



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>LOCATION KEY: C-CHAPEL CH-CHURCH CW-CROSSWALK MF-MAIN FLOOR L-LOUNGE (DUFFERIN TOWER) SC-SOCIAL CENTRE VDR-VAUGHAN DINING ROOM VTL-VAUGHAN TOWER LOBBY W-WELLNESS CENTRE</p> <p>February</p> <p>NOTE THAT ALL PROGRAMS ARE SUBJECT TO CHANGE</p> <p>St. Hildas Spirit Care Community</p>						
				10AM TRIVIA TIME (MF) 1 10:30AM ROMAN CATHOLIC ROSARY (SC) 1:30PM STRETCH & BREATHE WITH LIZ (MF) 2:30PM TORONTO PUBLIC LIBRARY BOOK TALK (SC)	10AM LIFE BIOS (SC) 2 10:45AM PIANO WITH LYNN (MF) 1PM FALLS PREVENTION FITNESS (CW) 2:30PM NATURE VIDEO (SC) "LOVE IN THE ANIMAL KINGDOM"	3 10:30AM COFFEE TALK (SC) 2PM 50CENT BINGO (CW)
4 8:30AM ANGLICAN CHURCH SERVICE (CH) 10:30AM ANGLICAN CHURCH SERVICE (CH)	5 10AM CALENDAR & READINGS (SC) 10:30AM COMPUTER LESSONS (CW) SIGN UP 10:45AM KNIT & CHAT (SC) 1:30PM U OF T MOVIE RESEARCH STUDY (SC) 2:30PM MOVE & GROOVE WITH KIM (MF) 3PM HEALTHY HEARING AID CLINIC (W)	6 10AM BALLOON BADMINTON (CW) 10:30AM ADULT COLOURING (CW) 1PM FALLS PREVENTION FITNESS CLASS (CW) 1:30PM MOVIE COMMITTEE MEETING (SC) 2PM PIANO HOUR WITH PETER NESS (MF)	7 9:45AM TAI CHI GENTLE MOVEMENT (CW) 10:30AM MORNING COFFEE & TEA SOCIAL (SC) 10:30AM ANGLICAN CHURCH SERVICE (C) 2PM TORONTO CAMERA CLUB SLIDE SHOW (SC) ROMANIA & BULGARIA	8 10AM TRIVIA TIME (MF) 10:30AM ROMAN CATHOLIC ROSARY (SC) 10:45AM DUFFERIN MALL TRIP (VTL) MUST SIGN UP 2:15PM FOOD COMMITTEE MEETING (BOARD) 3PM TELL ME SOMETHING SMARTIE GAME (SC)	9 10AM SHORT STORIES & LAUGHTER "OLYMPICS" (SC) 10:45AM PIANO WITH LYNN (MF) 1PM FALLS PREVENTION FITNESS (CW) 2:30PM ZUMBA CHAIR GOLD DANCE FITNESS WITH POPI (MF)	10 10:30AM COFFEE TALK (SC) 1:30PM MOVIE AFTERNOON (SC) "MAUDIE"
11 8:30AM ANGLICAN CHURCH SERVICE (CH) 10:30AM ANGLICAN CHURCH SERVICE (CH)	12 10AM CALENDAR & READINGS (SC) 10:30AM COMPUTER LESSONS (CW) SIGN UP 10:45AM WINTER OLYMPIC WORD GAMES (SC) 1:30PM U OF T MOVIE RESEARCH STUDY (SC) 2:30PM MOVE & GROOVE WITH KIM (MF)	13 SHROVE TUESDAY 10AM MARDI GRAS SOCIAL (MF) 1PM FALLS PREVENTION FITNESS (CW) 2PM UNITED CHURCH SERVICE (CHAPEL) 2:30PM POETRY READING (SC) "LOVE IS IN THE AIR"	14 ASH WEDNESDAY VALENTINE'S DAY 9:45AM TAI CHI GENTLE MOVEMENT (CW) 10:30AM MORNING COFFEE & TEA SOCIAL (SC) 10:30AM ASH WEDNESDAY CHURCH SERVICE (C) 2PM VALENTINE SMILE SERENADES (MF) 7:30PM ASH WEDNESDAY CHURCH SERVICE (CH)	15 10AM OLYMPIC TRIVIA TIME (MF) 10:30AM ROMAN CATHOLIC ROSARY (SC) 1:30PM STRETCH & BREATHE WITH LIZ (MF) 2:30PM PULSE RX TALK (SC) AGE RELATED MACULAR DEGENERATION	16 LUNAR NEW YEAR 10AM MEMORY MAGIC (SC) 10:45AM PIANO WITH LYNN (MF) 1PM FALLS PREVENTION FITNESS (CW) 2:30PM LUNAR NEW YEAR EXPLORE THE TEAS OF ASIA (SC)	17 10:30AM COFFEE TALK (SC) 2PM NINTENDO Wii (L)
18 8:30AM ANGLICAN CHURCH SERVICE (CH) 10:30AM ANGLICAN CHURCH SERVICE (CH)	19  FAMILY DAY MOST OFFICES WILL BE CLOSED FOR THE HOLIDAY	20 10AM CALENDAR & READINGS (SC) 10:45AM KNIT & CHAT (SC) 1PM EYEGLOSS CLINIC (W) 1PM FALLS PREVENTION FITNESS (CW) 1:30PM OLYMPIC MOVIE (SC) "EDDIE THE EAGLE"	21 9:45AM TAI CHI GENTLE MOVEMENT (CW) 10:30AM MORNING COFFEE & TEA SOCIAL (SC) 10:30AM ANGLICAN CHURCH SERVICE (C) 2PM BEES WAX LIP BALM DEMONSTRATION WITH SEAN (SC)	22 10AM OLYMPIC TRIVIA TIME (MF) 10:30AM ROMAN CATHOLIC ROSARY (SC) 1:30PM STRETCH & BREATHE WITH LIZ (SC) 2:30PM RELAXATION MUSIC (SC) 3:30PM 50/50 DRAW	23 10AM LET'S PLAY WINTER OLYMPIC CHARADES! (MF) 10:45AM PIANO WITH LYNN (MF) 1PM FALLS PREVENTION FITNESS (CW) 2:30PM LOVE SONGS KARAOKE (SC)	24 10:30AM COFFEE TALK (SC) 1:30PM MOVIE AFTERNOON (SC) "CHURCHILL" 2PM PEN PALS (L)
25 8:30AM ANGLICAN CHURCH SERVICE (CH) 10:30AM ANGLICAN CHURCH SERVICE (CH)	26 10AM CALENDAR & READINGS (SC) 10:15AM EXECUTIVE MEETING (CW) 10:45AM NAME THAT LOVE TUNE (SC) 1:30PM U OF T MOVIE RESEARCH STUDY (SC) 2:30PM MOVE & GROOVE WITH KIM (MF)	27 10AM SUPER QUIZ (MF) 10:30AM POP MUSIC (MF) "ENGELBERT HUMPERDINCK WITH LOVE" 1PM FALLS PREVENTION FITNESS (CW) 2:30PM GUIDED MEDITATION WITH PAT (SC)	28 9:45AM TAI CHI GENTLE MOVEMENT (CW) 10:30AM MORNING COFFEE & TEA SOCIAL (SC) 10:30AM ANGLICAN CHURCH SERVICE (C) 2PM MUSICAL FUN WITH TOM HOCKING (MF)			

