







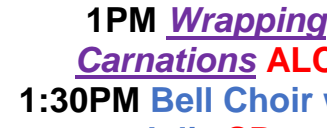
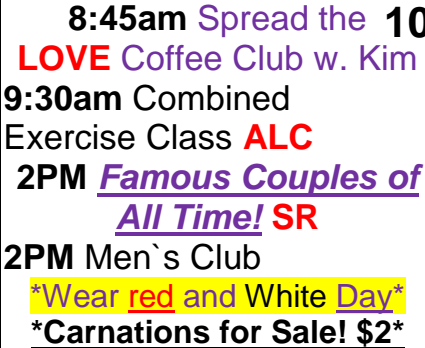
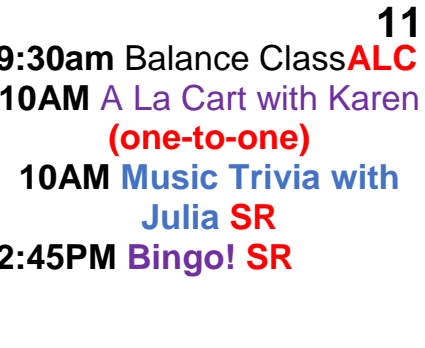



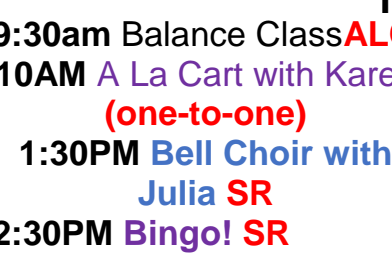
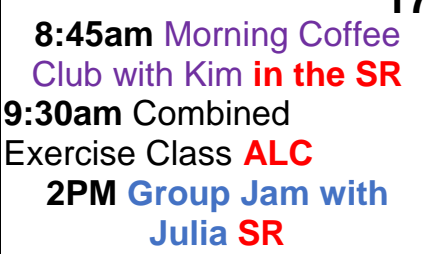
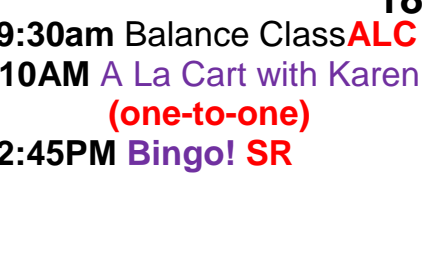




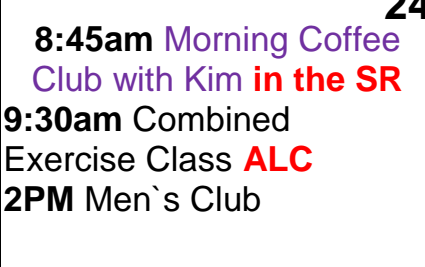
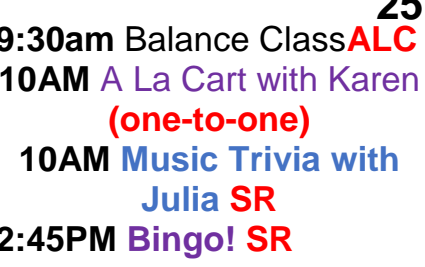








Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 1 9:30am Strength Class <b>ALC</b> 2PM Letter Writing Club! Letter's to Food Services <b>SR</b>	 2 9:30am Balance Class <b>ALC</b> 10AM A La Cart with Karen (one-to-one) 2:30PM Bingo! <b>SR</b> Groundhog Day	 3 8:45am Morning Coffee Club with Kim <b>in the SR</b> 9:30am Combined Exercise Class <b>ALC</b>	 4 9:30am Balance Class <b>ALC</b> 10AM A La Cart with Karen (one-to-one) 2:45PM Bingo! <b>SR</b>	 5 9:30am Strength Class <b>ALC</b> 10AM Music & Mindfulness with Julia <b>SR</b> 3PM Happy Hour <b>SR</b>	 6	
 7 <b>SUPER BOWL SUNDAY!</b> Supper tonight is Chicken Wings!	 8 9:30am Strength Class <b>ALC</b> 2PM Spa Afternoon <b>SR</b>	 9 9:30am Balance Class <b>ALC</b> 10AM A La Cart with Karen (one-to-one) 1PM Wrapping Carnations <b>ALC</b> 1:30PM Bell Choir with Julia <b>SR</b> 2:30PM Bingo! <b>SR</b>	 10 8:45am Spread the <b>LOVE</b> Coffee Club w. Kim 9:30am Combined Exercise Class <b>ALC</b> 2PM Famous Couples of All Time! <b>SR</b> 2PM Men's Club *Wear red and White Day* *Carnations for Sale! \$2*	 11 9:30am Balance Class <b>ALC</b> 10AM A La Cart with Karen (one-to-one) 10AM Music Trivia with Julia <b>SR</b> 2:45PM Bingo! <b>SR</b>	 12 9:30am Strength Class <b>ALC</b> <b>Lunch this afternoon is            Chinese Themed!</b> <b>**Wear Red!**</b> 1:30pm Chinese New Year's: What animal are you? <b>SR</b> 3PM Happy Hour <b>SR</b> <small>Chinese New Year (Year of the Ox)</small>	
 14 <b>Special Valentine's Day            meal at lunch today!</b> <b>Wear Red, Pink and White!</b> <small>Valentine's Day</small>	 15 <b>happy            Family            day</b> <small>President's Day</small>	 16 9:30am Balance Class <b>ALC</b> 10AM A La Cart with Karen (one-to-one) 1:30PM Bell Choir with Julia <b>SR</b> 2:30PM Bingo! <b>SR</b> <small>Mardi Gras</small>	 17 8:45am Morning Coffee Club with Kim <b>in the SR</b> 9:30am Combined Exercise Class <b>ALC</b> 2PM Group Jam with Julia <b>SR</b> <small>Ash Wednesday</small>	 18 9:30am Balance Class <b>ALC</b> 10AM A La Cart with Karen (one-to-one) 2:45PM Bingo! <b>SR</b> <small>Purim Begins</small>	 19 9:30am Strength Class <b>ALC</b> 3PM Happy Hour <b>SR</b>	
 21	 22 9:30am Strength Class <b>ALC</b> 3PM Trivia Time <b>SR</b> Breakfast for Supper in the Dining Room!	 23 9:30am Balance Class <b>ALC</b> 10AM A La Cart with Karen (one-to-one) 1:30PM Bell Choir with Julia <b>SR</b> 2:30PM Bingo! <b>SR</b>	 24 8:45am Morning Coffee Club with Kim <b>in the SR</b> 9:30am Combined Exercise Class <b>ALC</b> 2PM Men's Club	 25 9:30am Balance Class <b>ALC</b> 10AM A La Cart with Karen (one-to-one) 10AM Music Trivia with Julia <b>SR</b> 2:45PM Bingo! <b>SR</b>	 26 9:30am Strength Class <b>ALC</b> 3PM Happy Hour <b>SR</b>	
 28	  February 2021  					

