


















February 2024

Spruce Lodge Nursing Home



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
To contact Activities: 519-271-4090 ext. 2227 activity@sprucelodge.on.ca * Programs may change* 	Contact Activities if interested in Outings or Sign-Up Meals * 			9:30 Indoor Gardening 1 10:00 Pet Care 11:00 Church Service 2:00 Bingo 3:00 Café Social 6:15 Friendship Circle	Groundhog Day 2 10:30 Word Games 11:30 Drum Circle 2:00 Cards & Games 3:00 Café Social 3:30 Tone Chime's	10:30 Fun & Fitness 3 2:00 Bingo 3:00 Café Social 
10:30 Sunday Devotion Group 4 2:00 Music with Mike Ryan 3:00 Cafe Social	10:30 News&Events 5 10:30 DROM Drumming 2:00 Sing-a-Long with Karen 2:00 Manicure Cart	10:30 Fun & Fitness 6 11:00 Men's Music Therapy Group 2:00 Bingo 2:00 Glamour Shots Photo Booth 3:00 Café Social	9:30 Indoor Gardening 7 10:30 Advance Exercise 2:00 Carpet Bowling Fun 3:00 Café Social 6:15 Travelogue- Pairs	10:30 Glamour Shots Photo Booth 8 11:00 Church Service 2:00 Bingo 3:00 Café Social 6:15 Friendship Circle	10:30 Trivia Fun 9 11:30 Drum Circle 2:00 Valentines Day Craft 3:00 Ken's French Fry Café 3:30 Tone Chime's	Lunar New Year 10 10:30 Fun & Fitness 2:00 Bingo 3:00 Café Social 
12:00 Trivia Fun 11 2:00 Crafty Corner Fun 3:00 Cafe Social	10:30 DROM 12 2:00 "Its Tea O'Clock" with Sommelier Regan 6:30 2 Gals & a guitar 	 9:20 Mall Outing 13 10:30 Fun & Fitness 11:00 Men's Music Therapy Group 2:00 Bingo 3:00 Café Social	10:30 RC Mass 14 11:15 Church Service 2:00 Valentine's Party:Frank St. Germain 	10:30 Scrapbooking Fun 15 2:00 Bingo 3:00 Café Social 5:00 Sweat Heart Dinner - By Invite 	10:30 Word Games 16 11:30 Drum Circle 2:00 Cards & Games 3:00 Café Social 3:30 Tone Chime's	Random Acts of Kindness Day 17 10:30 Kindness Note Making 12:30 Sign-Up Meal 2:00 Bingo 
10:00 Sunday Devotion Group 18 2:00 Trivia Fun 3:00 Cafe Social	Family Day Stat 19 2:00 Music with Ray 3:00 S.L Cafe & Pub 	 10:30 Fun & Fitness 20 11:00 Men's Music Therapy Group 2:00 Bingo 3:00 Café Social 6:30 Pub Night Social	9:40 Country Drive 21 10:00 Resident Council 2:00 Music:Caroline & Joe 3:00 Café Social 4:00 DROM 	10:00 Indoor Gardening 22 11:00 Church Service 2:00 Bingo 3:00 Café Social 6:15 Friendship Circle	10:30 Trivia Fun 23 11:30 Drum Circle 2:00 Baking Fun 3:00 Café Social 3:30 Tone Chime's	10:30 Fun & Fitness 24 12:30 Sign-Up Meal 2:00 Bingo 3:00 Café Social 
10:30 Sunday Devotion Group 25 2:00 Creative Painting Fun 3:00 Cafe Social	10:30 News&Events 26 2:00 Sing-a-Long with Karen 2:00 Manicure Cart	 10:30 Fun & Fitness 27 11:00 Men's Music Therapy Group 2:00 Bingo 3:00 Café Social	Pink Shirt Day 28 9:40 Country Drive 10:30 Ad.Exercise 2:00 Music:Conn Smyth 3:00 Café Social 6:30 Trivia Night 	10:00 Pet Care 29 10:00 Indoor Gardening 2:00 Bingo 3:00 Café Social 6:30 Just for Fun Band	