

Sunday

Monday

Tuesday

Wednesday


Thursday

Friday

Saturday

February 2025

Aspenwood – 3rd floor Supportive Living

							1 3:00PM- Music Program (aspen) Volunteer Programs Today (Subject to change) *2:00PM – Hand in Hand w/ God (library)
2 ~10:30AM – Interdenominational Newgate Church Service (Chapel) Groundhog Day	3 *10:00AM- Exercise w/ Chris (aspen) 11:15AM- MLA Visit w/ Treats (greatroom) 3:00PM- Student Program (aspen) ~3:30PM- Bible Study (library)	4 10:00AM- Exercise (aspen) ~11:00AM- Rosary (Chapel) 11:00AM- Word Games (aspen) ~3:00PM- New Resident & Family Welcome in Tea (Greatroom)	5 10:00AM- 1-1 Visits (aspen) ~10:30AM – Mass (chapel) 11:15AM- Exercise (aspen) 3:00PM- Reminiscing Weddings w/ Treats (aspen)	6 10:00AM- Exercise (aspen) ~11:00AM- Rosary (Chapel) 2:00PM- Happy Hour w/ Luke (ashwood)	7 ~10:30AM – Mass (chapel) 11:15AM- Exercise (aspen) 1:30PM- Bingo (ashwood 2 nd floor)	8 3:00PM- Craft (aspen) Volunteer Programs Today (Subject to change) *2:00PM – Hand in Hand w/ God (library)	
9 ~10:30AM – Mass (chapel)	10 *10:00AM- Exercise w/ Chris (aspen) 1:30PM- Current Events (aspen) ~3:30PM- Bible Study (library)	11 10-12 – Vendor – Q over Q Sweets (greatroom) 10:30AM- Health Arts (TBD) ~11:00AM- Rosary (Chapel) 3:00PM- Music Program w/ Jeff (aspen)	12 10:00AM- Nail Painting (aspen) ~10:30AM – Mass & Anointing of the Sick (chapel) 12:00PM- Luncheon “Pizza” (sign up) 2:00PM- Resident Council (ashwood) Tu B'Shevat Begins	13 10:00AM- Chair Yoga w/ Cory (aspen) ~11:00AM- Rosary (Chapel) 3:00PM- Program “Residents Choice” (aspen) *4:45PM- 5:00PM- Volunteer Singing & Roses (Aspen Dining Room)	14 ~10:30AM – Mass (chapel) 11:15AM- Exercise w/ Cory (aspen) 2:00PM- Valentines Day Party w/ Matt Beatty (ashwood) Valentine's Day	15 3:00PM- Price is Right (aspen) Volunteer Programs Today (Subject to change) *2:00PM – Hand in Hand w/ God (library)	
16 ~10:30AM – Interdenominational Newgate Church Service (Chapel)	17 Family Day Presidents' Day (U.S.)	18 10:00AM- Exercise (aspen) ~11:00AM- Rosary (Chapel) 11:00AM- Word Games (aspen) 3:00PM- Music Program w/ Jeff (aspen)	19 10:00AM- 1-1 Visits (aspen) ~10:30AM – Mass (chapel) 10:15AM- Bus Trip City Drive (sign up) 3:00PM- Armchair Travel “Dubai” (aspen)	20 10:00AM- Exercise (aspen) ~11:00AM- Rosary (Chapel) 2:00PM- Recreation Therapy Month 1970's Happy Hour (ashwood)	21 ~10:30AM – Mass (chapel) 11:15AM- Exercise (aspen) 1:30PM- Bingo (ashwood 2 nd floor)	22 Volunteer Programs Today (Subject to change) *2:00PM – Hand in Hand w/ God (library) *3:00PM- Eldar on the Piano (greatroom)	
23 ~10:30AM – Mass (chapel) 2:30PM- Calgary Music Academy Performance (greatroom)	24 *10:00AM- Exercise w/ Chris (aspen) 3:00PM- Name that Tune of Heartbreak (aspen)	25 10:00AM- Exercise (aspen) ~11:00AM- Rosary (Chapel) 3:00PM- Music Program w/ Jeff (aspen)	26 10:00AM- Nail Painting (aspen) ~10:30AM – Mass (chapel) 11:15AM- Exercise (aspen) 2:00PM- Birthday Party w/ “The Chandeliers” (ashwood)	27 10:00AM- Chair Yoga w/ Cory (aspen) ~11:00AM- Rosary (Chapel) 3:00PM- Jeopardy (aspen)	28 ~10:30AM – Mass (chapel) 11:15AM- Exercise (aspen) 1:30PM- Bingo (ashwood 2 nd floor) Ramadan Begins	 <p>MORE THAN FUN MORE THAN FUN MORE THAN FUN RT MONTH 2025 Proud to be a Recreational Therapist! #RTisMoreThanFun February 1-28, 2025 MORE THAN FUN MORE THAN FUN MORE THAN FUN</p>	

