























Scarborough Retirement Residence



FEBRUARY 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>Anyone wishing to tend to their own plants, may use the activity room in the basement to do so. Please remember to clean up after use.</i></p> <p>THIS YEAR IS A LEAP YEAR !</p>	<p>DOCTOR Tuesday and Friday (9:00 am.)</p> <p>HAIRDRESSER: Thursday evening, all day Friday and all day Saturday – make appointments at reception</p> <p>**** DAILY: 9:15 am. Rosary + Mass</p>		<p>NO COMPLAINTS DAY!</p>	<p>10:30 Tai Chi with physiotherapist – Auditorium</p> <p>10:30 Word Search – 3rd</p> <p>11:15 Balance with physiotherapist – Auditorium</p> <p>2:00 Happy Hour with “James Cormier” - Auditorium</p> <p>4:00 Wii sports – 3rd</p> <p>7:00 Rack ‘n Roll – 3rd</p> <p>7:00 Rolling Hands/Happy Hearts – Craft Room</p>	<p>10:00 – Circuit Training – Auditorium</p> <p>10:30 -12:00 Physio Clinic – physio room</p> <p>10:30 Yoga – Auditorium</p> <p>1:15 Bridge – 3rd</p> <p>1:30 Bingo - Auditorium</p> <p>3:30 BREAK-OUT</p> <p>PARTY! (celebrating the end of Outbreak!) – Lobby</p> <p>7:00 Golf – Auditorium</p>	<p>9 – 5:00 Toronto CPR – Auditorium</p> <p>10:00 Private Visits</p> <p>1:30 Movie – 2nd</p> <p>2:30 Rack ‘n Roll – pool table 3rd floor</p> <p>4:00 Before Dinner Drinks – 2nd</p>
<p>5</p> <p>9 – 5:00 Toronto CPR – Auditorium</p> <p>10:00 – Chinese Tea & Fortune Cookies- Tea Room</p> <p>2:00 Entertainment by ‘Mitch Jackson’ – Lobby</p> <p>4:00 Hand Massage – Tea Room</p> <p>7:00 Golf – Auditorium</p>	<p>6</p> <p>10:30 Strength with physiotherapist – Auditorium</p> <p>10:30 Wheel of Fortune (board game) - 3rd</p> <p>11:15 Balance with physiotherapist – Auditorium</p> <p>1:00 Scrabble - 2nd</p> <p>2:00 Bingo – Audit.</p> <p>3:30 Rack ‘n Roll – pool table, 3rd</p>	<p>7</p> <p>10:00 Circuit Training – Auditorium</p> <p>10:30 Physio Clinic – Physio Room</p> <p>10:30 Baking with Pillsbury Doughboy! – resident’s kitchen</p> <p>2:00 Paint Group – C/R</p> <p>3:15 Before Dinner Drinks – 2nd</p> <p>6:30 Visits with Rocky – Lobby</p> <p>7:15 – Euchre – 3rd</p>	<p>8</p> <p>10:30 Strength with physiotherapist – Aud.</p> <p>11:15 Balance with physiotherapist – Auditorium</p> <p>2:00 CCAC presents: “Getting The Most Out of Life, with chronic conditions” - Auditorium</p> <p>3:30 Canned Mixer – 2nd</p>	<p>9</p> <p>10:00 Shopping to Walmart (sign up)</p> <p>10:30 Tai Chi with physiotherapist – Auditorium</p> <p>10:30 Dominoes – 3rd</p> <p>11:15 Balance with physiotherapist – Auditorium</p> <p>2:00 Happy Hour with ‘Keys ‘n Capers’ - Auditorium</p> <p>4:00 Trivia – 2nd floor</p> <p>7:00 Rack ‘n Roll – 3rd</p> <p>7:00 RH/HH – Craft Rm.</p>	<p>10</p> <p>10:00 Circuit Training – Auditorium</p> <p>10:30 Physio Clinic – Physio Room</p> <p>10:30 Yoga – Auditorium</p> <p>1:15 Bridge – 3rd</p> <p>2:00 Bingo – Auditorium</p> <p>3:30 Music Appreciation – 2nd</p> <p>7:00 Golf - Auditorium</p>	<p>11</p> <p>8:30 Men’s Breakfast (sign up) – residents’ kitchen</p> <p>10:00 Private Visits</p> <p>2:00 Movie - Auditorium</p> <p>3:00 Before Dinner Drinks – 2nd</p>

