

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> <li>o Black History Month</li> <li>o Groundhog Day- February 2nd</li> <li>o Valentine's Day- February 14th</li> <li>o Random Acts of Kindness Day - February 17</li> <li>o Family Day - February 20th</li> <li>o Mardi Gras\ Pancake Tuesday – February 21st</li> <li>o Heart and Stroke Month- Wear Red February 24<sup>th</sup></li> </ul>			10:30 Scrapbooking 1 10:30 Advance Exercise Class  <b>2:00 Music with Conn Smyth</b>  6:15 Art Class	10:00 Exercises\ South 2 Dining rooms 10:30 Plant Care <b>11:00 Church Service in the Chapel</b> 2:00 Bingo 2:00 Cottage Music <b>6:15 Men's Group</b> <small>Groundhog Day</small>	<b>10:00 Music therapy Group</b> 3  2:00 Salted Caramel Ice Cream Traveling Treat Cart  3:30 Sit and Stretch ALC	10:30 4 Fun and Fitness  2:00 Bingo 
10:30 5 Word Games  2:00 Hymn Sing	10:00 Plant Care 6 10:30 DROM Drumming Group  2:00 Sing-along with Karen  2:00 Manicure Mondays	<b>10:00 Music therapy Group</b> 7 10:30 Fun and Fitness  2:00 Bingo  6:15 Evening Stretches	10:00 Exercises\ South 8 Dining rooms <b>10:30 RC Mass</b> <b>11:15 Chapel</b>  2:00 Cards & Games  6:15 Art Class	10:30 Fun and Fitness 9  10:30 Plant Care  2:00 Bingo  2:00 Cottage Music 6:15 Meditation Group	<b>10:00 Music therapy</b> 10 10:30 Exercises \ South Dining room 2:00 Valentine's Day Craft   2:00 DROM Drumming Group	10:30 11 Trivia Fun  2:00 Bingo 
<b>Super Bowl Sunday 12</b> <b>Super Bowl LVII</b>  10:30 Word Games  2:00 Hymn Sing	10:30 DROM Drumming Group 13  2:00 Sing-along with Karen  2:00 Manicure Mondays	<b>Wear your Red, White &amp; Pink Day</b> 14 10:00 Sit and Stretch 10:30 Love Music Bingo <b>2:00 Valentine's Day Party with Henry Winter</b> 3:00 S.L. Café & Pub 6:15 <i>Movie Night</i>  <small>Valentine's Day</small>	10:00 <b>Resident Council</b> 15 10:30 February Craft 11:00 Advance Exercise Class <b>2:00 Music with Jack &amp; Bob</b> 6:15 Art Class	<b>9:40 Shopping Outing</b> 16 <b>11:00 Church Service</b> 2:00 Bingo 2:00 Traveling Cottage Music 3:00 S.L. Café & Pub 3:30 Plant Care 6:15 Meditation Group	<b>Random Acts of Kindness Day</b> 17 <b>10:00 Music therapy</b> 10:30 Exercises \ South Dining room  2:00 Balloon Volley Ball Game	10:30 18 Trivia Fun  2:00 Bingo 
10:00 One to One 19 11:00 Pet Care 12:30 Popeye's Sign Up Lunch (North & East)  2:30 Plant Care	<b>Family Day Stat</b> 20  <small>Presidents' Day</small>	<b>10:00 Music therapy</b> 21 10:30 Fun and Fitness  2:00 Bingo 3:00 S.L. Café & Pub  6:15 <i>Mardi Gras Cookie Decorating</i> <small>Mardi Gras</small>	10:30 Scrapbooking 22  <b>10:30 Ash Wednesday Church Service</b> <b>2:00 Just for Fun Band</b>  6:15 Art Class <small>Ash Wednesday</small>	10:30 DROM Drumming Group 23  <b>11:00 Anna Mae's Lunch</b> 2:00 Bingo 2:00 Cottage Music 3:00 S.L. Café & Pub 6:15 Meditation Group	<b>Wear Red for Heart &amp; Stroke Day</b> 24 <b>10:00 Music therapy Group</b>  <b>2:00 Tim Horton's Drive thru at the Spruce Pub café</b> 	10:30 25 Fun and Fitness  12:30 South/West Sign up Lunch  2:00 Bingo 
10:30 Trivia Fun 26  2:00 Cards and Games  6:30 Hymn Sing	10:00 Plant Care 27 10:30 DROM Drumming Group  2:00 Sing-along with Karen  2:00 Manicure Mondays	<b>10:00 Music therapy</b> 28 10:30 Fun and Fitness  2:00 Bingo 3:00 S.L. Café & Pub  6:15 <b>Women's Group Tea Party</b>	<h1>February 2023</h1> <h2>Spruce Lodge Calendar</h2>			