






# February 2025



## 2 West Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> 10:30am Church Service - MPR
<b>2</b> 10:30am Residents Choice (TV) - TV2W 2:30pm 1:1 - V 2W 	<b>3</b> 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Tai Chi with Gina - MPR 2:30pm Resident Sing-a-Long - TV2W	<b>4</b> 9:30am Oldies Tunes/Music Appreciation - TV2W 10:30am 1:1 - V 2W 2:30pm Lovable Companions (Pet Therapy) - AR2W 2:30pm Residents Choice (TV) - TV2W	<b>5</b> 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Church Service with Chaplain Jake - MPR 2:30pm Community Bingo Club - MPR	<b>6</b> 10:30am 1:1 Puzzles - V 2W 10:30am Armchair Travel - TV2W 2:00pm Movie - MPR 2:30pm Residents Choice (TV) - TV2W	<b>7</b> 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Bingo - AR2W 2:00pm Spiritual Songs - TV2W 2:30pm Jewish Service - MPR	<b>8</b> 10:30am Church Service - MPR
<b>9</b> 10:30am Residents Choice (TV) - TV2W 2:30pm 1:1 - V 2W 	<b>10</b> 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Adapted Dance with Riki - MPR 2:30pm Resident Sing-a-Long - TV2W	<b>11</b> 9:30am Oldies Tunes/Music Appreciation - TV2W 10:30am 1:1 - V 2W 2:30pm Lovable Companions (Pet Therapy) - AR2W 2:30pm Residents Choice (TV) - TV2W	<b>12</b> 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Church Service with Chaplain Jake - MPR 2:00pm Valentine's Day Tea Social - MPR	<b>13</b> 10:30am 1:1 Puzzles - V 2W 10:30am Armchair Travel - TV2W 2:30pm Live Entertainment - Harmony Duet - MPR 2:30pm Residents Choice (TV) - TV2W	<b>14</b> <b>VALENTINE'S DAY</b> 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Bingo - AR2W 2:00pm Spiritual Songs - TV2W 2:30pm Jewish Service - MPR	<b>15</b> 10:30am Church Service - MPR
<b>16</b> 10:30am Residents Choice (TV) - TV2W 2:30pm 1:1 - V 2W 	<b>17</b> 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Tai Chi with Gina - MPR 2:00pm Family Day Hot Chocolate Social - MPR 2:30pm Resident Sing-a-Long - TV2W	<b>18</b> 9:30am Oldies Tunes/Music Appreciation - TV2W 10:30am 1:1 - V 2W 2:30pm Lovable Companions (Pet Therapy) - AR2W 2:30pm Residents Choice (TV) - TV2W	<b>19</b> 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Church Service with Chaplain Jake - MPR 2:30pm Board Games Bonanza - MPR	<b>20</b> 10:30am 1:1 Puzzles - V 2W 10:30am Armchair Travel - TV2W 2:00pm Pet Therapy - Hands on Exotic - V 2:30pm Residents Choice (TV) - TV2W	<b>21</b> 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Bingo - AR2W 2:00pm Spiritual Songs - TV2W 2:30pm Jewish Service - MPR	<b>22</b> 10:30am Church Service - MPR
<b>23</b> 10:30am Residents Choice (TV) - TV2W 2:30pm 1:1 - V 2W 	<b>24</b> 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Adapted Dance with Riki - MPR 2:00pm Residents' Council - MPR 2:30pm Resident Sing-a-Long - TV2W	<b>25</b> 9:30am Oldies Tunes/Music Appreciation - TV2W 10:30am 1:1 - V 2W 2:30pm Lovable Companions (Pet Therapy) - AR2W 2:30pm Residents Choice (TV) - TV2W	<b>26</b> 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Church Service with Chaplain Jake - MPR 2:30pm Birthday Party - MPR 	<b>27</b> <b>Provincial Election Day</b> 10:30am 1:1 Puzzles - V 2W 10:30am Armchair Travel - TV2W 2:30pm Live Entertainment - Shannon Graham - MPR 2:30pm Residents Choice (TV) - TV2W	<b>28</b> 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Bingo - AR2W 2:00pm Spiritual Songs - TV2W 2:30pm Jewish Service - MPR	

AR2W - Activity Room 2W

MPR - Multi-Purpose Room

TV2W - TV Room 2W

V - Varied

V 2W - Varied 2W