




Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Legend</b></p> <p><b>U = Units</b></p> <p><b>UL = Unit Lounge</b></p> <p><b>BP = Back Patio</b></p> <p><b>ML = Main Lounge</b></p> <p><b>AR = Activity Room</b></p> <p><b>MF = Main Floor</b></p>	<p><b>Pet Visits</b></p> <p><b>“Scrappy” Mondays at 1:00pm &amp; “Chaz” Friday’s 1:45pm—3:00pm</b></p> <p><b>新年快樂</b> Happy Chinese New Year</p>	<p><b>Activities are subject to change according to resident needs or Management requirements</b></p>	<p><b>February is:</b></p> <p><i>Black History Month</i> <i>Ground Hog Day</i> <i>Chinese New Year</i> <i>Valentine’s Day</i> <i>Shrove Tuesday</i> <i>Ash Wednesday</i> <i>Family Day</i></p> 	<p>1. 9:15 Music Therapy 2 10:15 Morning Stretch AR 10:15 Sensory Stimulation ML 11:15 Helping Hands 3rd, 4th 12:00 Games &amp; Giggles ML 2:15 Bedside Music Therapy 2:15 Current Events ML 2:15 Helping Hands AR 2:15 Hand &amp; Finger Dexterity TO 2:15 Balloon Toss TO 3:15 Hindu Prayer AR 3:15 Manicures TO 4:00 Friendly visits 4:00 Hand Therapy TO 5:00 Fun &amp; Games ML 7:00 Card Bingo ML 7:00 Bedside visits TO</p>	<p>2. <b>Ground Hog Day</b> 9:15 Spring Predictions from the Ground Hog U 10:15 Fun &amp; Fitness ML 10:15 Music Therapy 4th 10:15 Helping Hands 3rd 11:15 Word Games 3rd 11:15 Friendly visits 12:00 Games &amp; Giggles ML 2:15 Bedside stretches TO 2:15 Sensory Stimulation ML <b>2:15 Black History Month Collage Making AR</b> 2:15 Music Therapy 3rd 3:15 Doll Therapy TO 4:00 Balloon Toss TO 4:00 Walking Club MF 4:00 Friendly visits 5:00 Fun &amp; Games ML 7:00 Helping Hands U 7:00 Travel to....</p>	<p>3. 9:15 Music Therapy U 10:15 Hymn Sing ML 10:15 Music And Movement 2, 4 11:15 Music and Movement 3rd 11:15 Balloon Toss TO 12:00 Games &amp; Giggles ML <b>2:15 Super Bowl Games and Trivia ML</b> 2:15 Hand Therapy TO 2:15 Music Therapy 3rd 2:15 Horse Shoes 4th 3:15 Bedside Stretch TO 3:15 Relaxation Therapy AR 4:00 Balloon toss TO 4:00 Friendly visits 5:00 Fun &amp; Games ML 7:00 Hot Chocolate Social AR</p>
<p>4. <b>SUPER BOWL SUNDAY</b> 10:15 Music Therapy 2nd 10:15 Sensory Stimulation ML 10:15 Morning Stretch AR 11:15 Helping Hands 3rd 12:00 Games &amp; Giggles ML <b>2:15 Grace New Covenant Church ML</b> 2:15 Hand &amp; Finger Dexterity TO 2:15 Art Therapy AR 2:15 Balloon Toss TO 3:15 Card Games U 4:00 Friendly visits TO <b>4:00 Super Bowl Pre game</b> 5:00 Fun &amp; Games ML 7:00 Music Therapy U</p>	<p>5. 