<p style="text-align: right;">12</p> <p>10:00 Private Visits</p>  <p>2:00 Entertainment with 'Juan Tomas' - Lobby</p>  <p>4:00 Hand Massage – Tea Room</p> <p>7:00 Golf – Auditorium</p>	<p style="text-align: right;">13</p> <p>10:30 Strength with physiotherapist – Auditorium</p> <p>10:30Wii sports – 2nd</p> <p>11:15 Balance with physiotherapist – Auditorium</p> <p>1:00 Scrabble-2nd</p> <p>2:00 Valentine Waffles! - Lobby</p>  <p>3:30 Rack 'n Roll – Pool table, 3rd floor</p>	<p style="text-align: right;"><i>Valentine's Day</i> 14</p> <p>10:00 Circuit Training – Auditorium</p> <p>10:30 Physio Clinic – Physio room</p> <p>10:30 Sweetheart Tea – Tea Room </p> <p>2:00 – Residents' General Meeting – Auditorium</p> <p>2:30 Paint Group – Craft Room</p> <p>3:15 B.D.D. – 2nd</p> <p>6:30 Visits with Rocky – Lobby</p> <p>7:15 Euchre – 3rd</p>	<p style="text-align: right;">15</p> <p>10:30 Strength with physiotherapist – Auditorium</p> <p>10:30  Newcomer's Tea – Dining Room</p> <p>11:15 Balance with physiotherapist – Auditorium</p> <p>2:00 CCAC presents: "Getting The Most Out of Life, with chronic conditions" 2nd floor lounge</p> <p><i>2:00 Singing for Wellness – Audit.</i></p>	<p style="text-align: right;">16</p> <p>10:30 Tai Chi with physiotherapist – Aud.</p> <p>10:30 Timbits & Tea – Tea Room</p> <p>11:15 Balance with physiotherapist – Aud.</p> <p>2:00 Happy  Hour/Birthday Party with 'Paddy Cauley' – Auditorium</p> <p>4:00 Fancy Nails-2nd</p> <p>7:00 Rack 'n Roll– 3rd</p> <p>7:00 Rolling Hands/Happy Hearts – Craft Room</p>	<p style="text-align: right;">17</p> <p>10:00 Circuit Training – Auditorium</p> <p>10:30 Physio Clinic – Physio room</p> <p>10:30 Yoga – Auditorium</p> <p>1:15 Bridge – 3rd</p> <p>2:00 Bingo – Auditorium</p>  <p>3:30 Cherubs & Chocolate! – Lobby</p> <p>7:00 Golf - Auditorium</p>	<p style="text-align: right;">18</p> <p>9 – 5:00 Toronto CPR – Auditorium</p> <p>10:00 Private Visits</p> <p>1:30  Movie – 2nd floor</p> <p>4:00 Before Dinner Drinks – 2nd</p> 
