



# FEBRUARY 2024



Location Key		Sign-Up Sheets ★		The Village Pub Happy Hour		Thursday 1		Friday 2		Saturday 3			
MR - Multipurpose Room TH - Theatre DR - Dining Room TS - Tuck Shop FL - Fireside Lounge VL - Village Lobby HS - Hair Salon LL - Lodge Lobby VP - Village Pub VC - Village Courtyard CF - Cafe L - Library PT - Patio off Dining Room		A star beside an activity or outing on this calendar indicates <u>sign-up is required</u> . The Activities binder is located by Village elevator in the main building.		<b>Open Wednesdays &amp; Fridays</b> <b>3:30pm-5:30pm</b> <b>New: Saturdays 2:00pm-4:00pm</b>		9:45 Balance & Core (Leah) (MR) 1:00 Rummikub (MR) Presentation: "ears to you" Mobile Hearing Clinic at 2pm (MR) 6:00 Board Games (MR)		10:00 Stand & Fit (Josh) (MR) 1:00 Tuck Shop Open (TS) 1:00 Knitting Crew (MR) <b>3:30pm-5:30pm Pub Happy Hour (VP)</b> 6:00 Board Games (MR) 6:30 Movie Night: "Groundhog Day" (TH)		10:30 Strength & Stretch (Leah) (MR) 2:00 Movie Matinee: "Groundhog Day" (TH) Music with Mervin 2:00pm-3:00pm (MR) <b>NEW: 2pm-4pm Pub Happy Hour (VP)</b> 6:00 Board Games (MR)			
<b>Monthly Fire Alarm Testing</b>		<b>Groundhog Day</b>		<b>Fire Alarm</b>		<b>Thursday 8</b>		<b>Friday 9</b>		<b>Saturday 10</b>			
<b>Sunday 4</b> 10:00 Stand & Fit (Josh) (MR) 3:00 Travel Talk with Raychel as we travel to China! (MR) 2:00 Movie Matinee: "Groundhog Day" (TH) 6:00 Board Games (MR)		<b>Monday 5</b> 10:00 Stand & Fit (Josh) (MR) 1:00 Tuck Shop Open (TS) 1:00 Jacko (MR) Tea Time Talk with City of Colwood 3:00pm-4:00pm (MR) 6:00 Board Games (MR)		<b>Tuesday 6</b> 9:45 Circuit Training (Leah) (MR) 2:00 Netflix Series: "The Chosen: Episode 1" (TH) 6:00 Board Games (MR)		<b>Wednesday 7</b> 9:30 Java Group (L) 10:00 Stand & Fit (Josh) (MR) 1:00 Tuck Shop Open (TS) 1:00 Bingo (MR) 1:00 Bible Study (L) <b>3:30pm-5:30pm Pub Happy Hour (VP)</b> 6:00 Board Games (MR)		9:45 Balance & Core (Leah) (MR) <b>Shopping Trip 10:00am-11:30am</b> ★ Walmart / Westshore Mall 1:00 Rummikub (MR) 6:00 Board Games (MR)		10:00 Stand & Fit (Josh) (MR) 1:00 Tuck Shop Open (TS) 1:00 Knitting Crew (MR) <b>3:30pm-5:30pm Pub Happy Hour (VP)</b> 6:00 Board Games (MR) 6:30 Movie Night: "Crazy Rich Asians" (TH)		10:00 Stand & Fit (Josh) (MR) 2:00 Movie Matinee: "Crazy Rich Asians" (TH) <b>NEW: 2pm-4pm Pub Happy Hour (VP)</b> 6:00 Board Games (MR) <b>Chinese New Year Dinner</b> Regular Dinner Seatings	
<b>Sunday 11</b> 10:00 Pilates (Richelle) (MR) 1:30 Open Painting (MR) 2:00 Movie Matinee: "Crazy Rich Asians" (TH) <b>Supper Bowl Sunday</b> Game viewing in the Village Pub <b>3:30pm-5:30pm Pub Happy Hour (VP)</b> 6:00 Board Games (MR)		<b>Monday 12</b> 10:00 Chair Zumba (Richelle) (MR) 1:00 Tuck Shop Open (TS) 1:00 Jacko (1:00pm-1:45pm) (MR) <b>Flower Arranging</b> ★ (MR) 2:30pm-3:30pm 6:00 Board Games (MR)		<b>Tuesday 13</b> <b>Pancake Breakfast</b> 7:30am - 9:00am 9:45 Circuit Training (Leah) (MR) <b>Blood Pressure Clinic</b> ★ (MR) 2:00 Netflix Series: "The Chosen: Episode 2" (TH) 6:00 Board Games (MR)		<b>Wednesday 14</b> 9:30 Java Group (L) 10:00 Chair Yoga (Richelle) (MR) 1:00 Tuck Shop Open (TS) 1:00 Bingo (MR) <b>Valentine's Day Dinner</b> Regular Dinner Seatings <b>3:30pm-5:30pm Pub Happy Hour (VP)</b> 6:00 Board Games (MR)		<b>Thursday 15</b> 9:45 Balance & Core (Leah) (MR) 1:00 Rummikub (MR) <b>2:00 Circuit Training (Richelle)</b> (MR) 6:00 Board Games (MR)		<b>Friday 16</b> 10:00 Stand & Fit (Josh) (MR) 1:00 Knitting Crew (MR) <b>3:30pm-5:30pm Pub Happy Hour (VP)</b> 6:00 Board Games (MR) 6:30 Movie Night: "The Blind Side" (TH)		<b>Saturday 17</b> 10:00 Stand & Fit (Josh) (MR) <b>Stop by the Café to write hearts for the Kindness Tree 1:00pm-2:00pm (CF)</b> 2:00 Movie Matinee: "The Blind Side" (TH) <b>NEW: 2pm-4pm Pub Happy Hour (VP)</b> 6:00 Board Games (MR)	
<b>Sunday 18</b> 10:00 Pilates (Richelle) (MR) 2:00 Movie Matinee: "The Blind Side" (TH) 6:00 Board Games (MR)		<b>Monday 19</b> 10:00 Ball & Band Exercise (Richelle) (MR) 1:00 Tuck Shop Open (TS) 1:00 Jacko (MR) 6:00 Board Games (MR)		<b>Tuesday 20</b> 9:45 Circuit Training (Leah) (MR) 2:00 Netflix Series: "The Chosen: Episode 3" (TH) <b>Couples' Dinner</b> 5:00pm-6:00pm in The Pub (VP) 6:00 Board Games (MR)		<b>Wednesday 21</b> 9:30 Java Group (L) 10:00 Weighted Exercises (Richelle) (MR) 1:00 Tuck Shop Open (TS) 1:00 Bingo (MR) 1:00 Bible Study (L) <b>3:30pm-5:30pm Pub Happy Hour &amp; Family Game Night (VP)</b> 6:00 Board Games (MR)		<b>Thursday 22</b> 9:45 Balance & Core (Leah) (MR) 1:00 Rummikub (MR) <b>2:00pm-3:00pm</b> <b>February Birthday Tea (DR)</b> with "Two Among Friends" Performing 6:00 Board Games (MR)		<b>Friday 23</b> 10:00 Stand & Fit (Josh) (MR) 1:00 Tuck Shop Open (TS) 1:00 Knitting Crew (MR) <b>3:30pm-5:30pm Pub Happy Hour (VP)</b> 6:00 Board Games (MR) 6:30 Movie Night: "Little Miss Sunshine" (TH)		<b>Saturday 24</b> 10:00 Stand & Fit (Josh) (MR) 2:00 Movie Matinee: "Little Miss Sunshine" (TH) <b>NEW: 2pm-4pm Pub Happy Hour (VP)</b> 6:00 Board Games (MR)	
<b>Sunday 25</b> 10:00 Pilates (Richelle) (MR) 2:00 Movie Matinee: "Little Miss Sunshine" (TH) 6:00 Board Games (MR)		<b>Monday 26</b> 10:00 Chair Zumba (Richelle) (MR) 1:00 Tuck Shop Open (TS) 1:00 Jacko (MR) <b>2:00 Resident &amp; Activities Meeting (DR)</b> 6:00 Board Games (MR)		<b>Tuesday 27</b> 9:45 Circuit Training (Leah) (MR) 2:00 Netflix Series: "The Chosen: Episode 4" (TH) 6:00 Board Games (MR)		<b>Wednesday 28</b> 9:30 Java Group (L) 10:00 Chair Yoga (Richelle) (MR) 1:00 Tuck Shop Open (TS) 1:00 Bingo (MR) <b>3:30pm-5:30pm Pub Happy Hour (VP)</b> 6:00 Board Games (MR)		<b>Thursday 29</b> 9:45 Balance & Core (Leah) (MR) 1:00 Rummikub (MR) <b>2:00 Line Dancing (Richelle)</b> (MR) 3:00 Fit Feb Punch Card due (MR) <b>Fit Feb Challenge</b> Winner announced at 4:00pm (MR) 6:00 Board Games (MR)		<b>Fit Feb Fitness Challenge!</b> Let's focus on fitness this month while having fun. The Fit Feb Fitness Challenge is meant to encourage residents to complete a minimum of 30 minutes of physical activity every single day in February. This activity can be anything that gets you moving, and should ideally be something you enjoy! See the Newsletter			
<b>Family Day</b>		<b>Pancake Tuesday</b>		<b>Ash Wednesday</b>		<b>Random Acts of Kindness Day</b>		<b>Pink Shirt Day</b>					