




EASTHOLME ACTIVITIES FEBRUARY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Montessori Therapy 4-4:30pm: Monday (N3), Wednesday (S2), Thursday(S3) Physiotherapy: Monday – Friday starting at 9am Restorative Therapy: Tuesdays & Fridays at 10:30am Volunteer Programs: Pet Therapy, Manicures, Friendly Visits, Knitting Group, ipod Therapy, Garden Therapy Other Services: Mail Delivery Weekdays 3:30 & Daily Paper Delivery, Hairdressing 3 days/wk					1 <u>10:00</u> Fitness <u>10:30</u> Therapeutic Walks <u>11:00</u> Bible Study <u>1:30</u> Cards & Games	2 <u>11:00</u> Power Cycle <u>1:30</u> Groundhog Trivia (North Wing)  Groundhog Day! <u>4:00</u> Individual Visits
3 <u>11:00</u> Individual Visits <u>11:00</u> Catholic Communion Visits <u>1:30</u> Groundhog Trivia (South Wing)  <u>4:00</u> Individual Visits	4 <u>1:30</u> Resident Council Meeting 6:30 Hymn Sing with "Faith Chapel" (In the Common Room)	5 <u>10:00</u> Fitness <u>10:30</u> Therapeutic Walks <u>1:30</u> Bingo	6 <u>1:45</u> Chapel Service (Rev. Fraser Williamson) <u>6:15</u> Busy Hands (<i>Birthday Party Set-up</i>)	7 <u>10:30</u> Catholic Communion Service 1:45 Birthday Party	8 <u>10:00</u> Group Fitness <u>11:00</u> Bible Study <u>1:30</u> Cards & Games	9 <u>11:00</u> Power Cycle 1:30 Saturday Matinee (In the Common Room)
10 <u>11:00</u> Individual Visits 1:30 Hymn Sing with Jim Creasor <u>4:00</u> Individual Visits	11 <u>10:00</u> Individual Visits 1:30 Music with "Country Friends" <u>6:15</u> Manicures	12 <u>10:00</u> Fitness <u>12:00</u> Men's Group Lunch	13 <u>1:45</u> Chapel Service (Corner Gospel Church) <u>6:15</u> North Wing Music with Grant & Eleanor	14 <u>10:00</u> Individual Visits 1:30 "Wear your Red" Valentine's Day Bingo  <u>6:15</u> Art Therapy (South Wing)	15 <u>10:00</u> Group Fitness <u>11:00</u> Bible Study <u>1:30</u> Cards & Games	16 <u>11:00</u> Power Cycle <u>1:30</u> Shuffleboard <u>4:00</u> Individual Visits
17 <u>11:00</u> Individual Visits <u>11:00</u> Catholic Communion Visits 1:30 Hymn Sing with Carol Dobbs <u>4:00</u> Individual Visits	18 <h2 style="text-align: center;">Happy Family Day</h2>	19 <u>3:30</u> Therapeutic Walks 7:00 Hoedown	20 <u>1:45</u> Chapel Service (Joan Morris/Anglican) <u>6:15</u> Art Therapy (North Wing)	21 <u>10:30</u> Mass 1:30 Music with L.A.C.E.	22 <u>10:00</u> Fitness <u>10:30</u> Therapeutic Walks <u>11:00</u> Bible Study <u>1:30</u> Bingo	23 <u>11:00</u> Power Cycle <u>1:30</u> Creative Cooks (North Wing) <u>4:00</u> Individual Visits
24 <u>11:00</u> Individual Visits <u>1:30</u> Creative Cooks (South Wing) <u>4:00</u> Individual Visits	25 <u>10:00</u> Individual Visits <u>1:30</u> Tea Time (On the Units)  <u>6:15</u> Individual Visits	26 <u>10:00</u> Fitness <u>10:30</u> Therapeutic Walks <u>1:30</u> Bingo	27 <u>1:45</u> Chapel Service (Pastor Rick Callery) <u>6:15</u> Manicures (North Wing)	28 <u>10:00</u> Individual Visits <u>1:30</u> Crafts <u>6:15</u> Manicures (South Wing)		

Please Check Resident Information Board on Each unit for location or program changes