<p style="text-align: right;">19</p> <p>9 – 5:00 Toronto CPR – Auditorium</p> <p>10:00 Private Visits</p> <p>1:30 Multidenominational Service - Chapel</p> <p>2:00 Entertainment with 'Paper Moon' – Lobby</p> <p>4:00 Hand Massage – Tea Room</p> <p>7:00 Golf – Auditorium</p> 	<p style="text-align: right;">FAMILY DAY 20</p> <p>10:30 Strength with physiotherapist – Auditorium</p> <p>10:30 Donuts & Hot Chocolate – Tea Room</p> <p>11:15 Balance with physiotherapist – Auditorium</p> <p>1:00 Scrabble-2nd</p> <p>2:00 Bingo – Audit.</p>  <p>3:30 Rack 'n Roll – Pool table, 3rd floor</p>	<p style="text-align: right;">21</p> <p>10:00 Circuit Training – Auditorium</p> <p>10:30PhysioClinic– Physio room</p> <p>10:30 Wii sports – 2nd</p> <p>1:30 Paint Group – Craft Room</p>  <p>3:15 BDD – 3rd</p> <p>6:30 Visits with Rocky</p> <p>7:15 Euchre – 3rd</p>	<p style="text-align: right;">22</p> <p>10:30 Strength with physiotherapist – Auditorium</p> <p>11:15 Balance with physiotherapist – Auditorium</p> <p>2:00 CCAC presents: "Getting The Most Out of Life, with chronic conditions"- 2nd floor lounge</p> <p><i>2:00 Chair Dancing - Auditorium</i></p>	<p style="text-align: right;">23</p> <p>10:30 Tai Chi with physiotherapist – Aud.</p> <p>11:15 Balance with physiotherapist – Aud.</p> <p>2:00 Aromatherapy Hand Massage & green tea – 2nd floor</p> <p>4:00 Word Search –2nd</p> <p>7:00 RH/HH – Craft Room</p> <p>7:00 Rack 'n Roll – 3rd</p> <p>7:00 Pub Night with 'Wen Admadja' - Auditorium</p>	<p style="text-align: right;">24</p> <p>10:00 Circuit Training – Auditorium</p> <p>10:30 Colourful nails – 3rd</p> <p>10:30 Yoga – Auditorium</p> <p>1:15 Bridge – 3rd</p>  <p>2:00 Bingo – Auditorium</p> <p>3:30 Music Appreciation – 2nd</p> <p>7:00 Golf - Auditorium</p>	<p style="text-align: right;">25</p> <p>1:30 Soup'er Saturday – Auditorium</p> <p>2:00 Movie – 2nd floor</p>   <p>4:00 Before Dinner Drinks – 2nd</p>
<p style="text-align: right;">26</p> <p>10:00 Private Visits</p> <p>1:00 Anglican Eucharist Service - Chapel</p> <p>2:00 Entertainment with 'Doug Abbott' – Lobby</p> <p>4:00 Hand Massage – Tea Room</p> <p>7:00 Golf - Auditorium</p>	<p style="text-align: right;">27</p> <p>10:30 Strength with physiotherapist – Aud.</p> <p>10:30 Mini-pizza making –Res. kitchen</p> <p>11:15 Balance with physiotherapist – Aud.</p> <p>1:00 Scrabble – 2nd</p> <p>2:00 Bingo – Audit.</p>  <p>3:30 Rack 'n Roll – Pool table, 3rd floor</p>	<p style="text-align: right;">28</p> <p>10:00 Circuit Training – Auditorium</p> <p>10:30PhysioClinic– Physio room</p> <p>12:15 Lunch Bunch (Chinese) – sign up</p> <p>1:30 Paint Group – Craft Room</p> <p>2:00 Bingo – Aud.</p> <p>3:15 BDD – 2nd</p> <p>6:30 Visits with Rocky</p> <p>7:15 Euchre – 3rd</p>	<p style="text-align: right;">29</p>  <p>2:00 Wine Tasting – Lobby</p> <p>7:00 Evening Concert "Spellbound Quartet"- Auditorium</p>	 	<p>BARBER: Every Tuesday Evening FOOT CARE: Jackie Walker – make appointments at reception MANICURES/ PEDICURES: - See reception for appointment card</p> 	<p style="text-align: center;">ALL PROGRAMS ARE SUBJECT TO CHANGE WITHOUT NOTICE</p>  

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