

160 Wellesley Street East, Toronto, ON M4Y 1J2

| Sunday  | Monday  | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday   |
|---|---|--|---|---|---|--|
|   | <b>1</b><br>9:30 - Weekly Bingo - All<br>2:00 - Reality Orientation: Hello February! - All<br>6:30 - Snoezelen SPA - 4EA<br><b>Face to Family - 2nd FL</b><br><br><b>Family Council - 7:00pm</b>  | <b>2</b><br>10:00 - Coffee & Conversation-TV3<br>11:00 - Listen & Learn: Vivaldi - TV3<br>2:00 - Birthday Celebration - 3W<br>2:00 - Birthday Celebration - 2W<br>2:30 - Groundhog News! - 3E<br>2:30 - Black History Month Quiz - 4WA<br>4:15 - Gentle Chair Yoga - 4EA<br>7:00 - 1:1 Bedtime Prayers - 4th fl<br><b>Happy Birthday Gail R!</b><br><b>Happy Birthday Sheila S!</b><br><b>Face to Family - 4th FL</b><br><b>Ground Hog Day</b>           | <b>3</b><br>10:30 - 1:1 iPad Fun! - 2E<br>1:30 - Intro to Weaving-3ED<br>2:00 - Birthday Celebration - 3W<br>2:15 - Black History Month Movie: Hidden Figures - TV3<br>2:30 - 1:1 Balloon Tennis - 2WD<br>6:30 - My Wishes - All<br><b>Happy Birthday Vijay S. !</b><br><b>Face to Family - 2nd &amp; 3rd FL</b>  | <b>4</b><br>2:00 - Smile Theatre - All<br>4:00 - Seated Exercise - 2WD<br>6:30 - 1:1 Short Story Reading - 2E<br><b>Face to Family - 4th FL</b>   | <b>5</b><br>9:30 - Breakfast Bingo - 4th fl<br>10:00 - Fashion Friday: All About Mods - 3ED<br>2:00 - Black History Month: Name That Person! - 2EA<br>2:00 - Friendly Virtual Visits: Meet Maxine from GBC! - 3W<br>2:00 - Friendly Virtual Visits: Meet Emily from GBC! - 4W<br>3:30 - Chair Boxing - 3WD<br>3:30 - Seated Ballet - 4ED<br>4:00 - 1:1 Music Appreciation - 2W<br>6:30 - Sensory Therapy - 2W<br><b>Face to Family - 3rd FL</b> | <b>6</b><br>9:30 - 1:1 Stretches - 4W<br>9:30 - 1:1 Sensory Therapy: Sparkling Water Bottles - 3E<br>10:00 - Reality Orientation: Winter - 4E<br>11:00 - Virtual Outing: Tour of Nasa - 3W<br>2:00 - 1:1 Montessori - 4W<br>2:00 - Canadian Black History Month Discussion - 3WD |
| <b>7</b><br>9:00 - Virtual Mass - 3ED<br>10:00 - 1:1 Virtual Mass - 4E<br>10:30 - Hymns & Prayers - 4W<br>11:00 - 1:1 Stretches - 3W<br>2:00 - Superbowl Sunday Fun! - All  | <b>8</b><br>9:30 - Weekly Bingo - All<br>11:00 - Light Weight Lifting - 2W<br>1:30 - Seated Exercise - 3WD<br>2:00 - Birthday Celebration - 2W<br>2:30 - LGBTQ: Trailblazers - 2EA<br>4:00 - Colour Club - 3EA<br>6:30 - Night Owls Cart - 3rd fl<br><b>Happy Birthday Andrew B!</b><br><b>Face to Family - 2nd FL</b>  | <b>9</b><br>9:30 - 1:1 Stretches - 2E<br><b>10:30 - Residents' Council - C</b><br>1:00 - Birthday Celebration - 4W<br>1:30 - Powerful Podcasts - 2E<br>2:00 - Birthday Celebration - 3W<br>2:30 - Dear Pen Pal: Valentine's Day Letters - 4ED<br>3:00 - Virtual Outing: Rom Exhibits - 2W<br>6:00 - Black History Month Movie: The Butler - 4WA<br><b>Happy Birthday Daniel K.!