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|  | · February 2022 · | | | | |  |
| ∙ **Sunday** ∙ | ∙ **Monday** ∙ | ∙ **Tuesday** ∙ | ∙ **Wednesday** ∙ | ∙ **Thursday** ∙ | ∙ **Friday** ∙ | ∙ **Saturday** ∙ |
| **Add Text**  February is Recreation Therapy Month  Recreation’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. | | |  | | --- | | **1** |   10:00 Trivia & word Games  2:00 Chinese New Year | |  | | --- | | **2** |   10:00 Keep Fit  2:00 Church | |  | | --- | | **3** |   10:00 Coffee Club  PM Coin Bingo | |  | | --- | | **4** |   10:00 Keep Fit/ Physical Games  2:00 Painting/  Relaxation | |  | | --- | | **5** |   Friendly visits  &  Activity Packs |
| |  | | --- | | **6** |   Friendly visits  &  Activity Packs | |  | | --- | | **7** |   10:00 Keep fit  2:00 Movie Matinee | |  | | --- | | **8** |   10:00Trivia & word Games  2:00 Baking | |  | | --- | | **9** |   10:00 Keep Fit  2:00 Church | |  | | --- | | **10** |   10:00 Coffee Club  PM Bath & Body Bingo | |  | | --- | | **11** |   10:00 Keep Fit/ Physical games  2:00 Valentines Craft | |  | | --- | | **12** |   Friendly visits  &  Activity Packs |
| |  | | --- | | **13** |  |  | | --- | | . |   Friendly visits  &  Activity Packs | |  | | --- | | **14** |  |  | | --- | | [Valentine's Day](https://www.goldencarers.com/calendar/valentines-day-activities/32/) . | | |  | | --- | | **15** |   10:00 Trivia &  word Games  2:00 Scenic Drive | |  | | --- | | **16** |   10:00 Keep Fit  2:00 Church | |  | | --- | | **17** |   10:00 Coffee Club  PM Coin Bingo | |  | | --- | | **18** |   10:00 Keep Fit/ Physical Games  2:00 Recreation  Therapy Celebration | |  | | --- | | **19** |   Friendly visits  &  Activity Packs |
| |  | | --- | | **20** |   Friendly visits  &  Activity Packs | |  | | --- | | **21** |   Nova Scotia Heritage Day  “The Landscape of Grand Pre` World Heritage Site” | |  | | --- | | **22** |   10:00 Trivia & word Games  2:00 Gardening  Indoor Plants | |  | | --- | | **23** |   10:00 Keep Fit  2:00 Church | |  | | --- | | **24** |   10:00 Coffee Club  PM Merchandise  Bingo | |  | | --- | | **25** |  |  | | --- | | . |   10:00 Keep Fit  2:00 Arm Chair Travel | |  | | --- | | **26** |   Friendly visits  &  Activity Packs |
| |  | | --- | | **27** |  |  | | --- | | . |   Friendly visits  &  Activity Packs | |  | | --- | | **28** |   10:00 Keep fit  11:00 Elders Council  2:00 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 | | | | |