








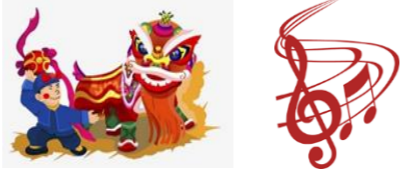






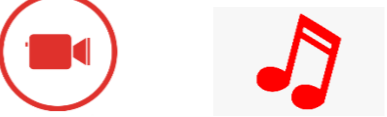

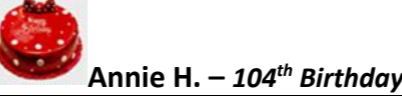






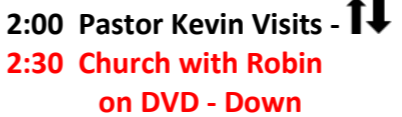










Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 National Freedom Day 9:30 National Geographic - Up 10:30 Morning Exercise followed by Roll a Ball - Up 1:30 Armchair Travel to France - Down 	2 Groundhog Day 9:30 Hand & Nail Care – Down 10:15 Armchair Travel to France - Up 1:00 Face Timing - Down 2:30 Music with Robin on DVD - Down 	3 7:30 Hair Salon Open 9:30 Exercise with Heart - Down 10:30 Roll A Ball – Up 1:30 Crafts with Iris - Up 	4 7:30 Hair Salon Open 9:30 National Geographic - ↓ 12:45 Bingo – Up 1:30 Face Timing - Up 2:30 Church with Robin on DVD - Down 	5 9:30 Current Events - Down 10:30 Gentle Chair Yoga - Up 1:30 Friday Matinee with a Treat – Up & Down 	6 
7 	8 9:30 Bean Bag Toss - Down 10:30 Chair Yoga followed by Roll a Ball - Up 1:00 Face Timing - Down 	9 National Pizza Day 9:30 Gentle Chair Yoga - Down 10:15 Chinese Culture - Up 2:30 Music with Robin on DVD – Down 	10 7:30 Hair Salon Open 9:30 Ring Toss - Down 10:30 Morning Stretch followed by Roll a Ball – Up 	11 7:30 Hair Salon Open 9:30 Chinese Culture - Down 12:45 Card Bingo – Up 1:30 Face Timing – Up 2:00 Pastor Kevin Visits – ↑↓ 2:30 Church with Robin on DVD – Down 	12 Chinese New Year "Year of the Ox" 9:30 Armchair Travel to China - Down 10:30 Gentle Chair Yoga – Up 1:30 Armchair Travel to China – Up 	13 
14 Happy Valentine's Day 	15 Family Day Stat  <p>No Activities Today</p>	16 Shrove Tuesday 9:30 Hand & Nail Care – Down 10:15 Hand & Nail Care - Up 1:00 Face Timing - Down 2:30 Music with Robin on DVD – Down 	17 Ash Wednesday 7:30 Hair Salon Closed 9:30 Gentle Chair Yoga - Down 10:30 Roll A Ball – Up 1:30 Family History – Up West Lounge (Bring Your Family Photos and History) 	18 7:30 Hair Salon Closed 12:45 Bingo - Up 1:30 Face Timing - Up 2:30 Church with Robin on DVD - Down 5:00 Pizza & Wing Nite – Up 	19 9:30 Morning Movie - Down 1:30 Friday Matinee – Up and Down 	20 
21 	22 9:30 Morning Movie - Down 1:30 Monday Matinee - Up 	23 9:30 Darts - Down 10:15 Hand & Nail Care - Up 1:00 Face Timing - Down 3:00 Music with Robin on DVD - Down 	24 Pink Shirt Day 7:30 Hair Salon Open 9:30 Autobiography - Down 10:30 Morning Exercise followed by Roll a Ball - Up 1:30 Family Feud – Up 	25 7:30 Hair Salon Open 9:30 Gentle Chair Yoga - Up 12:45 Card Bingo - Up 1:30 Face Timing – Up 2:00 Pastor Kevin Visits - ↑↓ 2:30 Church with Robin on DVD - Down 	26 9:30 Current Events - Down 10:30 Exercise with Heart - Up 1:30 Autobiography - Up 	27 Elizabeth Taylor's Birthday   <p>Violet K.</p>
28 		February is: - Black History Month. - Heart Month. - National Bird Feeding Month. 		 <h1>February</h1> <p>*** <u>Please Note:</u> Activities/Programs Could be Subject to Change</p>		

***Please Note: A Maximum of 15 Residents per Activity – Abiding by Physical Distancing Guidelines.



Pink Shirt Day...

