

Monday

Tuesday

Wednesday

Thursday

Friday

February 2020

Newport Harbour Adult Day Program

Well Grounded Macarena Racquet ball Punxsutawney Phil Honey carrot salad Groundhog day mining	3	Fairytale fill in the blanks Workout with Books Ping Pong Random Trivia Grand hog anagram Showtime	4	Penny Ante Ti Chi Curling Fitting ground hog day Hibernation mining Shadow search	5	Well grounded Arm strengthening Shuffleboard Card Bingo Balloon toss Ground Hog Secret quote	6	Shut the box Zodiac workout Bocce ball Jeopardy Mixed up Groundhog Showtime	7
BP & Weight What if... Range of Motion Bean bag Toss Valentine's day fun Poker walk Bingo	10	BP & Weight Name that heart tune Way to healthy heart Aim for heart Valentine's day mining The sweetheart caper Love potion	11	BP & Weight Famous couples Arm strengthening work Aim for heart Happy Valentine's Day A job for cupid Showtime	12	BP & Weight Romance to remember Ti Chi Heartbreak game Valentine's day card Ping pong & love potion Mixed up Valentine's day	13	BP & Weight Falling through Niagara Noodlecise Bowling From the Heart Be my Valentine Valentine social with Bob	14
ADP Closed Family Day	17	Shut the box Ti chi Bowling Category Trivia Walks & Talks Bingo time	18	February IQ Macarena Volleyball Bingo Poker Walk Pig out dice game	19	Easy does it trivia Walk your way to heart Bocce Ball Nix the six February IQ Birthday social	20	All boxed in Ti chi Nerf target game Artist at work Flingo / Fresh bread Family feud	21
Healthy habits Workout to Go Ping pong Spelling February 29 Leapers Showtime	24	Healthy habits Travel to Swiss Alp Leapfrog beanbag toss No bake recipe Leap year laugh Fill in the blanks	25	Healthy habits Balance boost Nerf target game Leaping bunny drawing Season salad Take an adventure	26	Healthy habits Workout with bands Volleyball Frogs category Leap year maze Showtime	27	Healthy habits Way to healthy heart Shuffleboard Home canning Leap year trivia Bingo time	28

NEWPORT HARBOUR CALENDAR OF ACTIVITIES

MONTH OF FEBRUARY 2020 - SECOND FLOOR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Program Locations Northside (NS) Oakbay (OB) Portside (PS) Southport (SP) Fountainview (FV)</p> <p>If no location indicated then program is in Harbour Hall</p>	<p>Program Locations Captains Galley (CG) Physio Room/Gym (G) Atrium (A) Chapel (CH)</p> <p>Around the neighbourhoods (NB)</p>		<p>The Multi Sensory Room is open for use at any time.</p> <p>Located in the room beside the Love Birds</p>			<p>1</p> <p>No Scheduled programs today</p>
<p>2</p> <p>2:00 Calgary Chinese Elderly Citizen's Association Dragon Dance and Seniors Choir (Atrium)</p> <p>Super Bowl Sunday Tune in on your TV at 4:30pm</p>	<p>3</p> <p>10:30 Groundhog Day Secret Quote (NS)</p> <p>2:00 Men's Group: Football Fun</p> <p>2:00 Tea Party (CG)</p> <p>6:15 Ismaili Prayers (CH)</p> <p>6:30 Baking (G) Shortbread Bites</p>	<p>4</p> <p>10:30 Complete the Saying (SP)</p> <p>12:00 Yum Cha Club (CG)</p> <p>2:00 Card Bingo</p> <p>2:00 Bird Visits (NB)</p> <p>6:30 Noodle Hockey</p>	<p>5</p> <p>10:30 Jump Start (PS)</p> <p>11:15 Sing-A-Long (PS)</p> <p>2:00 Bingo</p> <p>6:30 Evening Tea Cart (NB)</p>	<p>6</p> <p>10:30 Leap Year Laughs (OB)</p> <p>11:00 Catholic Mass</p> <p>2:00 The Price is Right</p> <p>6:30 Armchair Travel: Italy</p>	<p>7</p> <p>10:30 Birds Categories (PS)</p> <p>2:00 Bible Stories (CH)</p> <p>2:00 Heart Tree Craft</p> <p>6:30 Movie Night</p>	<p>8</p> <p>1:00 Fancy Fingers Manicures (CH)</p> <p>2:30 Northside Baptist Service</p> <p>6:30 Valentine Card Making</p>
<p>9</p> <p>10:00 Chapel Hour</p> <p>2:00 Centre Street Singers Perform</p> <p>6:30 Pinot & Painting</p>	<p>10</p> <p>10:30 Heart Categories (PS)</p> <p>2:00 Anglican Service (CH) 2:00 Dotted Tree Painting</p> <p>4:30 Balloon Toss (NS)</p> <p>6:15 Ismaili Prayers (CH) 6:30 Baking (G) Valentines Vanilla Wafers</p>	<p>11</p> <p>10:30 Love is in the Air (SP)</p> <p>11:15 Bird Visits (NB)</p> <p>2:00 Drum Circle</p>	<p>12</p> <p>9:45 Cupid Shuffle (NS) 10:30 Cupid Shuffle (PS)</p> <p>11:15 Sing-A-Long (PS) 2:00 Bingo</p> <p>6:30 Stone Family Sings</p>	<p>13</p> <p>10:30 My Funny Valentine (SP)</p> <p>2:00 Name that Heart Tune</p> <p>5:30 Dinner Club (G)</p>	<p>14 Valentines' Day</p> <p>10:00 Carnation Delivery Lunch Outing to Perkins</p> <p>2:00 Valentines' Day Social with Bob the Accordion Player</p> <p>4:30 Vintage Valentines (NS) 6:30 Friday Night Games</p>	<p>15</p> <p>10:30 Chair Yoga (PS)</p> <p>1:30 Movie Matinee</p>

