

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February 2019

"In February there is everything to hope for and nothing to regret."

9:30 Movement Matters 1
 10:15 Tai Chi-FA
 10:45 Bone Building Class
 11:00 Skip-Bo
 2:00 **Foot Doctor**
 3:30 Shuffleboard
 7:00 Movie Night - FL

9:00 **Breakfast Club** (sign up)
 11:00 Skip-Bo
 2:00 Billiards

Groundhog Day

11:00 Tea & Talk 3
 3:00 Super Bowl Game-FL/Bar



Medical App. Van (sign up) 4
 9:30 Tai Chi - FA
 10:15 Pump it Up- FA
 10:45 Hot Hand Wax Therapy
 11:00 Bean Bag Toss
 2:00 **Musicfest Singing Group**
 4:00 Billiards-MPR

9:15 Falls Prevention-FA 5
 10:00 Falls Prevention
 11:00 Current Events
 2:00 Simply Stretch-FA
 2:30 Scrabble
 3:00 Pump it up-FA
 4:00 Happy Hour-Bar
 7:15 **Euchre Night**

Chinese New Year

9:30 Chair Yoga-FA 6
 10:15 Pump it up-FA
 10:45 Peddler Class-FA
 2:30 **Resident Town Hall**
 3:30 Word Games
 5:00 Billiards
 7:00 Bingo

9:15 Falls Prevention-FA 7
 10:00 Falls Prevention-FA
 11:00 **Bible Study**-MPR
 2:00 Hot Wax Therapy-FA
 2:30 **Wal-Mart Outing** (sign up)
 3:00 Seated Groovin-FA
 4:00 Happy Hour-Bar
 5:00 Mini Putt
 7:00 Think Fast In A Jar

9:30 Movement Matters 8
 10:15 Tai Chi-FA
 10:45 Bone Building Class
 11:00 **SJF Catholic Rosary Prayer & Communion-MPR**
 2:30 Bingo
 3:30 Singing Club
 7:00 Movie Night - FL
 7:15 **Piano w/ Ben**

9:00 **Breakfast Club** (sign up) 9
 11:00 Bingo
 2:00 Music Video Social
 3:00 Ring Toss

10:15 Lets Solve Riddles 10
 12:00 Pictionary
 2:00 Word Games

Medical App. Van (sign up) 11
 9:30 Tai Chi - FA
 10:15 Pump it Up- FA
 10:45 Hot Hand Wax Therapy
 11:00 Bean Bag Toss
 2:30 Colouring Club
 4:00 Billiards-MPR

9:15 Falls Prevention-FA 12
 10:00 Falls Prevention-FA
 11:00 Scrabble
 2:00 Simply Stretch-FA
 2:30 Valentine's Day Craft
 3:00 Pump it up-FA
 4:00 Happy Hour-Bar
 7:15 **Euchre Night**

9:30 Chair Yoga-FA 13
 10:15 Pump it up-FA
 10:45 Peddler Class-FA
 11:00 **SJF Catholic Service**
 11:30 **Medics Mobilty Walker Tune-up**
 2:00 Hang-Man
 3:30 Singing Club
 5:00 **Steak Club** (sign up)

9:15 Falls Prevention-FA 14
 10:00 Falls Prevention-FA
 2:00 Hot Wax Therapy-FA
 2:30 **Valentine's Day Party**
 3:00 Seated Groovin-FA
 4:00 Happy Hour-Bar
 5:00 Table Pong
 7:00 Valentines Movie Night

Valentine's Day

9:30 Movement Matters 15
 10:15 Tai Chi-FA
 10:45 Bone Building Class
 11:00 Scrabble
 2:30 Skip-Bo
 3:30 Singing Club
 7:00 Movie Night - FL

9:00 **Breakfast Club** (sign up) 16
 11:00 Bingo
 2:00 Colouring Club
 3:00 Bean Bag Toss

10:15 Short Story Time 17
 12:00 Billiards
 2:00 Arts & Crafts



Happy Family Day

Presidents' Day (US)

9:15 Falls Prevention-FA 18
 10:00 Falls Prevention-FA
 11:00 **St. Judes Anglican Service - MPR**
 2:00 Simply Stretch-FA
 2:30 Scrabble
 3:00 Pump it up-FA
 4:00 Happy Hour-Bar
 7:15 **Euchre Night**

9:30 Chair Yoga-FA 20
 10:15 Pump it up-FA
 10:45 Peddler Class-FA
 2:30 Java Music Club
 3:30 **Music Movement w/ Sheryl**
 5:00 Bean Bag Toss
 7:00 Name That Tune!

9:15 Falls Prevention-FA 21
 10:00 Falls Prevention-FA
 11:00 **Bible Study**-MPR
 2:00 Hot Wax Therapy-FA
 2:30 **Wal-Mart Outing** (sign up)
 3:00 Seated Groovin-FA
 4:00 Happy Hour-Bar
 5:00 Bean Bag Toss
 7:00 Trivia

9:30 Movement Matters 22
 10:15 Tai Chi-FA
 10:45 Bone Building Class
 11:00 **SJF Catholic Rosary Prayer & Communion-MPR**
 2:30 Scrabble
 3:30 Singing Club
 7:00 Movie Night - FL



10:15 Morning Horoscopes 24
 12:00 Skip-Bo
 2:30 Music Video Social

Medical App. Van (sign up) 25
 9:30 Tai Chi - FA
 10:15 Pump it Up- FA
 10:45 Hot Hand Wax Therapy
 11:00 Shuffleboard
 2:30 **Birthday Party**
 4:00 Billiards-MPR

9:15 Falls Prevention-FA 26
 10:00 Falls Prevention-FA
 11:30 **Lone Star Lunch Outing** (sign up)
 2:00 Simply Stretch-FA
 2:30 Scrabble
 3:00 Pump it up-FA
 4:00 Happy Hour-Bar
 7:15 **Euchre Night**

9:30 Chair Yoga-FA 27
 10:15 Pump it up-FA
 10:45 Peddler Class-FA
 2:30 Java Music Club
 3:30 Think Fast In A Jar
 5:00 Ring Toss
 5:00 **Steak Club** (sign up)
 7:00 Bingo

9:15 Falls Prevention-FA 28
 10:00 Falls Prevention-FA
 2:00 Hot Wax Therapy-FA
 2:30 **Movie Theater Outing** (sign up)
 3:00 Seated Groovin-FA
 4:00 Happy Hour-Bar
 5:00 Billiards
 7:00 Skip Bo



Bramalea
RETIREMENT RESIDENCE

Bramalea Retirement Residence

30 Peel Centre Drive

Brampton ON L6T 4G3

For activity information please contact Ashley
905-790-7900 ext.105, ashley@BramaleaRR.com

MPR- Multi Purpose Room AL- Atrium Lounge GA- Garden Atrium SA- Shuffle Board Room B- Bistro FA- Fitness Area R- Reception FL- Fireplace Lounge.