</b><br><b>Happy Birthday Carmen M!</b><br><b>Face to Family - 4th FL</b> | <b>10</b><br>10:30 - Virtual Pet Therapy - All<br>11:00 - Pen Pals: Valentine's Day Letters - 3EA<br>2:00 - Birthday Celebration - 2E<br>2:00 - Discussion Group: Chinese Zodiac Personality Traits - 4WA<br>2:00 - Movie: Belle - TV3<br>2:30 - Montessori - 2E<br>4:15 - Walking Club - 2W<br>6:30 - Mindful Meditation - 2W<br><b>Happy Birthday Patricia W!</b><br><b>Face to Family - 2nd &amp; 3rd FL</b>           | <b>11</b><br>9:00 - Coffee & Conversation - 3EA<br>11:15 - LGBTQ2s+: Name That Famous Couple! - 3WD<br>2:00 - Smile Theatre - All<br>4:30 - Music Appreciation - 2EA<br>6:30 - 1:1 Evening Reading - TV2<br><b>Face to Family - 4th FL</b>  | <b>12</b><br>1:00 - Moon Cake Cart - 3rd fl<br>2:00 - Fashion Fridays: Chinese Fashion - 3ED<br>6:30 - Night time Stretches - 3W<br><b>Face to Family - 3rd FL</b><br><b>Chinese New Year!</b>  | <b>13</b><br>10:15 - Seated Exercise - 2WD<br>2:30 - Valentine's Day Craft - 2WA<br>3:30 - 1:1 Ball Toss - 2E  |
| <b>14</b><br>10:15 - Hallway Hymn Sing - 2nd fl<br>2:00 - Birthday Celebration - 4E<br>2:30 - Reminiscing: Your Love Story - 2E<br>3:30 - 1:1 Bedside Therapy - 2W<br><b>Happy Birthday Gerald L!</b><br><b>Valentines Day</b>        | <b>15</b><br>9:30 - Weekly Bingo - All<br>10:00 - Puzzling Creations - TV3<br>1:30 - Mardi Gras: Zydeco - 3ED<br>2:00 - Family Feud - 4EA<br>3:30 - 1:1 Reading - 3E<br>4:15 - Afternoon Stretches - 4W<br>6:00 - 1:1 Hand Massages - 4th fl<br><b>Face to Family - 2nd FL</b><br><b>Family Day</b>   | <b>16</b><br>10:00 - Mardi Gras Masks - 3WD<br>2:00 - Make Your Own Pancakes - 4WD<br>2:00 - Mardi Gras Snacks! - 3rd fl<br>4:15 - What is Mardi Gras? - 4WA<br>6:00 - Mardi Gras Inspired Sensory Kit - 4E<br><b>Face to Family - 4th FL</b>  | <b>17</b><br>10:30 - Light Weight Lifting - 2W<br>2:00 - Movie: Guess Who's Coming to Dinner - TV3<br>2:30 - Seated Dancing - 2ED<br>3:00 - Learning to Weave - 3EA<br>6:30 - My Wishes - All<br><b>Face to Family - 2nd &amp; 3rd FL</b>   | <b>18</b><br>9:30 - Chatelaine Mornings - 4W<br>2:00 - Smile Theatre - All<br>3:15 - Friendly Virtual Visits with Emily! - 4E<br>4:15 - Words of wisdom - TV2<br>6:30 - Podcasts: This day in History - 2E<br><b>Face to Family - 4th FL</b>  | <b>19</b><br>9:30 - Friendly Virtual Visits with Maxine! - 3W<br>9:30 - 1960's Hits Bingo - 4th fl<br>10:30 - Fashion Fridays: Afro-American Influence - 3ED<br>2:00 - Prize Walk - 4E<br>2:00 - Food Feature: Sweet Potato - 3ED<br>2:30 - Feel good music - 2WA<br>3:30 - Virtual Pioneer Village - Outi<br>6:30 - 1:1 Bedside Therapy - 2E<br><b>Face to Family - 3rd FL</b>   | <b>20</b><br>9:30 - 1:1 Garden Maintenance - 4th fl<br>10:30 - Travelogue:Venice - 3W<br>11:00 - Morning Strolls - 4th fl<br>2:00 - Gondola Picture Frame - 3EA<br>2:00 - Virtual Tour: Toronto to Vancouver by VIA Train-4WD  |