9:15 Reminiscing 2 10:15 Fun &amp; Fitness ML 10:15 Morning Stretch AR <b>10:15 Valentine’s Decorating</b> 11:15 Helping Hands 3rd, 4th 12:00 Games &amp; Giggles ML <b>2:00 Communion TO</b> 2:15 BINGO ML 2:15 Bedside stretches TO 2:15 Music &amp; Movement U 3:15 Balloon Toss TO 3:15 PT 2 Tyndall Cinema ML 4:00 Hand Therapy TO 4:00 Puzzles U 4:00 Friendly visits 5:00 Fun &amp; Games ML 7:00 Reminiscing Social ML 7:00 Relaxation Therapy AR</p>	<p>6. 9:15 Music Therapy 2,4 10:15 Sensory Stimulation ML 10:15 Morning Stretch AR 10:15 Doll Therapy TO 11:15 Friendly visits 11:15 Manicures 12:00 Games &amp; Giggles ML 2:15 Hand &amp; Finger Dexterity TO 2:15 <b>Valentine’s Baking AR</b> 2:15 Horseraces ML 2:15 Balloon Toss TO 2:15 Bedside Music Therapy 3:15 Board Games U 4:00 Hand Therapy TO 4:00 Friendly visits 5:00 Fun &amp; Games ML 7:00 Tea &amp; Toast Social AR</p>	<p>7. 9:15 Reminiscing 2, 4 10:15 Fun &amp; Fitness ML 10:15 Morning Stretch AR 10:15 Bedside Music TO 10:15 Doll Therapy TO 11:15 Hand Therapy TO 11:15 Short Stories U 12:00 Games &amp; Giggles ML <b>2:15 St. Patrick’s Roman Catholic Mass ML</b> 2:15 Bedside Stretches TO 2:15 Hand &amp; Finger Dexterity TO 2:15 Relaxation Therapy AR 2:15 Card Games U 3:15 Walking Club MF 3:15 1:1 Short Stories U 4:00 Friendly visits 4:00 Balloon Toss TO 5:00 Fun &amp; Games ML 7:00 Art Therapy AR 7:00 Music Therapy U</p>	<p>8. 9:15 Bedside music 2, 4 10:15 Sensory Stimulation ML 10:15 Morning Stretch AR 10:15 Manicures 11:15 Helping Hands 3rd, 4th 11:15 Friendly visits 12:00 Games &amp; Giggles ML <b>2:00 Portuguese Mass ML</b> 2:15 Horseshoes 3 <b>2:15 Valentine’s Craft AR</b> 2:15 Bean Bag Toss 2 2:15 Ring Toss 4 2:15 Friendly visits 3:15 Walking Club MF 3:15 Balloon Toss 3 4:00 Friendly visits 4:00 Bedside Music Therapy TO 5:00 Fun &amp; Games ML 7:00 Card Bingo ML 7:00 Hand &amp; Finger Dexterity</p>	<p>9. 9:15 Friendly visits U 10:15 Fun &amp; Fitness ML 10:15 Sensory Stimulation AR 10:15 Helping Hands 2 10:15 Bedside stretches 3 11:15 Friendly visits 11:15 1:1 Short stories 12:00 Games &amp; Giggles ML <b>2:15 Black History Month Milestones ML</b> 2:15 Puzzles 2nd 2:15 Hand Therapy TO 2:15 Doll Therapy TO 2:15 Helping Hands 4 3:15 Bedside visits 4:00 Relaxation Therapy AR 4:00 Puzzles 3rd 4:00 Friendly visits 5:00 Fun &amp; Games ML 7:00 Tyndall Cinema ML 7:00 Bedside Visits</p>	<p>10. 9:15 Music Therapy U 10:15 Hymn Sing ML 10:15 Sensory Stimulation AR 11:15 Balloon Toss TO 12:00 Games &amp; Giggles ML 2:15 Ten Pin Bowling ML 2:15 Hand Therapy TO 2:15 Music Therapy 3rd 3:15 Bedside Stretch TO 4:00 Balloon toss TO 4:00 Friendly visits 5:00 Fun &amp; Games ML 7:00 Discussion Group ML</p>
