

# February 2025



## Hespeler

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>BLACK HISTORY MONTH</b>						<b>1</b> 10:00am Groundhog Day Treats - HAA
<b>2</b> Groundhog Day 2:00pm Valentine's Day Crafts - HAA	<b>3</b> 10:30am Scripture and Song (H & P) - HAA 2:30pm QiGong Fitness Class - AUDI 3:15pm Bilingual (French and English) Coffee and Chats - AUDI 6:15pm Variety Time - BAA	<b>4</b> 10:30am Scripture and Song - GAA 10:45am Fun and Fitness (H & P) 2:00pm Artful Enrichment - CCR3 3:00pm Name That Love Song! - HAA	<b>5</b> 11:00am Music Therapy - Resi 2:00pm Valentine's Day Baking - CCR3 3:00pm Fun and Fitness - GAA 6:15pm Variety Time - GAA	<b>6</b> 9:45am It Makes Sense (G) - Resi 10:45am Fun and Fitness (H & P) - PAA 2:00pm Therapeutic Recreation Fun! - CCR3 3:00pm Name That Love Song! - HAA	<b>7</b> 9:45am Friendly Visits (G) - Resi 10:15am Friday Morning Chapel with Niamh - AUDI 10:30am Tots and Tunes - CCR3 3:00pm Bible Study with Niamh - 3FL	<b>8</b> 10:00am Java Music Club - CCR3 2:00pm Crafting Valentine's Day Centrepieces - HAA
<b>9</b> 9:45am Sunday Morning Hymn Sing - HAA 3:00pm Honouring Black History Month - HAA <b>Tune into the Superbowl Game at 6:30pm</b>	<b>10</b> 10:30am Scripture and Song (H & P) - HAA 1:45pm QiGong Fitness Class- AUD 2:30pm Bilingual (French and English) Coffee and Chats - AUDI 6:15pm Variety Time - BAA	<b>11</b> 10:30am Scripture and Song - GAA 10:45am Fun and Fitness (H & P) 11:30am Red Lobster Lunch Outing- Pre-register with Alexis - OUT 1:30pm Beauty Shop - Resi	<b>12</b> 9:30am Music Therapy - HAA 11:00am Music Therapy - Resi 2:00pm Horticulture Hands - HAA 2:00pm Residents Council - CCR3 3:00pm Friendly Visits (H) - Resi 3:00pm Fun and Fitness - GAA 6:15pm Variety Time - GAA	<b>13</b> 10:30am Crafting Valentine's Day Cards with St Michael's Students - AUDI 2:00pm Bingo - HAA 5:00pm Couples Valentine's Day Supper- Pre-register with Alexis - AUDI	<b>14</b> <b>Valentine's Day</b> 9:45am Friendly Visits (G) - Resi 10:15am Friday Morning Chapel with Niamh - AUDI 10:30am Tots and Tunes - CCR3 2:00pm Valentine's Day Social - AUDI 3:00pm Bible Study with Niamh - 3FL	<b>15</b> 9:45am Musical Memories - HAA
<b>16</b> 2:00pm Charades - HAA	<b>17</b> <b>Family Day</b> 1:45pm QiGong Fitness Class- AUD 2:30pm Bilingual (French and English) Coffee and Chats - AUDI 6:15pm Variety Time - BAA	<b>18</b> 9:45am Coffee and Chats - Blair Dining Room 9:45am Coffee and Chats - Galt Dining Room 10:45am Fun & Fitness - Blair Dining Room 10:45am Fun & Fitness - Galt Dining Room 2:00pm Armchair Travel - Blair Dining Room 2:00pm Armchair Travel - Galt Dining Room	<b>19</b> 9:30am Music Therapy - Blair Dining Room 9:30am Music Therapy - Galt Dining Room 11:00am Music Therapy - Resi 11:00am Table Top Games - Blair Dining Room 11:00am Table Top Games - Galt Dining Room - GAA 11:30am Roman Catholic Communion - 3FL 2:00pm Bowling - Blair Dining Room - BAA 2:00pm Minute To Win It - Galt Dining Room - GAA	<b>20</b> 9:45am Horticulture Hands - GAA 9:45am It Makes Sense (B) - Resi 2:00pm Artful Chats - Galt Lounge 2:00pm Baby Bath Time - BAA 3:00pm Time to Think - BAA	<b>21</b> 9:45am Friendly Visits (G) - Resi 10:15am Friday Morning Chapel with Niamh - AUDI 10:30am Tots and Tunes - CCR3 2:00pm Java Music Club (Get to Know You) - Blair Lounge 3:00pm Bible Study with Niamh - 3FL	<b>22</b> 9:45am Hymn Sing - BAA 11:00am Social Art - GAA 2:00pm Table Top Games - BAA 3:00pm Story Writing - GAA
<b>23</b> 9:45am Sunday Morning Hymn Sing - GAA 11:00am Story Writing - BAA 2:00pm Table Top Games - GAA 3:00pm Busy Hands - BAA	<b>24</b> 2:30pm QiGong Fitness Class - AUDI 3:15pm Bilingual (French and English) Coffee and Chats - AUDI 6:15pm Variety Time - BAA 6:15pm Variety Time - GAA	<b>25</b> 9:45am Beauty Shop (B & G) - Resi 10:30am Scripture and Song - GAA 2:00pm Java Music Club (Get to Know You) - Galt Lounge 6:15pm Variety Time - BAA	<b>26</b> 9:15am Rockway School Play - Willy Wonka - Pre-register with Alexis - OUT 9:30am Music Therapy - BAA 10:15am Music Therapy - GAA 11:00am Music Therapy - Resi 2:00pm Social Art - BAA 3:00pm Fun and Fitness - GAA 3:00pm Fun and Fitness - BAA 6:15pm Variety Time - GAA	<b>27</b> 9:45am It Makes Sense (G) - Resi 9:45am Coffee and Chats - BAA 2:00pm Bingo - Blair Lounge 2:00pm Winter Crafts - GAA 5:00pm Y & R Dinner and Movie - CCR3	<b>28</b> 9:45am Friendly Visits (G) - Resi 10:15am Friday Morning Chapel with Niamh - AUDI 10:30am Tots and Tunes - CCR3 2:00pm Winter Crafts - BAA 3:00pm Bible Study with Niamh - 3FL	

AUDI - Centre Auditorium  
PAA - Preston Activity Area

BAA - Blair Activity Area  
Resi - Resident Room for 1-1 scoring

GAA - Galt Activity Area

HAA - Hespeler Activity Area

OUT - Outings

Check Program Boards daily for the most up to date information.