

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday



















Saturday



February 2019

~Love is All You Need~



<p>11:00 (C) Jeopardy 3</p>  <p>2:00 (C) Murdoch Mysteries Season 1 Ep 1 & 2</p>	<p>Shuttle Today 4 Hairdresser Today 11:00 (cl) Chinese New Year discussion. 1:00 (cl) Racket Balloon 2:00 (cl) Card Making with Susan 2:00 (C) The Java Music Club 3:00 (cl) Colouring Mandalas 4:00 (fl) SJT Dog Visit (Lily & Scott) 6:15 (cl) Wine Social</p>	<p>Foot Care Doctor 5 Happy Chinese New Year!</p>  <p>11:00 (C) Music Appreciation: Greatest Love Songs 1:15 (C) Funny Animals 2:00 (C) BINGO 3:00 (cl) By Request Music Hour 7:00 (C) Toastmasters <small>Chinese New Year</small></p>	<p>Shuttle Today 6 Esthetician Today</p>  <p>11:00 (cl) Giant Crosswords 11:00 (sign up) Lunch at Montfort Mediterranean grill 2:00 (C) Documentary: "Monty Dons-Italian Gardens" 2:30 (cl) Euchre 3:00 (cl) Racket Balloon</p>	<p>Hairdresser Today 7</p>  <p>10:30 (C) Bible Study with Chaplain Homer 11:00 (L) Story Book Time 2:00 (C) Ipad-AgeOn Course pre-register lesson 2/7 2:00 (cl) Sing Along With Kent</p>	<p>Hairdresser Today 8</p>  <p>10:30 (C) Java Music Club 1:30 (C) Classical Music</p> <p>3:00 (cl) Happy Hour With John Pebble</p>	<p>Saturday Brain Games available at the Front Desk 9 10:00 (fl) Visit with St. Johns Therapy Dog Hank 11:00 (cl) Euchre 1:00 (cl) Balloon Rackets 2:00 (C) Afternoon Movie: "The Last Laugh" 7:15 (C) Movie: "It Could Happen To You"</p> <p><small>Groundhog Day</small></p>
<p>10</p>  <p>2:00 (C) Murdoch Mysteries Season 1 Ep 3 & 4</p>	<p>Shuttle Today 11 Vendor: Crystals with Cathy Hairdresser Today 11:00 (cl) Giant Crosswords 1:00 (cl) Racket Balloon 1:30 (sign up) Monks Chocolate Shop 2:00 (C) Java Music Club 3:00 (cl) Colouring Mandalas 4:00 (fl) SJT Dog Visit (Lily & Scott) 6:15 (cl) Wine Social</p>	<p>12</p>  <p>11:00 (C) Music Appreciation: Michael Buble 1:15 (C) Funny Animals 2:00 (C) BINGO 3:00 (cl) By Request Music Hour 7:00 (C) Toastmasters</p>	<p>Shuttle Today 13 Esthetician Today</p>  <p>11:00 (cl) Finishing Lines</p> <p>1:30 (C) Porcelain Tea & Treats: Come learn a bit about English Tea Traditions with Anna Patterson Of Dundas Museum 2:30 (cl) Euchre 3:00 (cl) Racket Balloon</p>	<p>Happy Valentine's Day! 14 Hairdresser Today 10:30 (C) Bible Study with Homer 11:00 (cl) Love Poems! 1:00 (fl) Brownie Bake Off (\$2) to the Heart and Stroke gets you a taste of all the brownies! 2:00 (cl) Valentines party with "The Thursday Afternoon Singers" 2:00 (C) Ipad-AgeOn Course pre-register lesson 3/7</p> <p><small>Valentine's Day</small></p>	<p>Hairdresser Today 15</p>  <p>10:30 (C) Java Music Club 1:30 (C) Seated Pilates</p> <p>3:00 (cl) Happy Hour With Ken Lighthouse</p>	<p>Saturday Brain Games available at the Front Desk 16 10:00 (fl) Visit with St. Johns Therapy Dog Hank 11:00 (cl) Euchre 1:00 (cl) Balloon Rackets 2:00 (C) Afternoon Movie: "Genius" 7:15 (C) Movie: "Adrift"</p>
<p>17</p>  <p>2:00 (C) Murdoch Mysteries Season 1 Ep 5 & 6</p>	<p>Shuttle Today 18 Hairdresser Today 11:00 (C) Ted Talks: Memory 1:00 (cl) Racket Balloon 1:30 (sign up) Walmart 2:00 (C) Java Music Club 3:30 (cl) Colouring Mandalas 4:00 (fl) SJT Dog Visit (Lily & Scott) 6:15 (cl) Wine Social</p> <p><small>Presidents' Day (US)</small></p>	<p>19</p>  <p>11:00 (C) Music Appreciation: George Harrison 1:15 (C) Funny Animals 2:00 (C) BINGO 3:00 (C) Laughter Yoga 7:00 (C) Toastmasters</p>	<p>Shuttle Today 20 Esthetician Today</p>  <p>10:30 (sign up) Cambridge Butterfly Conservatory 2:00 (C) Documentary: "Dogs Ep 1 & 2" 2:30 (cl) Euchre 3:00 (cl) Racket Balloon</p>	<p>Hairdresser Today 21 Help My Hearing-Library 9:30-4:30</p>  <p>10:30 (C) Bible Study with Chaplain Homer 11:00 (cl) Name 3 2:00 (cl) Sing Along With Kent 2:00 (C) Ipad-AgeOn Course pre-register lesson 4/7 3:00 (cl) Finishing Lines</p>	<p>Shuttle Today 22 Hairdresser Today</p> <p>10:30 (C) Java Music Club 1:30 (C) Classical Music</p> <p>3:00 (cl) Happy Hour With Paula French</p>	<p>Saturday Brain Games available at the Front Desk 23 10:00 (fl) Visit with St. Johns Therapy Dog Hank 11:00 (cl) Euchre 1:00 (cl) Balloon Rackets 2:00 (C) Afternoon Movie: "Greater" 7:15 (C) Movie: "Sisterhood of travelling Pants"</p>
<p>24</p>  <p>2:00 (C) Murdoch Mysteries Season 1 Ep 7 & 8</p> <p>8:00pm (C) Come Watch The Oscars</p>	<p>Shuttle Today 25 Hairdresser Today 11:00 (cl) Table Top Curling 1:00 (cl) Racket Balloon</p>  <p>2:00 (C) Resident Council Meeting 3:00 (cl) Cookie/Coffee social 4:00 (fl) SJT Dog Visit (Lily & Scott) 6:15 (cl) Wine Social</p>	<p>26</p> <p>11:00 (C) Music Appreciation: Heathers Picks 1:15 (C) Funny Animals 2:00 (C) BINGO 3:00 (cl) By Request Music Hour 7:00 (cl) Story Night with the Toastmasters! Come listen to some tall tales and speeches! 8:00 (C) Toastmasters</p>	<p>Shuttle Today 27 Esthetician Today</p>  <p>11:00 (cl) Humour Time! 1:00 (C) Euchre Party R.S.V.P (spaces limited) 1:30 (sign up) Scenic Drive 3:00 (cl) Racket Balloon</p>	<p>Hairdresser Today 28</p>  <p>10:30 (C) Bible Study with Chaplain Homer 11:00 (cl) Finishing Lyrics 2:00 (MAC)*NEW* Tablet Lessons R.S.V.P Spaces limited. 2:00 (C) Ipad-AgeOn Course pre-register lesson 5/7 3:00 (cl) Table Top Curling</p>	<p>Legend: (cl)- Café/ Lounge (C)- The Cottage (MAC) -Activity Room (rm216) (fl)-Front Lobby</p> 	