<p>11. 10:15 Music Therapy 2nd 10:15 Bedside Music TO 10:15 Morning Stretch AR 11:15 Helping Hands 3rd 12:00 Games &amp; Giggles ML <b>2:15 Salvation Army Church ML</b> 2:15 Hand &amp; Finger Dexterity TO 2:15 Collage Making AR 3:15 Scenic Tours TO 4:00 Friendly visits TO 4:00 Doll Therapy TO 5:00 Fun &amp; Games ML 7:00 Reading Group AR</p>	<p>12. 10:15 Sensory Stimulation ML 10:15 Morning Stretch AR 11:15 Manicures 11:15 Helping Hands 3rd, 4th 12:00 Games &amp; Giggles ML <b>2:00 Communion TO</b> 2:15 Hand &amp; Finger Dexterity TO 2:15 BINGO ML 2:15 Balloon Toss TO 3:15 Helping hands 2 3:15 Music &amp; Movement 4th 3:15 Scenic Tours TO 4:00 Hand Therapy TO 5:00 Fun &amp; Games ML 7:00 Music Therapy U</p>	<p>13. <b>Shrove Tuesday</b> 9:15 Short Stories 2,4 10:15 Sensory Stimulation ML 10:15 Morning Stretch AR 11:15 Ring Toss 3rd 12:00 Games &amp; Giggles ML <b>2:15 Mississauga City Baptist Church ML</b> 2:15 1:1 short stories 2:15 Short Stories 3rd 2:15 Current events AR 3:15 Puzzles U 4:00 Walking Club MF 4:00 Doll Therapy TO 4:00 Friendly visits 5:00 Fun &amp; Games ML 7:00 Hot Chocolate Social AR</p>	<p>14. <b>Valentine’s Day</b> <b>Ash Wednesday</b> 9:15 Reminiscing 2, 4 10:15 Fun &amp; Fitness ML 10:15 Glamour Club AR 10:15 Bedside Music Therapy 10:15 Hand Therapy TO 11:15 1:1 Short Stories 3, 4 12:00 Games &amp; Giggles ML <b>2:15 Valentine’s Social with Jay &amp; Shannon ML</b> 4:00 Friendly visits 4:00 Balloon Toss TO 4:00 Walking Club MF 5:00 Fun &amp; Games ML <b>7:00 Rosary ML</b> 7:00 Music &amp; Movement U</p>	<p>15. 9:15 Bedside music 2, 4 10:15 Morning Stretch AR <b>10:15 Heritage Museum Presentation ML</b> 11:15 Friendly visits 12:00 Games &amp; Giggles ML 2:15 Ring Toss 3rd 2:15 Name that Tune ML 2:15 Bean Bag Toss 2nd 3:15 Music &amp; Movement 2nd 4:00 Balloon Toss 3 4:00 Friendly visits 4:00 Bedside Music Therapy TO 5:00 Fun &amp; Games ML 7:00 Card Bingo ML 7:00 Hand &amp; Finger Dexterity</p>	<p>16. <b>Chinese New Year</b> <b>9:15 Chinese Zodiac Readings U</b> 10:15 Fun &amp; Fitness ML 10:15 Sensory Stimulation AR 10:15 Helping Hands 2, 3 11:15 Bedside stretches 11:15 Friendly visits 12:00 Games &amp; Giggles ML <b>2:15 Chinese New Year Crafts ML</b> 2:15 Spelling Bee ML 2:15 Music &amp; Movement U 3:15 Doll Therapy AR 3:15 Hand Therapy TO 4:00 Bedside Music Therapy TO 4:00 Puzzles 3rd 4:00 Friendly visits 5:00 Fun &amp; Games ML 7:00 Travel to....</p>	<p>17. 9:15 Music Therapy U 10:00 Hymn Sing ML 10:15 Reminiscing U 11:15 Balloon Toss TO 12:00 Games &amp; Giggles ML <b>2:15 New Life Fellowship Church of God ML</b> 2:15 Board Games U 2:15 Bedside visits 3:15 Hand &amp; Finger Dexterity TO 4:00 Relaxation Therapy AR 4:00 Doll Therapy TO 5:00 Fun &amp; Games ML 7:00 Music Therapy U</p>

