

Revised EASTHOLME ACTIVITIES FEBRUARY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Montessori Therapy 4-4:30pm: Monday (N3), Wednesday (S2), Thursday(N2) Physiotherapy: Monday – Friday starting at 9am Restorative Therapy: Tuesdays & Fridays at 10:30am Volunteer Programs: Pet Therapy, Manicures, Friendly Visits, Knitting Group Other Services: Mail Delivery Weekdays 3:30 & Daily Paper Delivery, Hairdressing 3 days/wk</p>				<p>1 <u>10:00</u> Individual Visits <u>1:30</u> Art Therapy on the Units <u>6:15</u> Individual Visits</p> <p>(Birthday Party Cancelled)</p>	<p>2 <u>10:00</u> Fitness <u>10:30</u> Therapeutic Walks <u>1:30</u> Cards and Games</p> 	<p>3 <u>11:00</u> Power Walks <u>1:30</u> Trivia (North Wing) <u>4:00</u> Individual Visits</p>
<p>4 <u>11:00</u> Individual Visits <u>1:30</u> Trivia (South Wing) <u>4:00</u> Individual Visits</p>	<p>5 <u>10:00</u> Individual Visits <u>1:30</u> Small Group Program <u>6:30</u> Music Therapy (South Wing 2)</p>	<p>6 <u>10:00</u> Therapeutic Walks & Exercises <u>1:30</u> Movies on the Units</p>	<p>7 <u>1:30</u> Reading Groups <u>6:15</u> Manicures (North Wing)</p>	<p>8 <u>10:00</u> Individual Visits <u>1:30</u> Tea on the Units <u>6:15</u> Manicures (South Wing)</p>	<p>9 <u>10:00</u> Fitness <u>10:30</u> Therapeutic Walks <u>1:30</u> Cards and Games</p>	<p>10 <u>11:00</u> Power Walks <u>1:30</u> Games (North Wing) <u>4:00</u> Individual Visits</p>
<p>11 <u>11:00</u> Individual Visits <u>1:30</u> Games (South Wing) <u>4:00</u> Individual Visits</p>	<p>12 <u>10:30</u> Program prep. 1:30 Art Therapy: see white board for units <u>6:15</u> Art Therapy (South Wing)</p>	<p>13 Shrove Tuesday <u>10:00</u> Fitness <u>11:00</u> Therapeutic Walks  1:30 Sing-a-long on the units</p>	<p>14 <u>1:30</u> Valentine Bingo N3 & S3 <u>2:15</u> Valentine Bingo N2 & S2 <u>6:15</u> Music Therapy N3 </p>	<p>15 <u>10:30</u> Individual 1:30 Reminiscing on the units <u>6:15</u> Music Therapy (South Wing 3)</p>	<p>16 <u>10:00</u> Fitness <u>10:30</u> Therapeutic Walks <u>1:30</u> Cards and Games</p>	<p>17 <u>11:00</u> Power Walks <u>1:30</u> Manicures S2, N3 <u>4:00</u> Individual Visits <u>6:00</u> Massage therapy S2</p>
<p>18 <u>11:00</u> Individual Visits 1:30 Manicures S3, N2 <u>4:00</u> Individual Visits <u>6:00</u> Massage therapy N3</p>	<p>19 Happy Family Day! </p>	<p>20 <u>10:00</u> Fitness <u>11:00</u> Therapeutic Walks <u>1:30</u> Small Group Activity</p>	<p>21 <u>1:30</u> St. Patrick's Day Craft <u>6:15</u> Individual visits</p>	<p>22 <u>10:00</u> Individual Visits 1:45 "Clowning around" for our February Birthday Celebrants <u>6:15</u> Music Therapy (North Wing 2)</p>	<p>23 <u>10:00</u> Fitness <u>10:30</u> Therapeutic Walks <u>1:30</u> Cards and Games</p>	<p>24 <u>11:00</u> Power Walks <u>1:30</u> Trivia & Creative Surprise for afternoon Snack (North Wing) <u>4:00</u> Individual Visits <u>6:00</u> I Pod therapy S2</p>
<p>25 <u>11:00</u> One on Ones <u>1:30</u> Trivia & Creative Surprise for afternoon Snack (South Wing) <u>4:00</u> Individual Visits <u>6:00</u> I Pod therapy N3</p>	<p>26 <u>10:00</u> Individual Visits 1:30 Music with "Straw Hat Man" <u>6:15</u> Art Therapy (North Wing)</p>	<p>27 <u>10:00</u> Fitness <u>10:30</u> Therapeutic Walks <u>1:30</u> Bingo</p>	<p>28 <u>1:45</u> Chapel Service (Pastor Rick Callery) <u>6:15</u> Busy Hands</p>	<p>Please Check Resident Information Board on Each unit for location or program changes You can always check out our calendar online at www.eastholme.ca Changes in schedule are from February 12 to 25</p>		