

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Pick up your independent Activity Booklets! 10:00am Chapel Service with Pastor Mike - C 2:00pm Wellington 4H Square Dancing Performance - CC 2:45pm Afternoon Tea - TR 	2 Ground Hog Day 9:00-3:00 Exercise Room Open! 9:30am Crosswords (S)-EB 11am-12pm Bookmobile 1:30pm Creative Arts: Hanging Heart Decoration (MD) - L 2:45pm Afternoon Tea - TR 3:15pm RC Communion - EB 6:30pm Happy Hour & Trivia Night - CF 6:30pm Guelph Lawn Bowling Watch & Learn Bowl CC	3 9:00-3:00 Exercise Room Open! 9:30am Exercise Room with Assistance - ER 10:30am Valentine Creative Colouring with Kyle - L 1:30pm Seated Exercises (S) - ER 2:45pm Afternoon Tea - TR 3:00pm Bible Study - EB 	4 9:00-3:00 Exercise Room Open! 9:15am Word Games- Word Connect - EB 10:30am Yoga with Alissa-ER 12:00pm Lunch Club with Chef Sherry: Chinese Food (sign up)- CF 2:00pm Bingo - EB 2:45pm Afternoon Tea - TR 3:15pm Sit Knit & Socialize - L 	5 9:00-3:00 Exercise Room Open! 9:15am Coffee Time - TR 10:00am Rosary Group - EB 10:30am Flower Arranging - L 1:30pm Moving & Music Exercises - ER 2:45pm Afternoon Entertainment- Eric Lunn- M 2:45pm Afternoon Tea - TR 6:30pm Happy Hour & Bingo - CF 6:30pm Guelph Lawn Bowling Watch & Learn Bowl CC	6 Winter Olympics Opening Ceremonies Team Canada Day- Wear Red/White/Canadian Gear! 9:00-3:00 Exercise Room Open! 1:30pm Singing Group with Mairead - EB 2:45pm Afternoon Tea - TR 3:00pm Ukulele Group - EB 	7 9:30am Armchair Travel: Japan - EB 1:30pm Seated Exercise - ER 2:45pm Afternoon Tea - TR 
8 10:00am Chapel Service with Pastor Mike - C 1:30pm Craft Time! - L 2:45pm Afternoon Tea - TR 	9 Celebrating Women & Girls in Science Day! 9:00-3:00 Exercise Room Open! 10:00am Food Committee - TR 1:30pm "Jane" (Goodall) Documentary & Popcorn (MD) - EB 2:45pm Afternoon Tea - TR 3:15pm RC Communion - EB 6:30pm Happy Hour & Trivia Night - CF 6:30pm Guelph Lawn Bowling Watch & Learn Bowl CC	10 National Umbrella Day! 9:00-3:00 Exercise Room Open! 9:30am Exercise Room with Assistance - ER 10:30am Valentine Creative Colouring with Kyle - L 1:30pm Seated Exercises (S) - ER 2:45pm Afternoon Tea - TR 3:00pm Bible Study - EB 3:00pm Sunshine Dog Visits - M 	11 9:00-3:00 Exercise Room Open! 9:15am Word Games- Word Mining - EB 10:00am St Andrew Presbyterian Chapel Service - C 10:30am Yoga with Alissa-ER 1:30pm Bowling Outing to Splittsville (Sign Up) 2:00pm Decadent Chocolate Tasting- TR 2:45pm Afternoon Tea - TR 3:15pm Sit Knit & Socialize - L 	12 9:00-3:00 Exercise Room Open! 9:15am Coffee Time & Chocolate Lovers Dice Game- TR 10:00am Rosary Group - EB 10:30am Flower Arranging - L 1:30pm Moving & Music Exercises - ER 2:45pm Afternoon Entertainment with James Skarnikat- M 2:45pm Afternoon Tea - TR 6:30pm Happy Hour & Bingo - CF 6:30pm Guelph Lawn Bowling Watch & Learn Bowl CC	13 9:00-3:00 Exercise Room Open! 10:00am Bell Choir with Mairead - EB 1:30pm Seated Exercise(S)-ER 2:45pm Afternoon Tea - TR 3:00pm Ukulele Group - EB 	14 Happy Valentine's Day! 9:15am Balloon Volleyball (MD) - ER 2:00pm Valentine's Tea with Students from University of Guelph and entertainment by Brent Stainton - CC 2:45pm Afternoon Tea - TR 



