

February 2022

2638 Ross Lane 250-381-8666 rossplace.ca

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LEGEND: GR Great Room TH Theatre AR Activity Room LIB Library (Tower) FL Fireside Lounge FD Front Desk *Resident led Activity	Please wear a mask and practice 6 foot distancing at all activities.	1 9:45 Exercise TWR (Floors 2, 4 & 8) 10:30 Exercise AR 2:00 Chinese Zodiac Discovery GR 3:15 Tower Cranium Crunch LIB 6:30 Card Game Night* GR Chinese New Year	2 9:15 Appt Bus AR 10:00 Bingo GR 11:00 Winter Olympic Games Trivia GR 1:15 BUS: Tillicum Mall AR 3:00 Matching Card Memory Game GR 7:00 "Atlantic: A Year in the Wild Ep. 1 & 2" TH	3 9:45 Exercise TWR (Floors 2, 4 & 8) 10:00 Walker/Scooter Tune Up GR 10:30 Exercise AR 2:00 Happy Hour Cart Service 3:15 Crosswords* GR 6:30 Board Game Night* GR	4 9:45 Chair Yoga with Kathy AR 10:45 Wooden Games GR 2:00 Horse Racing GR 3:15 Knitting Group* GR 3:15 Cranium Crunch AR 7:00 "Snowy River" TH Winter Olympics Begin	5 9:45 Balls & Bands AR 10:45 Fit Minds AR 2:00 Bingo GR 3:30 Get Crafty: Valentine's Day Cards AR
6 9:30 United Church Service Video TH 10:45 Meditation LIB 2:00 Colouring GR 3:00 Music Bingo GR 7:00 "The Crown" TH	7 9:30 Gentle Fit #1 AR 10:15 Gentle Fit #2 AR 1:15 BUS: Sidney & Deep Cove Scenic Drive AR 3:00 Knitting Group* GR 3:30 Shut the Box LIB 7:00 "Life with Father" TH	8 9:45 Exercise TWR (Floors 2, 4 & 8) 10:30 Exercise AR 2:00 Rick Searle: National Parks of American Southwest TH 3:15 Tower Cranium Crunch LIB 6:30 Card Game Night* GR	9 9:15 Appt Bus AR 10:00 Bingo GR 11:00 Valentine's Trivia GR 1:30 BUS: Cordova Bay Scenic Drive AR 3:15 Armchair Travel to Paris, France TH 7:00 "Atlantic: A Year in the Wild Ep. 3 & 4" TH	10 8:00 Hearing Aid Cleaning Pick Up FD 9:45 Exercise TWR (Floors 2, 4 & 8) 10:30 Exercise AR 2:00 Happy Hour Cart Service 3:15 Shuffleboard* GR 6:30 Board Game Night* GR	11 9:45 Chair Yoga with Kathy AR 10:45 Video Trivia TH 2:00 Horse Racing GR 3:15 Knitting Group* GR 3:15 Cranium Crunch AR 7:00 "Snowy River" TH	12 9:45 Balls & Bands AR 10:45 Fit Minds AR 2:00 Bingo GR 3:30 Get Crafty: Felt Heart Sachets AR
13 9:30 United Church Service Video TH 10:45 Meditation LIB 2:00 Music Bingo GR 3:00 Super Bowl 56 TH 7:00 "The Crown" TH	14 WEAR RED DAY 9:30 Gentle Fit #1 AR 10:15 Gentle Fit #2 AR 1:30 BUS: Hatley Castle & Esquimalt Lagoon Scenic Drive AR 2:00 Valentine's Day Colouring* GR 3:00 Knitting Group* GR 3:30 Shut the Box LIB 7:00 "I Walk the Line" TH Valentine's Day	15 9:45 Exercise TWR (Floors 2, 4 & 8) 10:30 Exercise AR 2:00 Birthday Tea Cart Service 3:15 Tower Cranium Crunch LIB 6:30 Card Game Night* GR	16 9:15 Appt Bus AR 10:00 Bingo GR 11:00 Trivia GR 2:00 Dr. Clem Persaud: All About the Heart TH 3:15 Matching Card Memory Game GR 7:00 "Canada: A Year in the Wild Ep. 1 & 2" TH	17 9:45 Exercise TWR (Floors 2, 4 & 8) 10:30 Exercise AR 2:00 Happy Hour Cart Service 3:15 Crosswords* GR 6:30 Board Game Night* GR	18 9:45 Chair Yoga with Kathy AR 10:45 Wooden Games GR 2:00 Horse Racing GR 3:15 Knitting Group* GR 3:15 Cranium Crunch AR 7:00 "Snowy River" TH	19 9:45 Balls & Bands AR 10:45 Fit Minds AR 2:00 Bingo GR 3:30 Get Crafty: Love Bird Origami AR

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20 9:30 United Church Service Video TH 2:00 Colouring* GR 3:00 Concerts in Care Video TH 7:00 "The Crown" TH	21 10:00 Word Puzzles* GR 3:00 Knitting Group* GR 3:30 Shut the Box* LIB 7:00 "Seven Alone" TH Family Day	22 9:45 Exercise TWR (Floors 2, 4 & 8) 10:30 Exercise AR 1:45 Town Hall Meeting GR 3:15 Show & Share GR 6:30 Card Game Night* GR BC Senior Care Providers Day	23 9:15 Appt Bus AR 10:00 Bingo GR 11:00 Trivia GR 1:15 BUS: Hillside Mall AR 3:15 Armchair Travel to Bulgaria TH 7:00 "Canada: A Year in the Wild Ep. 3 & 4" TH Pink Shirt Day	24 9:45 Exercise TWR (Floors 2, 4 & 8) 10:30 Exercise AR 2:00 Happy Hour Cart Service 3:15 Shuffleboard* GR 6:30 Board Game Night* GR	25 9:45 Chair Yoga with Kathy AR 10:45 Video Trivia TH 2:00 Horse Racing GR 3:15 Knitting Group* GR 3:15 Cranium Crunch AR 7:00 "Snowy River" TH	26 9:45 Balls & Bands AR 10:45 Fit Minds AR 2:00 Bingo GR 3:30 Get Crafty: Love Birds Feeder AR
27 9:30 United Church Service Video TH 2:00 Colouring* GR 3:00 Concerts in Care Video TH 7:00 "The Crown" TH	28 9:30 Gentle Fit #1 AR 10:15 Gentle Fit #2 AR 1:30 BUS: Gordon Head Scenic Drive AR 3:00 Knitting Group* GR 3:30 Shut the Box GR 7:00 "The Little Princess" TH	BINGO: 25 cents per card HORSE RACING: \$1.10 in nickels or dimes HAPPY HOUR: \$2 donation per drink Sign up at the Front Desk for bus trips		TUCK SHOP: Monday, Wednesday & Friday 2:00-3:00pm MEAL TIMES: Breakfast: 7:30am-9:00am Lunch: 11:15am-12:45pm Dinner: 4:15pm-5:45pm COURTYARD CAFÉ: 7:30am-3:00pm		