MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03 **A:** Russian Club; Table Games; Knitting **B:** Active Games; You Be The Judge **C:** Music Bingo	04 **A:** Russian Club; Bingo **B:** Gentle Stretches; Manicures **C:** Karaoke	05 **A:** Gentle Yoga with Terri **B:** Super Quiz; Russian Club; Cards with Ed **C:** Sing Along	06 **A:** Russian Club; Active Games; Small Group Relaxation Program **B:** Program with Rabbi Marshall **C:** Jewish Music; TimeSlips	07 **A:** Russian Club; Andreah's Dance Program **B:** Shabbat Program
10 **A:** Russian Club; Table Games; Knitting **B:** Music Appreciation; Hollywood Biography **C:** Jewish Music; You Be The Judge	11 **A:** Russian Club; Bingo **B:** Super Quiz; Manicures **C:** Music Bingo	12 **A:** Russian Club; Crossword Fun; Men's Group **B:** Armchair Travel; Cards With Ed **C:** Jewish Music	13 **A:** Russian Club; Active Games; Classical Music; Book Drop **B:** Armchair Travel; Painting **C:** Sing Along	14 **A:** Russian Club; Small Group Relaxation Program **B:** Shabbat Program
17 **DAY CENTRE CLOSED FOR FAMILY DAY**	18 **A:** Russian Club; Bingo **B:** Brain Gym; Manicures **C:** Jewish Music	19 **A:** Russian Club; Crossword Fun; Men's Group **B:** Gentle Stretches; Cards with Ed **C:** Name That Tune	20 **A:** Russian Club; Active Games; Classical Music **B:** Super Quiz; Making Sense **C:** Karaoke; Dominoes	21 **A:** Russian Club; Active Games; Small Group Relaxation Program **B:** Shabbat Program
24 **A:** Russian Club; Table Games; Knitting **B:** Active Games; Painting **C:** Karaoke; Beading	25 **A:** Russian Club; Bingo **B:** Birthday Celebration with Neshama Entertainment	26 **A:** Baking Program; Crossword Fun; Men's Group **B:** Super Quiz; Russian Club; Cards with Ed **C:** Jewish Music	27 **A:** Russian Club; Active Games; Classical Music **B:** Brain Gym; You Be The Judge **C:** Music Bingo	28 **A:** Russian Club; Active Games; Small Group Relaxation Program **B:** Shabbat Program

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DAY CENTRE FOR SENIORS

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February 2014

Please see the following special programs in February:

February 2014

Welcome to February! We hope the holiday season distracted you from the cold weather. Try and enjoy those special days when bright rays of sun shine onto our faces as we long for the return of warmer weather. On Monday February 17th, the Day Centre will be closed for Family Day. The beauty of this day is that you spend time with your family. It's a time to celebrate and be thankful for each and every single family member. There are so many ways to celebrate Family Day. If you are looking for something to do in you community, it would be best to check your local newspaper or visit your community centre. For those of you who will be spending time with your family on Family day have fun, build memories, and be safe!!

The holidays might be over but the celebrations here at the Day Centre continue as we celebrate our February birthdays. As you look back on yesterday, may your memories be warm ones. As you celebrate today may your heart be filled with happiness and joy. As you look ahead to tomorrow, may your deepest hopes and dreams come true for you – *Happy Birthday* from all of your friends at the Day Centre. Helping us celebrate our February birthdays will be Neshama Entertainment.

Special Dates to Remember:

Wednesday, February 5th
Gentle Yoga with Terri

Thursday, February 6th
Program with Rabbi Marshall

Friday, February 7th
Andreah's dance Program

Monday, February 17th
DAY CENTRE CLOSED FOR FAMILY DAY

Tuesday, February 25th
Birthday Celebration
with Neshama Entertainment

Day Centre For Seniors

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STANDARD DAILY SCHEDULE

9:30..... Early Morning Program
10:00..... Morning Snack
10:15..... Coffee Schmooze
10:45..... Program A*
11:30..... Seated Fun and Fit Exercise
12:15..... Lunch
1:15..... Program B*
1:50..... Program C*
2:30..... Afternoon Snack
2:40..... Late Afternoon Program

**See the calendar for specific programs offered during these timeslots. When there are 2 or more activities offered at 10:45, 1:15, and 1:50, the members will choose the activity they wish to participate in.*

Birthdays will be celebrated on a monthly basis.

Outing participants will be selected in advance by staff based on the member's abilities and interests. We will inform the families directly of members being considered for upcoming outings.