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February 2025

Boxwood – 3rd floor Supportive Living



<p>~10:30AM – Interdenominational Newgate Church Service (Chapel)</p> <p>12:00PM- Lunch in Dining Room</p> <p>Groundhog Day</p>	<p>2 10:15AM- Montessori & Act. On the Go (box – dining room)</p> <p>11:15AM- MLA Visit w/ Treats (greatroom)</p> <p>12:00PM- Lunch in Dining Room</p> <p>1:30PM- Afternoon Exercises (boxwood dining room)</p> <p>~3:30PM- Bible Study (library)</p>	<p>3 ~11:00AM- Rosary (Chapel)</p> <p>11:15AM- Music Therapy (boxwood dining room)</p> <p>12:00PM- Lunch in Dining Room</p> <p>1:30PM- Student Program (box)</p> <p>~3:00PM- New Resident & Family Welcome in Tea (Greatroom)</p>	<p>4 *9:45AM- Chrysalis Volunteer Group (boxwood dining room)</p> <p>~10:30AM – Mass (chapel)</p> <p>12:00PM- Lunch in Dining Room</p> <p>1:30PM- Matching Puzzles (box)</p>	<p>5 10:00AM- Exercise (aspen)</p> <p>~11:00AM- Rosary (Chapel)</p> <p>11:00AM- Short Stories (box)</p> <p>12:00PM- Lunch in Dining Room</p> <p>2:00PM- Happy Hour w/ Luke (ashwood)</p>	<p>6 10:00AM- Morning Movement (box)</p> <p>~10:30AM – Mass (chapel)</p> <p>12:00PM- Lunch in Dining Room</p> <p>1:30PM- Bingo (boxwood dining room)</p> <p>3:00PM- Music w/ Jeff (boxwood dining)</p>	<p>1 12:00PM- Lunch in Dining Room</p> <p>1:30PM- Activities on the Go (box)</p> <p>Volunteer Programs Today (Subject to change)</p> <p>*2:00PM – Hand in Hand w/ God (library)</p>
<p>~10:30AM – Mass (chapel)</p> <p>12:00PM- Lunch in Dining Room</p>	<p>9 10:15AM- Montessori & Act. On the Go (box – dining room) w/ Corrina</p> <p>12:00PM- Lunch in Dining Room</p> <p>3:00PM- Afternoon Exercises (boxwood dining room)</p> <p>~3:30PM- Bible Study (library)</p>	<p>10 10-12 – Vendor – Q over Q Sweets (greatroom)</p> <p>10:30AM- Health Arts (TBD)</p> <p>~11:00AM- Rosary (Chapel)</p> <p>12:00PM- Lunch in Dining Room</p> <p>1:30PM- Cheese Buns & Travel Reminiscing (boxwood sunroom A)</p>	<p>11 *9:45AM- Chrysalis Volunteer Group (boxwood dining room)</p> <p>~10:30AM – Mass & Anointing of the Sick (chapel)</p> <p>12:00PM- Lunch in Dining Room</p> <p>12:00PM- Luncheon “Pizza” (sign up)</p> <p>2:00PM- Resident Council (ashwood)</p> <p>2:30PM- Music Time (Boxwood)</p> <p>Tu B'Shevat Begins</p>	<p>12 10:00AM- Chair Yoga w/ Cory (aspen)</p> <p>11:00AM- Active Drumming (box)</p> <p>~11:00AM- Rosary (Chapel)</p> <p>12:00PM- Lunch in Dining Room</p> <p>1:30PM- Calming Music & Coloring/Water Paints (Saint Lukes - Box)</p>	<p>13 10:00AM- Morning Movement w/ Cory (box)</p> <p>~10:30AM – Mass (chapel)</p> <p>12:00PM- Lunch in Dining Room</p> <p>2:00PM- Valentines Day Party w/ Matt Beatty (ashwood)</p> <p>Valentine's Day</p>	<p>14 12:00PM- Lunch in Dining Room</p> <p>1:30PM- Activities on the Go (box)</p> <p>Volunteer Programs Today (Subject to change)</p> <p>*2:00PM – Hand in Hand w/ God (library)</p>