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15 Pick up your independent Activity Booklets! 10:00am Chapel Service with Pastor Mike - C 2:45pm Afternoon Tea - TR	16 Family Day! 9:00-3:00 Exercise Room Open! 9:30am Backward Geography (S)-L 11am-12pm Bookmobile 1:15pm Guelph Storm Outing (Sign Up) 2:45pm Afternoon Tea - TR 3:15pm RC Communion - EB 6:30pm Happy Hour & Trivia Night - CF 6:30pm Guelph Lawn Bowling Watch & Learn Bowl CC	17 Chinese New Year! 9:00-3:00 Exercise Room Open! 9:30am Exercise Room with Assistance - ER 10:00am Trinity United Chapel Service - C 10:30am Valentine Creative Colouring with Kyle - L 2:00pm Resident Town Hall Meeting - EB 2:45pm Afternoon Tea - TR 3:00pm Bible Study - EB 3:00pm Sunshine Dog Visits - M	18 9:00-3:00 Exercise Room Open! 9:15am Crosswords - AR 10:00am Roman Catholic Mass - C 10:30am Yoga with Alissa-ER 2:00pm Accordion with Gary - CC 2:45pm Afternoon Tea - TR	19 9:00-3:00 Exercise Room Open! 9:15am Coffee Time - TR 10:00am Rosary Group - EB 10:30am Flower Arranging - L 1:30pm Moving & Music Exercises - ER 2:00pm Birthday Party with Martin Wall Entertaining - CC 6:30pm Happy Hour & Bingo - CF 6:30pm Guelph Lawn Bowling Watch & Learn Bowl CC	20 9:00-3:00 Exercise Room Open! 1:30pm Singing Group with Mairead - EB 2:45pm Afternoon Tea - TR 3:00pm Ukulele Group - EB	21 9:30am Let's Play UNO!-L 1:30pm Seated Exercise - ER 2:45pm Afternoon Tea - TR
22 10:00am Chapel Service with Pastor Mike - C 1:30pm Judge The Look-EB 2:45pm Afternoon Tea - TR	23 9:00-3:00 Exercise Room Open! 1:30pm Shopping Outing to Giant Tiger (Sign Up) 1:45pm Artful Talk: World's Most Expensive Art (MD) - EB 2:45pm Afternoon Tea - TR 3:15pm RC Communion - EB 6:30pm Happy Hour & Trivia Night - CF 6:30pm Guelph Lawn Bowling Watch & Learn Bowl CC	24 9:00-3:00 Exercise Room Open! 9:30am Exercise Room with Assistance - ER 10:30am Valentine Creative Colouring with Kyle - L 2:00pm Heart & Stroke Presentation with Rebecca Kennedy - CC 2:45pm Afternoon Tea - TR 3:00pm Bible Study - EB 3:00pm Sunshine Dog Visits - M	25 9:00-3:00 Exercise Room Open! 9:15am Word Games- Word Unscramble - EB 10:00am St. George's Chapel Service - C 10:30am Yoga with Alissa-ER 2:00pm Happy Hour with Rob Edlefsen - CC 2:45pm Afternoon Tea - TR	26 9:00-3:00 Exercise Room Open! 9:15am Coffee Time - TR 10:00am Rosary Group - EB 10:30am Flower Arranging - L 1:30pm Moving & Music Exercises - ER 2:45pm Afternoon Entertainment with Michael Kelly Cavan- M 2:45pm Afternoon Tea - TR 6:30pm Happy Hour & Bingo - CF 6:30pm Guelph Lawn Bowling Watch & Learn Bowl CC	27 9:00-3:00 Exercise Room Open! 10:00am Bell Choir with Mairead - EB 1:30pm Seated Exercise(S)-ER 2:30-3:30 Hear Right Canada Hearing Clinic 2:45pm Afternoon Tea - TR 3:00pm Ukulele Group - EB	28 10:00am Creative Arts: "Snowy Landscape" Painting (MD) - L 12:45pm Guelph Little Theatre Outing (Mary Poppins Jr) (Sign Up) 2:45pm Afternoon Tea - TR