WELLNESS CLASSES

ALL ARE WELCOME

	Monday	Tuesday	Wednesday	Thursday	Friday
8:45-9:45					Better Balance (gym)
10:15-11:00	Group Exercises	Group Exercises	Group Exercises	Group Exercises	Group Exercises
11:15-12:00		Tai Chi/Breathe Right	Hand Therapy	Tai Chi/Breathe Right	Hand Therapy
1:00-2:00	Sit To Be Fit	Fewer Falls (gym)	Pedaling Class (gym)		
2:00-3:00	Hip and Knee Therapy (gym)		Hip and Knee Therapy (gym)		
3:00-4:00			Sit To Be Fit		


Classes Are In The Café Unless Posted Otherwise

Valentines Scavenger Hunt!
Find 9 hidden hearts around the BUILDING to discover the hidden quote!

Put the underlined words together to solve

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____


Enter at the front desk for a prize!



Caroline Place
Retirement Residence

Presents Our
7th Annual Brownie Bake Off


2:00PM A
Performance
by
The Thursday
Afternoon
Singers!



THURSDAY FEBRUARY 14TH AT 1:00

Contestants Have Baked Up Their Famous Recipes And Are Set For Judging!

\$2 Get's You A Plate Of Brownies And Your Ballot To Vote For The Best One!
All Proceeds Will Go To The Heart And Stroke Foundation



FEBRUARY

8 simple tips for a happy and healthy year

Small changes can bring big benefits and reduce your risk of disease- Dr. Scott Lear

A new year can motivate us to improve our health, feel good about ourselves and have more energy. Here are some simple steps to get you (and me) going for a great year. **Move more:** Most of us do not get enough physical activity to keep us healthy and protect us from disease. This doesn't mean you have to hit the gym every day, but it does mean getting up and moving around. The recommendation is for 30 or more minutes per day of activity on most days. If you're already doing this, great. Doing more will lead to even better health. Some simple ways to get activity in your day:

- park further from your destination
- get off the bus one stop earlier
- use the stairs instead of the elevator
- be active with family and friends.

Avoid sitting or standing for long periods:

Sitting for extended periods increases your chances of getting diabetes and heart disease, and of early death, even if you're active. If you sit most of the time either at home or work, set a timer to remind yourself to get up every 20 minutes and take a two-minute walk.

Be social: People who have active social lives tend to be healthier and happier. Having a support system helps to relieve stress and make you smile and laugh — all good things. It also helps to have that support when things go wrong.

Make time for yourself: Taking 20-30 minutes each day for yourself is a good way to clear your thoughts, feel refreshed and concentrate more effectively. Use this time to do something for yourself like read a book or go for a walk.

Eat breakfast: Eating breakfast can help increase your energy throughout the day, leading to more activity. However, it's also important what you eat. A breakfast high in sugar is unlikely to help. One with fibre and protein is ideal.

Eat protein with each meal: Most of us do not get enough protein in our diets. It helps us feel full, fuels our metabolism and may help in weight maintenance. Simple protein sources include eggs, nuts, lean meats, yogurt (Greek yogurt especially) and peanut butter.

Sing and listen to music: We're all singers at heart. You don't need to get on stage in front of a crowd, and it doesn't matter how good you are (no one needs to know). Singing has benefits that make us feel good about ourselves and can help with our health. Even listening to music can make us feel better. Making a change in lifestyle isn't easy. Having a plan will help. This includes setting goals that are realistic. Trying to change three or more things in our lives at one time is very challenging and usually doesn't work, leaving us with a feeling of failure, which is not helpful for a healthy lifestyle. Of the eight tips above, maybe you just want to start with one first before moving on to another one.

Here's to a happy and healthy year!