NEWPORT HARBOUR CALENDAR OF ACTIVITIES

<p>16 10:00 Chapel Hour</p> <p>2:00 Table Tennis</p>	<p>17</p> <p style="text-align: center;">Family Day</p> <p style="text-align: center;">No Scheduled programs today</p>	<p>18</p> <p>9:45 Give Me 5 (OB)</p> <p>10:30 Give Me 5 (SP)</p> <p>10:30 Resident Council</p> <p>12:00 Yum Cha Club (CG)</p> <p>2:00 Card Bingo 2:00 Bird Visits (NB)</p> <p>6:30 Musical Twister</p>	<p>19</p> <p>9:45 Zodiac Exercises (NS)</p> <p>10:30 Zodiac Exercises(SP)</p> <p>2:00 Bingo</p> <p>6:30 Ping Pong Toss</p>	<p>20</p> <p>9:45 Adult Colouring (OB)</p> <p>10:30 Adult Colouring (SP) 11:00 Catholic Mass</p> <p>2:00 Birthday Social with Dennis Toner</p> <p>6:30 Armchair Travel: Hawaiian Islands</p>	<p>21</p> <p>9:45 Never Have I Ever (NS)</p> <p>10:30 Never Have I Ever (SP)</p> <p>2:00 Shuffle Board</p> <p>2:00 Bible Stories (CH)</p>	<p>22</p> <p style="text-align: center;">No Scheduled programs today</p>
<p>23</p> <p style="text-align: center;">No Scheduled programs today</p>	<p>24</p> <p>9:45 Sing-A-Long (NS)</p> <p>10:30 Sing-A-Long (PS)</p> <p>2:00 Hawaiian Social</p>	<p>25</p> <p>9:45 Fat Tuesday Word Mining (OB)</p> <p>10:30 Fat Tuesday Word Mining (SP)</p> <p>11:15 Bird Care (A)</p> <p>2:00 Celebration of Life</p>	<p>26</p> <p>8:30 Calendar Delivery</p> <p>9:45 Dancercise: Pearly Shells (NS)</p> <p>10:30 Dancercise: Pearly Shells (PS)</p> <p>11:15 Sing-a-Long (PS)</p> <p>2:00 Jackpot Bingo</p> <p>6:30 Music Appreciation: Music of Hawaii</p>	<p>27</p> <p>9:45 The Music of Hawaii (SP)</p> <p>2:00 Coconut Toss</p> <p>5:30 Dinner Club: Hawaiian Pizza Night</p>	<p>28</p> <p>10:30 Hawaiian Letterbox (PS)</p> <p style="text-align: center;">Lunch Outing to Pacini Restaurant</p> <p>2:00 Bible Stories</p> <p>6:30 Friday Night Games</p>	<p>29 Happy Leap Year</p> <p>9:45 Chair Yoga (NS)</p> <p>1:30 Movie Matinee</p>

PROGRAMS HELD ON MONDAY/WEDNESDAY/FRIDAY IN HARBOUR HALL AT 10:30AM WILL BE INDEPENDENT PROGRAMING FOR THOSE ABLE TO COME AND PARTICIPATE INDEPENDENTLY. WILL INCLUDE SHUFFLE BOARD, WORD GAMES, NATURE SHOW ETC. PROGRAMS, WHEN OFFERED, WILL BE POSTED ON THE WHITE BOARDS. THERE WILL BE NO STAFF SUPPORT.