<p>~10:30AM – Interdenominational Newgate Church Service (Chapel)</p> <p>12:00PM- Lunch in Dining Room</p>	<p>16 Family Day</p> <p>12:00PM- Lunch in Dining Room</p> <p>Presidents' Day (U.S.)</p>	<p>17 ~11:00AM- Rosary (Chapel)</p> <p>11:15AM- Music Therapy (boxwood dining room)</p> <p>12:00PM- Lunch in Dining Room</p> <p>1:30PM- Coffee & Categories (boxwood sunroom A)</p>	<p>18 *9:45AM- Chrysalis Volunteer Group (boxwood dining room)</p> <p>10:15AM- Bus Trip City Drive (sign up)</p> <p>~10:30AM – Mass (chapel)</p> <p>12:00PM- Lunch in Dining Room</p> <p>1:30PM- Matching Puzzles (box)</p> <p>3:00PM- Armchair Travel “Dubai” (aspen)</p>	<p>19 10:00AM- Exercise (aspen)</p> <p>~11:00AM- Rosary (Chapel)</p> <p>11:00AM- Short Stories (box)</p> <p>12:00PM- Lunch in Dining Room</p> <p>2:00PM- Recreation Therapy Month 1970s Happy Hour (ashwood)</p>	<p>20 10:00AM- Morning Movement (box)</p> <p>~10:30AM – Mass (chapel)</p> <p>12:00PM- Lunch in Dining Room</p> <p>1:30PM- Bingo (boxwood dining room)</p> <p>3:00PM- Music w/ Jeff (boxwood dining)</p>	<p>21 12:00PM- Lunch in Dining Room</p> <p>1:30PM- Activities on the Go (box)</p> <p>Volunteer Programs Today (Subject to change)</p> <p>*2:00PM – Hand in Hand w/ God (library)</p> <p>*3:00PM- Eldar on the Piano (greatroom)</p>
<p>~10:30AM – Mass (chapel)</p> <p>12:00PM- Lunch in Dining Room</p> <p>2:30PM- Calgary Music Academy Performance (greatroom)</p>	<p>23 10:15AM- Montessori & Act. On the Go (box – dining room) w/ Corrina</p> <p>12:00PM- Lunch in Dining Room</p> <p>1:30PM- Afternoon Exercises (boxwood dining room)</p>	<p>24 ~11:00AM- Rosary (Chapel)</p> <p>11:00AM- Mini Putt (boxwood)</p> <p>12:00PM- Lunch in Dining Room</p> <p>1:30PM- Fresh Bread & February Trivia (boxwood sunroom A)</p>	<p>25 *9:45AM- Chrysalis Volunteer Group (boxwood dining room)</p> <p>~10:30AM – Mass (chapel)</p> <p>12:00PM- Lunch in Dining Room</p> <p>2:00PM- Birthday Party w/ “The Chandeliers” (ashwood)</p>	<p>26 10:00AM- Chair Yoga w/ Cory (aspen)</p> <p>11:00AM- Active Drumming (box)</p> <p>~11:00AM- Rosary (Chapel)</p> <p>12:00PM- Lunch in Dining Room</p> <p>1:30PM- Calming Music & Clay Molding (Saint Lukes - Box)</p>	<p>27 10:00AM- Morning Movement (box)</p> <p>~10:30AM – Mass (chapel)</p> <p>12:00PM- Lunch in Dining Room</p> <p>1:30PM- Bingo (boxwood dining room)</p> <p>3:00PM- Music w/ Jeff (boxwood dining)</p> <p>Ramadan Begins</p>	<p>22 12:00PM- Lunch in Dining Room</p> <p>1:30PM- Activities on the Go (box)</p> <p>Volunteer Programs Today (Subject to change)</p> <p>*2:00PM – Hand in Hand w/ God (library)</p> <p>*3:00PM- Eldar on the Piano (greatroom)</p>
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