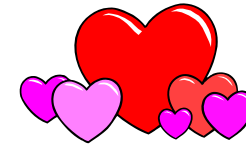
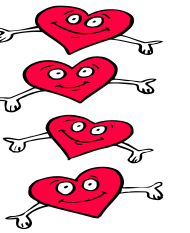


VAN TRIP

VAN SIGN UP SHEETS ARE POSTED AT 10AM THE LAST THURSDAY OF THE MONTH ON THE BULLETIN BOARD OUTSIDE OF HILDA'S PANTRY.

THURSDAY FEB. 8 SHOPPING AT DUFFERIN MALL
DEPART: 10:45AM RETURN: 1:30PM
COST PER RESIDENT PER TRIP IS \$7.50

ACTIVITY NEWSLETTER FEBRUARY 2018



HAPPY BIRTHDAY



JUNE NORMAN	FEB. 2	JANE CLAPPISON	FEB. 8
IRENE VARRIN	FEB. 3	ELLEN BILLET	FEB. 12
GENNEETTA BLACK	FEB. 4	MARY MILES	FEB. 26
MAY DOHERTY	FEB. 6		

Residents Council 50/50 DRAW!



Thursday Feb. 22, at 3:30 p.m. Main Floor

\$2.00 per ticket! \$5.00 for 3 tickets!

Volunteers will be selling tickets:	Tuesday Feb. 20,	10am to 2pm
	Wednesday Feb. 21,	10am to 2pm
	Thursday, Feb. 22	10am to 2pm

50% of cash goes to the lucky winner 50% of cash will support Residents
Thank you for your participation!

Attention Residents

Code Green – Mock Evacuation

Our goal at the Towers is to provide a safe and secure environment for residents, staff and visitors. As per the Retirement Home Regulatory Authority (RHRA) we are required to host a planned evacuation of the residence at least once every two years, O. Reg. 166-11, S.24 (5) (b).

We will be hosting our mock evacuation on **Thursday, February 8th at 10:00am in the Dufferin Tower and approximately 11:15am in Vaughan Tower.** If you do not wish to participate in the mock evacuation you can refuse to participate, we encourage you to be out of your apartment at this time to avoid any disruption this might have to your schedule.

We appreciate your co-operation and support as we educate our personnel to better serve our community.

Thank you,

ALLISON KOCANOVIC Manager of Quality Services

EVENTS TO NOTE

WEDNESDAY	FEB. 7	TORONTO CAMERA CLUB SLIDE SHOW 2PM (SC) ROMANIA & BULGARIA BY PETER ALBERTI
FRIDAY	FEB. 9	ZUMBA CHAIR GOLD DANCE 2:30PM (MF)
TUESDAY	FEB. 13	MARDI GRAS SOCIAL 10AM (MF) ENJOY A SWEET TREAT & JAZZ!
TUESDAY	FEB. 13	POETRY READING 2:30PM (SC) BRING ALONG YOUR FAVOURITE POEMS OF LOVE OR WINTER TO READ!
WEDNESDAY	FEB. 14	VALENTINE SMILE SERENADES 2PM (MF) A SWEET CELEBRATION OF SONG!
FRIDAY	FEB. 16	LUNAR NEW YEAR EXPLORE THE TEAS OF ASIA 2:30PM (SC) TASTE TEAS WITH LIZ & KALSANG
WEDNESDAY	FEB. 21	BEEES WAX DEMONSTRATION WITH SEAN 2PM (SC) LEARN TO MAKE LIP BALM!
TUESDAY	FEB. 27	GUIDED MEDITATION WITH PAT 2:30PM (SC)

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Activities Department:

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