

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# February 2018 Programs & Services for Heritage Trail



4  
10:00 Mass

5  
9:45 Tuck Shop Visits (HT)  
1:15 Fall Prevention Exercises (HT)  
3:00 Guitar Circle with Aidan (RG)  
**No Monday Manicure's**

6  
9:30 Mass  
9:45 Walk n Talk (HT)  
1:45 Giant Crossword Puzzle (RG)  
2:00 Bingo (A)

7  
9:30 Mass  
1:15 Fall Prevention Exercises (HT)  
1:30 Piano Gather with Krishanthi (RG)  
6:30 Dart Games (RG)

8  
9:30 Mass  
10:30 Knit & Chat (CnL)  
1:45 Valentine's Card Making (RG)

9 **Mardi Gras Begins**  
9:30 Mass  
10:30 Anglican Service  
1:15 Fall Prevention Exercises (HT)

10  
9:30 Mass  
9:45 Aromatherapy (HT)  
10:30 Anglican Service  
1:45 Jeopardy (RG)

11  
9:45 Tuck Shop Visits (HT)  
10:00 Mass  
1:45 Hangman (RG)

12  
9:45 Friendly Visits (HT)  
1:15 Fall Prevention Exercises (HT)  
3:00 Piano Gather with Levon (RG)  
6:00 Monday Manicures (CnL)

13 **Pancake Tuesday**  
9:30 Mass  
**\*2:00 Chocolate Kisses Bingo (A)\***  
**6:30 Men's Club (CnL)**

14 **Happy Valentine's Day**  
9:30 Mass  
1:15 Fall Prevention Exercises (HT)  
1:45 Valentine's Day Tea (RG)  
**\*2:00 Resident's Council (A)\***

15  
9:30 Mass  
10:30 Knit & Chat (CnL)  
**\*2:00 Monthly Auction (A)\***  
3:00 Card Bingo (RG)

16 **Chinese New Year**  
9:30 Mass  
9:45 Puzzles/Board Games (HT)  
10:30 Presbyterian Service  
1:15 Fall Prevention Exercises (HT)  
**\*2:30 Celebrating TR Week (CnL)\***

17  
9:30 Mass

18  
10:00 Mass

19 **Family Day Holiday**  
9:45 Aromatherapy (HT)  
1:45 Jeopardy (RG)  
**No Monday Manicure's**

20  
9:30 Mass  
9:45 Tuck Shop Visits (HT)  
**12:00 Diner's Club (A)**  
2:00 Bingo (A)

21  
9:30 Mass  
1:15 Fall Prevention Exercises (HT)  
3:00 Live Music with Paula (RG)

22  
9:30 Mass  
10:30 Knit & Chat (CnL)  
**2:15 Pottery Group (A)**

23  
9:30 Mass  
10:30 Baptist Service  
1:15 Fall Prevention Exercises (HT)  
**\*2:00 Monthly Auction (A)\***

24  
9:30 Mass  
9:45 Walk n Talk (HT)  
1:45 Tricky Trivia (RG)

## Therapeutic Recreation Awareness Week 2018 Theme: Transforming Lives Together

25  
9:45 Aromatherapy (HT)  
10:00 Mass

26  
9:45 Friendly Visits (HT)  
1:15 Fall Prevention Exercises (HT)  
2:00 Afternoon Tea (RG)  
6:00 Monday Manicures (CnL)

27  
9:30 Mass  
2:00 Bingo (A)  
**6:30 Men's Club (CnL)**

28  
9:30 Mass  
1:15 Fall Prevention Exercises (HT)  
**\*6:15 Board Games Night with MAC Students (CnL)\***

**Calendar Legend:** A = Auditorium, 1st Floor // Cafe = 1st Floor  
CnL = Conservatory Lounge, 1st Floor // \* = Independent Program  
RG = Rose Garden, 2nd Floor // HT = Heritage Trail, 2nd Floor  
**\*Please Note: Programs may be subject to change\***  
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