

Megan and Alisha are your Recreation Coordinators, please reach out if you have any questions or program ideas. All programs are subject to change at anytime.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:15am Hymn Sing - Chap 1:00pm Bulldogs Game in Brantford - V 2:00pm Active Games - HWDR 3:30pm Manicures and Coffee - HWDR 6:30pm Who Am I? - HWDR	2 9:15am Body Balance - HWDR 1:15pm Friendly Visits - HWDR 2:30pm Bingo - HWDR 4:00pm Coloring - HWDR 6:30pm Noodle Hockey - HWDR	3 1:30pm Walk & Talk - HWDR 2:30pm Birthday Party with Jack Coulson - V 4:00pm You Be The Judge! - HWDR	4 10:15am Seated Yoga - HWDR 2:00pm Catholic Church Service - Chap 3:45pm Hand Massages - RR 4:00pm Ring Toss - HWDR 6:30pm Readers Corner - HWDR	5 10:30am Exercise with Meg! - HWDR 2:00pm Catholic Church Service - Chap 3:45pm Hand Massages - RR 4:00pm Ring Toss - HWDR 6:30pm Readers Corner - HWDR	6 10:15am Axe Throwing - HWDR 1:45pm Baking - HWDR 3:45pm Manicures - HWDR 4:00pm Eye Glass Care - RR 6:30pm Karaoke - Chap	7 11:30am Bowling & Lunch in Simcoe - V 6:30pm Bingo - GLDR
8 10:00am Valentines Glamour Shots - 2nd Flr Common Area 1:45pm Valentines Glamour Shots - 2nd Flr Common Area	9 9:15am Movement Matters - HWDR 10:30am Jenga - HWDR 1:15pm 1:1s - HWDR 2:00pm Bowling - GLDR 3:30pm Word Fun - HWDR 6:30pm Chicken Soup for the Soul & Discussion - HWDR	10 1:00pm Music with Krystina - HWDR 1:15pm Healing Hands - HWDR 1:45pm Mind Joggers - HWDR 3:15pm Bean Bag Toss - HWDR 6:30pm Community Bingo - HWDR	11 10:45am Discussion Group with Chaplain Peggy - GLDR 11:30am 1:1s - HWDR 1:30pm Hang Man - HWDR 3:15pm Mini Putt Golfing - HWDR	12 9:15am Get Energized - HWDR 10:15am Baking - HWDR 1:45pm Word Fun - HWDR 3:15pm Pool Noodle Fishing - HWDR	13 10:15am Short Stories - HWDR 1:45pm Walk & Talk - QLDR 3:00pm Valentine's Day Tea with Synchronicity - V 4:15pm Eye Glass cleaning - HWDR 6:30pm Active Games - QLDR	14 Valentine's Day 2:30pm Bingo - GLDR 4:00pm Ladder Ball - HWDR 6:30pm Sing Along - HWDR
15 10:30am Hymn Sing - Chap 1:30pm Shopping at Walmart/Dollar Tree - V 6:30pm Karaoke - HWDR	16 Family Day 2:00pm Bowling - GLDR 6:30pm Movie and Munchies - HWDR	17 1:15pm 1:1s - HWDR 2:30pm Bingo - HWDR 3:45pm Manicures - HWDR 6:30pm Pool Noodle Fishing - HWDR	18 10:15am Hand Massages - 11:15am Coffee Hour - HWDR 1:45pm Noodle Hockey - HWDR 3:15pm Dance Club - HWDR	19 10:30am Exercise with Meg! - HWDR 2:30pm Entertainment with the Melody Makers - Chap 4:00pm Walk & Talk - HWDR 4:00pm Montessori 1:1's - RR 6:30pm You Be The Judge! - HWDR	20 10:45am Appetizer Day !! - HWDR 2:00pm Chicken Soup for the Soul & Discussion - HWDR 3:15pm Residents Council - QLDR 6:30pm Karaoke - Chap	21 10:15am Baking - HWDR 2:30pm Bingo - GLDR 3:45pm Colouring - HWDR
22 10:15am Art & Crafts - HWDR 2:30pm Hymn Sing - Chap 3:45pm Walk & Talk - HWDR	23 9:15am Movement Matters - HWDR 10:45am Seated Yoga - HWDR 2:00pm Bowling - GLDR 3:30pm EZ Does it- Random Trivia - HWDR 6:30pm Ladder Ball - HWDR	24 1:00pm Music with Krystina - HWDR 1:15pm Healing Hands - HWDR 2:30pm Bingo - HWDR 4:00pm Lawn Darts- indoor - HWDR	25 11:00am Lunch at Boston Pizza - V 3:00pm Walk & Talk - HWDR	26 9:15am Get Energized - HWDR 10:45am Memorial Service - Chap 2:30pm Wood Working with Bill - GLDR 4:00pm Friendly Visits - HWDR	27 10:15am Target Practice - HWDR 11:15am Friendly Visits - HWDR 1:45pm Darts - HWDR 3:30pm 1:1's - RR	28 2:30pm Bingo - GLDR 4:00pm Manicures - HWDR 6:30pm Axe Throwing - HWDR

- Gold Leaf Walk

Chap - Chapel

GLDR - Dining Room

HWDR - Dining Room

QLDR - Dining Room

RR - Resident Rooms

V - Various Locations