p>11:00 ☺ <b>Travelogue: "Rick Steve's - Norway's West: Fjords, Mountains, and Bergen" [GR]</b></p> <p>2:30 🧘 <b>Go4Life Walking Club - Maximum 6 Participants (Sign-up at Reception) [L]</b></p> <p>3:00 🧠 <b>"AMERICAN DIRT" Book Club Meeting with Jennifer (Sign-up at Reception) [PDR]</b></p> <p>6:15 🧠 Group Trivia! [L]</p> | <p>10:00 ☺ <b>Morning Meditation Session [GR]</b> <b>26</b></p> <p>10:30 ☺ <b>Java Music Club [GR]</b></p> <p>2:15 ☺ <b>Friday Afternoon Entertainment: "Once Were Brothers: Robbie Robertson &amp; The Band" [GR]</b></p> <p>6:30 ☺ <b>Popcorn &amp; A Movie Night: "Saving Mr. Banks" [GR]</b></p> | <p><b>New Scattergories Sheet Available at Reception (Pick-up)</b> <b>27</b></p> <p>10:30 🧠 Granville Knitting Club [AR]</p> <p>2:30 🧘 <b>Go4Life Walking Club (Self Run)</b></p> <p>6:30 ☺ <b>Classic Movie Night: "National Treasure" [GR]</b></p>    |
| <p><b>Weekly Puzzle Package Available at Reception (Pick-up)</b> <b>28</b></p> <p>10:30 ☺ Easy Listening Music Hour [L]</p> <p>2:00 🧠 Afternoon Documentary: "I am Jackie O" [GR]</p> <p>6:30 ☺ <b>Sunday Movie Night: "27 Dresses" [GR]</b></p>                                                                                                                                                  |   <p><b>FEBRUARY</b></p> <p>"Winter, a lingering season, is a time to gather golden moments, embark upon a sentimental journey, and enjoy every idle hour."<br/>— John Boswell</p>  |                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                         |