CALENDAR IS SUBJECT TO CHANGE – BE SURE TO CHECK WHITE BOARDS BY NURSING STATION FOR DAILY PROGRAM UPDATES

NEWPORT HARBOUR CALENDAR OF ACTIVITIES

MONTH OF FEBRUARY 2020 - FIRST FLOOR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Program Locations Bayshore (BS) Edgewater (EW) Fairwinds (FW) Harbourside (HS)</p> <p>If no location indicated then program is in Harbour Hall</p>	<p>Program Locations Captains Galley (CG) Theatre Room (TR) Arts & Craft room (AC) Physio Room/Gym (G) Atrium (A)</p> <p>Around the neighbourhoods (NB)</p>		<p>The Multi Sensory Room is open for use at any time.</p> <p>Located on the 2nd Floor beside the Love Birds</p>			<p>1</p> <p>No Scheduled programs today</p>
<p>2</p> <p>2:00 Calgary Chinese Elderly Citizen's Association Dragon Dance and Seniors Choir (Atrium)</p> <p>Super Bowl Sunday Tune in on your TV at 4:30pm</p>	<p>3</p> <p>9:45 Ground Hog Day Secret Quote (BS) 11:15 Sensory (FW)</p> <p>2:00 Men's Group – Football Fun 2:00 Tea Party (CG)</p> <p>4:30 Balloon Toss (HS) 6:15 Ismaili Prayers (CH) 6:30 Baking (G) Shortbread Bites</p>	<p>4</p> <p>9:45 Complete the Saying (EW) 11:15 Bird Visits (NB) 12:00 Yum Cha Club (CG)</p> <p>2:00 Card Bingo</p> <p>4:30 Sing-A-Long (FW) 6:30 Noodle Hockey</p>	<p>5</p> <p>8:30 Bayshore Brekkie 9:45 Jump Start (BS)</p> <p>2:00 Bingo</p> <p>4:30 Balloon Toss (FW)</p> <p>6:30 Evening Tea Cart (NB)</p>	<p>6</p> <p>9:45 Leap Year Laughs (EW) 11:00 Catholic Mass 1:00 Helping Hands (FW)</p> <p>2:00 The Price is Right</p> <p>6:30 Armchair Travel: Italy</p>	<p>7</p> <p>9:45 Birds Categories (BS) 11:15 Sing-A-Long (FW)</p> <p>2:00 Bible Stories (CH)</p> <p>2:00 Heart Tree Craft</p> <p>6:30 Movie Night</p>	<p>8</p> <p>1:00 Fancy Fingers Manicures (CH) 2:30 Northside Baptist Service 4:30 Sing-A-Long (FW) 6:30 Valentine Card Making</p>
<p>9</p> <p>10:00 Chapel Hour</p> <p>2:00 Centre Street Singers Perform</p> <p>4:30 Sing-A-Long (FW)</p> <p>6:30 Pinot & Painting</p>	<p>10</p> <p>9:45 Heart Categories (BS) 11:15 Sensory (FW)</p> <p>2:00 Anglican Service (CH) 2:00 Dotted Tree Painting</p> <p>6:15 Ismaili Prayers (CH) 6:30 Baking (G) Valentine Vanilla Wafers</p>	<p>11</p> <p>9:45 Love is in the Air Trivia (HS) 2:00 Drum Circle</p> <p>2:00 Bird Visits (NB)</p>	<p>12</p> <p>8:30 Edgewater Brekkie 9:45 Cupid Shuffle (BS) 10:30 Cupid Shuffle (HS)</p> <p>11:15 Music Makers (FW)</p> <p>2:00 Bingo</p> <p>4:30 Vintage Valentines (FW) 6:30 Stone Family Sings</p>	<p>13</p> <p>9:45 My Funny Valentine (EW) 1:00 Helping Hands (FW)</p> <p>2:00 Name that Heart Tune</p> <p>5:30 Dinner Club (G)</p>	<p>14 Valentines' Day 10:00 Carnation Delivery</p> <p>Lunch Outing to Perkins 1:00 Cocoa & Chatter (FW)</p> <p>2:00 Valentines' Day Social with Bob the Accordion Player 6:30 Friday Night Games</p>	<p>15</p> <p>9:45 Chair Yoga (EW) 11:15 Sing-A-Long (FW) 1:30 Movie Matinee</p>

NEWPORT HARBOUR CALENDAR OF ACTIVITIES

<p>16 10:00 Chapel Hour</p> <p>11:15 Bird Visits (FW)</p> <p>2:00 Table Tennis</p>	<p>17</p> <p style="text-align: center;">Family Day</p> <p style="text-align: center;">No Scheduled programs today</p>	<p>18 9:45 Give Me 5 (EW) 10:30 Give Me 5 (HS)</p> <p>10:30 Resident Council</p> <p>11:15 Taster's Choice (FW) 11:15 Bird Visits (NB)</p> <p>12:00 Yum Cha Club (CG)</p> <p>2:00 Card Bingo 6:30 Musical Twister</p>	<p>19 8:30 Fairwinds Brekkie</p> <p>9:45 Zodiac Exercises (BS) 10:30 Zodiac Exercises (HS)</p> <p>11:15 Music Makers (FW) 11:15 Sing-A-Long (HS) 2:00 Bingo</p> <p>4:30 Hand Massage (FW) 6:30 Ping Pong Toss</p>	<p>20 9:45 Adult Colouring (EW)</p> <p>10:30 Adult Colouring (HS) 11:00 Catholic Mass</p> <p>11:15 No Bake Baking(FW)</p> <p>2:00 Birthday Social with Dennis Toner</p> <p>6:30 Armchair Travel: Hawaiian Islands</p>	<p>21 9:45 Never Have I Ever (BS)</p> <p>10:30 Never Have I Ever (HS)</p> <p>2:00 Shuffle Board</p> <p>2:00 Bible Stories (CH)</p>	<p>22</p> <p style="text-align: center;">No Scheduled programs today</p>
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