February  
2018



Tyndall Seniors  
Village  
Recreation Calendar  
Part ONE



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>18.</p> <p>9:15 Reminiscing 2 10:15 Tea Social AR 10:15 Music &amp; Movement ML 11:15 Hand &amp; Finger Dexterity TO 12:00 Games &amp; Giggles ML <b><u>2:15 Kingdom Covenant ML</u></b> 2:15 Puzzles U 2:15 Balloon Toss TO 3:15 Scenic Tours 3:15 Hand Therapy TO 4:00 Friendly visits 4:00 Manicures 5:00 Fun &amp; Games ML</p> <p>7:00 Discussion Group AR</p>	<p>19. <b>FAMILY DAY</b> 9:15 Music Appreciation 2 10:15 Morning Stretch AR 10:15 Fun &amp; Fitness ML 10:15 Music Therapy 4th 11:15 Current Events 3 11:15 Helping Hands U 12:00 Games &amp; Giggles <b><u>2:00 Communion TO</u></b> <b><u>2:15 FAMILY DAY GAMES</u></b> 4:00 Balloon Toss TO 4:00 Friendly visits 5:00 Fun &amp; Games ML 7:00 Men's' Club 7:00 Ladies Club</p>	<p>20.</p> <p>9:15 Reminiscing 2, 4 10:15 Sensory Stimulation ML 10:15 Morning Stretch AR 11:15 Walking Club 12:00 Games &amp; Giggles <b><u>2:15 Church of the Holy Spirit Anglican Service ML</u></b> 2:15 Music Therapy U 2:15 Bedside Stretches TO 2:15 Relaxation Therapy AR 3:15 Scenic Tours 4:00 Doll Therapy TO 4:00 Walking Club MF 4:00 Friendly visits 5:00 Fun &amp; Games ML 7:00 Hot Chocolate Social AR</p>	<p>21.</p> <p>9:15 Music Therapy 2, 4 <b><u>10:00 Outing Bowling &amp; Lunch (sign up)</u></b> 10:15 Fun &amp; Fitness ML 10:15 Music &amp; Movement 3rd 11:15 Friendly visits 3, 4 12:00 Games &amp; Giggles 2:15 Poetry Club ML 2:15 Bedside Music Therapy 2:15 Music &amp; Movement 4th 3:15 Helping Hands 2 4:00 Balloon Toss TO 4:00 Friendly visits 5:00 Fun &amp; Games ML 7:00 Word Games ML</p>	<p>22.</p> <p>9:15 Music Appreciation 2 <b><u>10:15 Resident Council Meeting ML</u></b> 10:15 Manicures TO 10:15 Friendly visits 10:15 Morning Stretch AR 11:15 Bedside Music Therapy 11:15 Helping Hands U 12:00 Games &amp; Giggles <b><u>1:15 Activity Dept., Meeting</u></b> 3:15 Hand &amp; Finger Dexterity TO 3:15 Scenic Tours 4:00 Reading Group ML 4:00 Hand Therapy TO 4:00 Walking Club MF 5:00 Fun &amp; Games 7:00 Card BINGO ML 7:00 Relaxation Therapy AR</p>	<p>23.</p> <p>9:15 Reminiscing 2,4 10:15 Fun &amp; Fitness ML 10:15 Movement &amp; Music 3rd 10:15 Sensory Stimulation AR 11:15 Helping Hands U 12:00 Games &amp; Giggles ML 2:15 Hand &amp; Finger Dexterity <b><u>2:15</u></b> 2:15 Balloon Toss TO 2:15 Card Games U 2:15 Doll Therapy 3 3:15 Bedside visits 4:00 Hand Therapy TO 4:00 Friendly visits TO 4:00 Walking Club MF 5:00 Fun &amp; Games 7:00 Tyndall Cinema ML 7:00 Helping Hands U</p>	<p>24.