This is a day when people wear mainly a pink shirt to symbolize a stand against bullying, an idea that originated in Canada. On this day, we all stand united to stop bullying by wearing a pink shirt or a pink button to give recognition to this very serious problem. It is a problem in our schools, workplaces, homes and over the internet.

Kindness starts here and it goes a long way! Let's try to treat each other with respect and dignity. This will certainly make a difference and help stop the bullying. If we all practice compassion, the world we become a better place!



**What a Difference a Year Makes
February Newsletter**

What a difference a year makes, or does it? As I write this article it was one year today that the first COVID-19 case was found in Canada. When the first case was discovered, it was expected to have very little impact. I went to see a doctor around this time last year, and my doctor said COVID would have less effect in Canada than the seasonal flu. I would believe that that doctor, as we all have, has reconsidered these predictions.

It is an understatement that COVID-19 has made an impact on all of us over the past twelve months. The virus has impacted us as a province, it has changed our public rules, our news casts, our healthcare, our businesses, and our economy. The virus has also impacted us personally, who and how we visit, how we gather and even where we go.

Although the virus left a significant mark on our world which will not be forgotten. However, I wonder if the impact of COVID-19 will be a mess or a memory? I understand that it may be too early to tell, however I believe our faith and resiliency can give us strength at this time.

We are reminded in the words of the old hymn 'Just a Closer walk with Thee' that we need not rely on our own strength.

"I am weak, but Thou art strong; Jesus, keep me from all wrong;
I'll be satisfied as long As I walk, let me walk close to Thee
Just a closer walk with Thee, Grant it, Jesus, is my plea,
Daily walking close to Thee, Let it be, dear Lord, let it be"

"God is our refuge and strength, always ready to help in times of trouble.

So we will not fear when earthquakes come and the mountains crumble into the sea.

Let the oceans roar and foam. Let the mountains tremble as the waters surge!

A river brings joy to the city of our God, the sacred home of the Most High.

God dwells in that city; it cannot be destroyed.

From the very break of day, God will protect it.

- Psalm 46:1-5 (NLT)

Blessings,

You all are in my thoughts and prayers,

Pastor Kevin Schwartz



**Valentine's Day
Word Search**

K	S	Q	S	J	I	V	R	T	D	S	R	Q	G	K
R	Q	Q	T	D	M	A	B	X	U	F	N	Q	J	J
K	G	D	A	S	N	L	Y	E	U	S	F	S	N	S
S	V	E	E	M	B	E	R	I	G	C	E	V	O	L
Q	W	Q	R	Q	Q	N	I	A	W	R	A	O	C	G
T	Z	E	T	G	R	T	Z	R	E	Y	I	N	Q	T
D	Q	I	E	E	O	I	K	Z	F	D	R	E	D	J
H	O	B	N	T	P	N	W	N	O	E	F	T	G	Y
X	U	T	H	C	H	E	H	V	X	E	A	L	A	T
N	A	G	B	P	R	E	E	Y	B	M	T	C	B	H
F	O	M	G	T	U	S	A	R	L	R	K	U	T	Q
I	M	T	M	Q	S	K	U	R	A	U	N	P	E	H
C	A	R	D	S	K	A	A	E	T	W	I	I	G	U
M	C	D	I	R	R	M	H	H	X	E	P	D	P	N
W	Q	K	L	Y	S	R	E	W	O	L	F	J	O	J

CANDY
CARDS
CUPID
DEAR
DOVES
FEBRUARY
FLOWERS
FRIENDS
HEART

TREATS
VALENTINE
SWEETHEART
RED
LOVE
KISS
PINK
HUG

