


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Resident self-directed activities supported by Therapeutic Recreation.</p> <p>National Therapeutic Recreation Month</p>			<p>1</p> <p>10:15 German Music 2:30 Bowling 3:30 Sensory Visits 6:00 Bingo</p>	<p>2</p> <p>1:15 Beauty Hour 7:00 Rosenort Youth Group Performs</p> <p><small>Groundhog Day</small></p>	<p>3</p> <p>10:30 Trivia</p>	<p>4</p> <p>10:45 Gentle Stretches 1:30 Bingo</p>
<p>5</p> <p>SPIRIT DAYS: CARNIVAL THEME BEGINS FEBRUARY 7!!</p>	<p>6</p> <p>10:00 Chapel 10:45 Standing Exercise 10:45 Wing Programs 2:30 German Hymns</p>	<p>7</p> <p>Wear Pink or Stripes</p> <p>10:30 Current Events 2:00 Talent Show Charades 6:00 Travelogue: Underground Secrets: Natural Wonders</p>	<p>8</p> <p>Wear Green or a Sports Jersey</p> <p>10:15 German Music 2:00 Fair Games 6:00 Bingo</p>	<p>9</p> <p>Wear Yellow or Polka Dots</p> <p>10:00 Franz Wiebe Chapel 1:15 Beauty Hour 2:00 Believe It or Not Trivia 6:00 Hot Chocolate and Mini Donuts with Ernie Dyck Entertaining</p>	<p>10</p> <p>Wear Rainbow Colours</p> <p>10:30 Test Your Luck Game for Last Minute Points 2:00 Spirit Week Grand Finale with Music by Tannis Tyler</p>	<p>11</p> <p>10:45 Gentle Stretches 1:30 Bingo</p>
<p>12</p>	<p>13</p> <p>10:00 Chapel 10:45 Standing Exercise 10:45 Wing Programs 2:30 German Hymns</p>	<p>14</p> <p>10:30 Current Events 2:30 'Love is in the Air' Performance by Linda Lurvey on the Harp 6:00 Travelogue: Underground Secrets: Treasures</p> <p><small>Valentine's Day</small></p>	<p>15</p> <p>10:15 German Music 1:30 Art Class (by invitation) 2:30 Men's Group 6:00 Bingo</p>	<p>16</p> <p>10:00 Douglas MC Chapel 10:45 Wing Program 1:15 Beauty Hour 6:00 Hot Chocolate and Cookies</p>	<p>17</p> <p>10:15 Trivia 11:30 French Fry Friday (by invitation) 2:30 The Keenagers Perform</p>	<p>18</p> <p>10:45 Gentle Stretches 1:30 Bingo 3:00 Colouring</p>
<p>19</p> <p>10:30 NKMC (Roch) Service</p>	<p>20</p> <p>Louis Riel Day</p> <p><i>No Regularly Scheduled Programs</i></p> <p><small>Presidents' Day (US)</small></p>	<p>21</p> <p>10:30 Current Events 2:30 Curling 3:30 Sensory Visits 6:00 Travelogue: Underground Secrets: Mastering the Underground World</p> <p><small>Mardi Gras</small></p>	<p>22</p> <p>10:15 German Music 2:30 Memorial Service 6:00 Bingo</p> <p><small>Ash Wednesday</small></p>	<p>23</p> <p>10:00 NKMC (Roch) Chapel 10:45 Wing Program 1:15 Beauty Hour 6:00 Hot Chocolate and Cookies</p>	<p>24</p> <p>10:30 Trivia 2:30 Monthly Birthday Party with Kirk Leavesly Entertaining</p>	<p>25</p> <p>10:45 Gentle Stretches 1:30 Bingo 3:00 Colouring</p>
<p>26</p> <p>10:30 Bethania Chaplain Service</p>	<p>27</p> <p>10:00 Chapel 10:45 Standing Exercise 10:45 Wing Programs 2:30 German Hymns</p>	<p>28</p> <p>10:30 Current Events 2:30 Bocce Ball 3:30 Sensory Visits 6:00 Travelogue: Empire State Building</p>	 <p>February 2023</p> <p>Bethania Therapeutic Recreation & Leisure Calendar</p>			

Please check recreation boards daily as programs may change. Individual programs implemented on a daily basis.