</p> <p>9:15 Music Therapy 2 10:00 Hymn Sing ML 10:15 Collage Making AR 11:15 Name that tune 3rd 12:00 Games &amp; Giggles 2:15 Relaxation Therapy AR 2:15 Ten Pin Bowling ML 2:15 Music &amp; Movement 3rd 3:15 Card Games 3rd 4:00 Friendly visits 4:00 Bedside Music Therapy 5:00 Fun &amp; Games 7:00 Name that Tune ML</p>
<p>25.</p> <p>9:15 Sounds of Nature 2 10:15 Music Therapy ML 10:15 Reading Group AR 11:15 Current Events 3, 4 12:00 Games &amp; Giggles 2:15 Doll Therapy TO <b><u>2:30 Applewood Heights Gospel Hall ML</u></b> 3:15 Current Events AR 4:00 Friendly visits 4:00 Hand Therapy TO 5:00 Fun &amp; Games ML 7:00 Reading Group AR</p>	<p>26.</p> <p>9:15 Music Therapy U 10:15 Fun &amp; Fitness ML 10:15 Glamour Club AR 10:15 Music &amp; Movement 3 11:15 Helping Hands 3rd 11:15 Bedside Music 4 12:00 Games &amp; Giggles <b><u>2:00 Communion TO</u></b> <b><u>2:15 Westminster United Church ML</u></b> 2:15 Sensory Stimulation AR 2:15 Hand Therapy TO 3:15 Walking Club MF 3:15 Bedside Stretches To 4:00 Friendly visits TO 4:00 Balloon Toss TO 5:00 Fun &amp; Games ML 7:00 BINGO ML</p>	<p>27.</p> <p>9:15 Music Therapy 2,4 10:15 Welcome Tea AR 10:15 Sensory Stimulation ML 10:15 Walking Club MF 11:15 Helping Hands 3rd, 4th 11:15 Bedside visits 12:00 Games &amp; Giggles 2:15 2:15 Bedside visit TO 2:15 Music &amp; Movement 4 2:15 Hand Therapy 3:15 Reading Group ML 3:15 Scenic Tours 4:00 Friendly visits TO 4:00 1:1 short Stories 4:00 Doll Therapy AR 5:00 Fun &amp; Games ML 7:00 Hot Chocolate &amp; Fireside Stories ML 7:00 Music &amp; Movement 3</p>	<p>28.</p> <p>9:15 Reminiscing 2, 4 10:15 Fun &amp; Fitness ML 10:15 Morning Stretch TO 10:15 Music &amp; Movement 3rd 10:15 Bedside Stretches TO 11:15 Balloon Toss TO 11:15 Ring Toss 3rd 12:00 Games &amp; Giggles <b><u>2:15 Monthly Birthday Party with Jerry Larkin ML</u></b> 4:00 Helping Hands U 4:00 1:1 short stories 4:00 Friendly visits 5:00 Fun &amp; Games ML 7:00 Music Therapy U 7:00 Travel to.....</p>	<p><b><u>Legend</u></b></p> <p><b><i>U = Units</i></b> <b><i>UL = Unit Lounge</i></b> <b><i>BP = Back Patio</i></b> <b><i>ML = Main Lounge</i></b> <b><i>AR = Activity Room</i></b> <b><i>MF = Main Floor</i></b></p>	<p><b><u>Pet Visits</u></b></p> <p><b><i>“Scrappy” Mondays at 1:00pm &amp; “Chaz” Friday’s 1:45pm—3:00pm</i></b></p>	<p><b>Activities are subject to change according to resident needs or Management requirements</b></p>



February  
2018



Tyndall Seniors  
Village  
Recreation Calendar  
Part TWO