




**PHYSIO THERAPY EXERCISE
(ACTIVITY ROOM)**
TUESDAYS 1-2PM & 2-3PM
THURSDAYS 9-10AM & 10-11AM

February 2016



**FALLS PREVENTION SESSIONS
(ACTIVITY ROOM)**
TUESDAYS 3-4PM
THURSDAYS 11-12PM

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><u>LEGEND</u></p> <p>AR-ACTIVITY ROOM LR-LIVING ROOM NH-NURSING HOME</p>	<p>1 2PM- RC Communion (LR) 2:30PM- BINGO (AR) 3:30PM- Nail Care (ROOMS)</p>	<p>2 10AM- Carpet Bowling (LR) 11AM- Knitting Club (AR) 1PM- Physio + Balance (AR) 2PM- Physio + Balance (AR) 2:15PM- Kenmuir Baptist Church Service (NH) 3PM- Falls Prevention (AR)</p>	<p>3 10AM- <u>TRIP TO CLOVERDALE MALL</u> 2:15PM- St. Patrick's Roman Catholic Church Service (NH)</p>	<p>4 9AM- Physio+ Balance (AR) 10AM-Physio + Balance (AR) 11AM- Falls Prevention (AR) 6PM- Movie Night with Snacks (LR) 6PM- Baking for Bake Sale (AR)</p>	<p>5 HAIR DAY 2PM- Golf Game (LR) 3PM- Throwaway BINGO (AR) 7PM- Bible Study (NH)</p>	<p>6 10AM- Hymn Sing (NH)</p>
<p>7 2:15PM- New Covenant Church Service (NH)</p>	<p>8 2PM- RC Communion 2:30PM- BINGO (AR) 3:30PM- Chinese New Year Craft (AR)</p> 	<p>9 10AM- Carpet Bowling (LR) 11AM- Knitting Club (AR) 1PM- Physio + Balance (AR) 2PM- Physio + Balance (AR) 2:15PM- Mississauga City Baptist Church Service (NH) 3PM- Falls Prevention (AR)</p>	<p>10 10AM- Baking for Bake Sale (AR) 7PM- Church of God (NH)</p>	<p>11 9AM- Physio+ Balance (AR) 10AM-Physio + Balance (AR) 11AM- Falls Prevention (AR)</p>	<p>12 HAIR DAY 10AM- Bake Sale (NH) 2PM- Valentine's Party with Ian Weir (LR)</p>	<p>13 10AM- Hymn Sing (NH)</p>
<p>14</p>  <p>2:30PM- Salvation Army Church Service (NH)</p>	<p>15</p> 	<p>16 10AM- Carpet Bowling (LR) 11AM- Knitting Club (AR) 1PM- Physio + Balance (AR) 2PM- Physio + Balance (AR) 2:15PM- Church of Holy Spirit Anglican Service (NH) 3PM- Falls Prevention (AR)</p>	<p>17 10AM- <u>TRIP TO ROCKWOOD MALL</u> 7PM- Rosary (NH)</p>	<p>18 9AM- Physio+ Balance (AR) 10AM-Physio + Balance (AR) 11AM- Falls Prevention (AR) 6PM- Movie Night with Snacks (LR) 7PM- Knitting Club (AR)</p>	<p>19 HAIR DAY 2PM- Golf Game (LR) 3PM- Throwaway BINGO (AR) 7PM- Bible Study (NH)</p>	<p>20 10AM- Hymn sing (NH) 2:15 PM- New Life Fellowship Church of God Service (NH)</p>
<p>21 2:30PM- Kingdom Covenant Church Service (NH)</p>	<p>22 2PM- RC Communion 2:30PM- BINGO (AR) 3:30PM- Watercolor Free Paint (AR)</p>	<p>23 10AM- Carpet Bowling(LR) 11AM- Knitting Club (AR) 1PM- Physio + Balance (AR) 2PM- Physio + Balance (AR) 2:15PM- Westminster United Church Service (NH) 3PM- Falls Prevention (AR)</p>	<p>24 2PM- Birthday Party with Bill Dearling! (LR)</p>	<p>25 9AM- Physio+ Balance (AR) 10AM-Physio + Balance (AR) 11AM- Falls Prevention (AR) 1:30PM- Foot Doctor (AR) 6PM- Movie Night with Snacks (LR) 7PM- Knitting Club (AR)</p>	<p>26 HAIR DAY 2PM- Golf Game (LR) 3PM- Throwaway BINGO (AR) 7PM- Bible Study (NH)</p>	<p>27 10AM- Hymn Sing (NH)</p>
<p>28 2:15PM- Applewood Heights Gospel Hall Service (NH)</p>	<p>29 10AM- Nail Care (Rooms) 11AM-Resident Management Meeting (AR) 2PM- RC Communion</p>	<p>REFRESHMENTS ARE SERVED DAILY IN THE MAIN LOUNGE</p>	<p>CHRIST THE KING CHURCH VISITS EVERY WEDNESDAY EVENING (NH)</p>	<p><u>WEEKLY PET VISITS</u> Mondays with Scrappy @ 2:00pm!</p>		

February
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Tyndall Retirement
Home Recreation
Calendar