| <b>21</b><br>9:00 - Virtual Mass - 3ED<br>10:00 - 1:1 Virtual Mass - 4E<br>10:30 - Hymns & Prayers - 4W<br>11:00 - Light Weight Lifting - 3W<br>2:00 - Mindful Meditation - TV3<br>2:00 - Lost in Translation: Funny menu Items - 4WD | <b>22</b><br>9:30 - Weekly Bingo - All<br>10:30 - Seated Exercise - 2ED<br>2:00 - Birthday Celebration - 3W<br>2:00 - Birthday Celebration - 4E<br>2:30 - Painting to Music - 2WA<br>3:30 - Hallway Strolls - 3E<br>6:30 - Night Owls Sleep Cart - 3rd fl<br><b>Happy Birthday Gregory Fraser!</b><br><b>Happy Birthday George N!</b><br><b>Face to Family - 2nd FL</b> | <b>23</b><br>10:30 - Balloon Tennis - 2WD<br>11:00 - Calendar Committee - All<br>2:00 - Bling Bling Snowflake Craft - 4ED<br>2:30 - Word Games - 2EA<br>4:15 - Gentle Chair Yoga - 4EA<br>6:00 - Black History Month Movie: Glory - 4WA<br><b>Lunch Club: Mandarin</b><br><b>*Sign Up Required</b><br><b>Face to Family - 4th FL</b>   | <b>24</b><br>9:30 - 1:1 Stretches - 4E<br>10:30 - Virtual Pet Therapy - All<br>2:00 - Birthday Celebration - 2E<br>2:00 - LGBTQ Movie Matinee: The Birdcage - TV4<br>2:00 - Movie: The Equalizer - TV3<br>2:30 - Let's Talk Politics - 2WD<br>4:00 - Montessori with Maria - 2E<br>6:30 - The Best Poems by African-American poets. - TV2<br><b>Happy Birthday Leonida F!</b><br><b>Face to Family - 2nd &amp; 3rd FL</b> | <b>25</b><br><b>Cultural Day: Cuba</b><br>9:30 - Chatelaine Mornings: Making Arroz con Leche - 4E<br>9:30 - Chair Salsa Dancing - 3ED<br>2:00 - Drumming & Storytelling-3ED<br>2:00 - Smile Theatre - All<br>2:15 - Birthday Celebration - 2E<br>3:45 - Taste of Cuba! - 2ED<br>6:30 - Virtual Outing: Havana Cuba - 2WD<br><b>Happy Birthday Sydney O!</b><br><b>Face to Family - 4th FL</b> | <b>26</b><br>9:30 - Breakfast Bingo - 4th fl<br>1:00 - TIFF Digital Seniors Film Fridays Discussion - All<br>1:30 - LGBTQ Icon: Sylvester-3WD<br>2:00 - Balloon Tennis - 4WD<br>2:45 - Friendly Virtual Visits with Maxine! - 3E<br>3:30 - Fashion Fridays- Disco - 3ED<br>3:30 - Friendly Virtual Visits with Emily! - 4E<br>6:15 - Disco Dance Party - 3WD<br><b>Face to Family - 3rd FL</b>  | <b>27</b><br>10:15 - Seated Exercise - 2WD<br>2:00 - Discussion: Inventions in Medicine - 2EA<br>3:45 - Coffee Delivery - 2ED  |
| <b>28</b><br>10:15 - Hallway Hymn Sing - 2nd fl<br>2:30 - A. Rieu Concert - 2WA<br>4:00 - News Review - 2EA   |   |  |   |   |   |  |

2EA - Activity Room 2E  
3EA - Activity Room 3E  
4ED - Dining Room 4E  
Outi - Outings

2ED - Dining Room 2E  
3ED - Dining Room 3E  
4WA - Activity Room 4W  
TV2 - TV Lounge 2W

2W - 1:1 Resident Rooms  
3W - 1:1 Resident Room  
4WD - Dining Room 4W  
TV3 - TV Lounge 3W

2WA - Activity Room 2W  
3WD - Dining Room 3W  
All - All  
TV4 - TV Lounge 4W

2WD - Dining Room 2W  
4EA - Activity Room 4E  
C - Chapel/Community Room