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|  | · February 2022 · |  |
| ∙ **Sunday** ∙ | ∙ **Monday** ∙ | ∙ **Tuesday** ∙ | ∙ **Wednesday** ∙ | ∙ **Thursday** ∙ | ∙ **Friday** ∙ | ∙ **Saturday** ∙ |
| **Add Text**February is Recreation Therapy MonthRecreation’s Purpose is not to pass time, but to make time live, not to keep a person occupied, but to keep him refreshed, not to offer an escape from life, but to provide a discovery of life. |

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| **1** |

10:00 Trivia & word Games 2:00 Chinese New Year |

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| **2** |

10:00 Keep Fit2:00 Church  |

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| **3** |

10:00 Coffee ClubPM Coin Bingo |

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| **4** |

10:00 Keep Fit/ Physical Games2:00 Painting/Relaxation |

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| **5** |

Friendly visits&Activity Packs |
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| **6** |

Friendly visits&Activity Packs |

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| **7** |

10:00 Keep fit 2:00 Movie Matinee |

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| **8** |

10:00Trivia & word Games 2:00 Baking |

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| **9** |

10:00 Keep Fit2:00 Church |

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| **10** |

10:00 Coffee ClubPM Bath & Body Bingo |

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| **11** |

10:00 Keep Fit/ Physical games2:00 Valentines Craft |

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| **12** |

Friendly visits&Activity Packs |
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| **13** |

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Friendly visits&Activity Packs |

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| **14** |

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| [Valentine's Day](https://www.goldencarers.com/calendar/valentines-day-activities/32/). |

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| **15** |

10:00 Trivia &word Games 2:00 Scenic Drive |

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| **16** |

10:00 Keep Fit2:00 Church |

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| **17** |

10:00 Coffee ClubPM Coin Bingo |

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| **18** |

10:00 Keep Fit/ Physical Games2:00 RecreationTherapy Celebration |

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| **19** |

Friendly visits&Activity Packs |
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| **20** |

Friendly visits&Activity Packs |

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| **21** |

Nova Scotia Heritage Day“The Landscape of Grand Pre` World Heritage Site” |

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| **22** |

 10:00 Trivia & word Games 2:00 GardeningIndoor Plants |

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| **23** |

10:00 Keep Fit2:00 Church |

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| **24** |

10:00 Coffee ClubPM MerchandiseBingo |

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| **25** |

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10:00 Keep Fit2:00 Arm Chair Travel |

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| **26** |

Friendly visits&Activity Packs |
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| **27** |

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Friendly visits&Activity Packs |

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| **28** |

10:00 Keep fit11:00 Elders Council2:00 Sing Along | **Text**Please refer to whiteboard for any changes and weekend plans (subject to change Re: Public health measures)To Book a family visit please call Recreation Therapy at 902-885-3638 (Mon-Fri) after hours 902-885-3632 |