# February 2021

## Woodland Towers Programs!

**Home # 519-271-4090 ~ Your Program Coordinators: Kim x 2230 Karen x 2257 Jamie x 2282 Julia x 2247**





## Room Location Legend



Code	Location
<b>SR</b>	"The Spruce Room" – Basement of Tower #1. (Formerly known as The Wellness Room)
<b>ALC</b>	"The Active Living Centre" – Basement of Tower #1 (Formerly known as The Activity Room)
<b>GA</b>	The Griffith Auditorium (main level: Currently behind the curtain: Please meet in main lobby 10 mins before program begins if going to this location.)
<b>O</b>	If weather permits, these programs will be held Outside the Front Door
<b>FH</b>	Programs with this code will be located in the Front Hall (The Hallway that connects Tower #3 to the Main lobby)
<b>ML</b>	The Main Lobby of Woodland Towers

<u>Corner Store Hours</u>	
Monday	9:30AM – 11AM
Wednesday	1:30PM – 3PM
Friday	9:30AM – 11AM



### Sign-ups

All of the programs listed on the front page of this calendar (except for Exercise Classes) require sign-up. Be sure to sign your name if you'd like to attend, as there continues to be limited seating at these programs to keep the group size to a minimum. This book is located underneath the large clock in the Main Lobby.

Please note that we require notice if you are cancelling your attendance. No sign-ups will be added within 48 hours of the program.

### Letter Writing

Please join our new letter writing club, and help us to write some nice letter of appreciation to departments in our home, along with Businesses and Services in our community. This month we are writing letters to our Food Services Department at Woodland Towers. **Monday Feb. 1<sup>st</sup> at 2pm** in the **SR**.

### Spa Day with Kim

Come and enjoy your choice of spa treatment, and social time with Kim. You have your choice of Mini Manicure and/or facial!  
**Monday, February 8<sup>th</sup> at 2PM** in the Spruce Room!

### Carnations for Sale!

We will be selling carnations for only \$2 (1 per person). Come pick up a red or pink carnation while supplies last on Wednesday, February 10<sup>th</sup> from 10:30AM – 12:30PM (or while supplies last) in the Main Lobby. Kim is looking for helpers to wrap carnations at **1PM** on **Tuesday, February 9<sup>th</sup>**, in the Spruce Room. Please sign-up in the sign-ups book located in the Main Lobby if you'd to help!

### Dress- Up Days!

We will be wearing **Red, White, and Pink** on **Wednesday, February 10<sup>th</sup>**  
**AND Sunday, February 14<sup>th</sup>** to celebrate Valentine's Day.  
**Friday, February 12<sup>th</sup>** is wear **RED** Day for Chinese New Years!

### Famous Couples

Join us on **Wednesday, February 10<sup>th</sup> at 2PM** in the Spruce Room for the Famous Couples Throughout History Program. Kim will show you photos of famous couples, and you have to name who they are (More trivia will be included!). Bring your wedding photo, or a photo of your significant other if you'd like to share! Sign-up in the book.

### Chinese New Years: What Animal are You?

On **Friday, February 12<sup>th</sup> at 1:30PM** in the Spruce Room, we will be finding out what our Chinese Animal is! Come and learn about your Chinese Animal (this is the year of your birth). **Chinese zodiac** is a repeating cycle of 12 years, with each year being represented by an animal, and its reputed attributes. Sign up in the sign-ups book!

**Please see the insert for information regarding music programs led by our new Music Therapy Student, Julia! When you see Julia in the halls, please give her a warm welcome. We are grateful to have Julia as a part of our team! Julia will be with us until August. Welcome, Julia! You have made some very meaningful connections already!**

**Can't wait to have more fun with you ☺**