



# Oaks Retirement Village Activity Calendar

# February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>(T) – Theatre (P) - Pool (B) – Bistro (DR) – Dining Room (C) – Craft Room (CY) -Courtyard (F) – Fitness Room</p>	<p>(LL) (LL2)– Laundry Lounge (TV) – TV Lounge (HW) – Dining Room Hallway (OG) -Oaks Grove (L) Library (FL)- Front Lobby</p>	<p><b>February Trivia</b> The oldest known Valentine’s Day message dates back to 1415, written by Charles, Duke of Orléans, to his wife while he was imprisoned in the Tower of London.  Zodiac signs: <b>Aquarius &amp; Pisces</b> Birthstone: <b>Amethvst</b></p>				<p><b>1</b> 10:00am Trivia (B) 2:00pm Movie - The Six Triple Eight ( T) Netflix 3:30pm Walking Club (SD) 7:00pm Resident’s Choice (T)</p>
<p><b>2</b> 10:00am Televised Chapel, ch13 (T) 11:00am Brain Teasers (B) 1:30pm Dresden Church Hymn Singing Bus trip *signup required 2:00pm Movie- Moonrise Kingdom DVD (T) 7:00pm Wii Bowling</p>	<p><b>3</b> 10:30am Chapel Service – “Everyone Welcome” Communion / Eucharist (T) 12:10pm Holy Rosary (T) 1:45pm Wordle (B) 2:30pm Pub with Karaoke (B) 4:00pm Euchre (B) 7:00pm TV Series – I Love Lucy (T)</p>	<p><b>4</b> 10:00am Balance &amp; Fall prevention (F) 2:00pm Tea &amp; Cookies (B) 2:30pm Never Have I Ever (B) 3:30pm LCR (B) 7:00pm Cribbage (B)</p>	<p><b>5</b> 9:00am Urban Pole Walking SD (F) 10:00am “FUN”ctionaly Fit (Pool) 12:10pm Holy Rosary (T) 2:00pm BINGO (T) 3:00pm Wordle Wednesday (T) 4:00pm Cover the # (B) 7:00pm TV Series – Hartland (T)</p>	<p><b>6</b> 9:00am Courier Press Bus Day 9:30am- 12pm *signup required 10:00am Improving Muscle &amp; Bone Strength (F) 1:40pm Holy Rosary/ Catholic liturgy/ word service 2:30pm Pub: Accordion Tim (B) 4:00pm Dice Bingo (B) 7:00pm Euchre (B)</p>	<p><b>7</b> 9:00am Walking Club (FL) SD 12:10pm Holy Rosary (T) 2:00pm Craft- Group Painting “Make a Wish” *signup required 2:30pm LCR 3:30pm Euchre (B) 7:00pm Card games (B)</p>	<p><b>8</b> 10:00am Trivia (B) 2:00pm Movie – The Sound of Music part 1 dvd (T) 3:30pm Walking Club (SD) 7:00pm Resident’s Choice (T)</p>
<p><b>9</b> 10:00am Televised Chapel, ch13 (T) 11:00am Brain Teasers (B) 2:00pm The Sound of Music part 2 DVD (T) 7:00pm Wii Bowling (T)</p>	<p><b>10</b> 10:30am Chapel Service- “Everyone Welcome” St. Paul’s Shipwreck (T) 12:10pm Holy Rosary (T) 1:45pm Wordle (P) 2:30pm Pub (B) 3:00pm Horse Races 4:00pm Men’s Pool Game(B) 7:00pm TV Series – I Love Lucy (T)</p>	<p><b>11</b> 10:00am Balance &amp; Fall prevention (F) 1:00pm Walker Clinic / True North (F) 2:00pm Karaoke (T) 3:00pm Coffee&amp; Conversation (B) 3:30pm Hoya (B) 7:00pm Cribbage (B)</p>	<p><b>12</b> 9:00am Urban Pole Walking SD (F) 10:00am “FUN”ctionaly Fit (Pool) 12:10pm Holy Rosary (T) 2:00pm BINGO (T) 3:00pm Wordle Wednesday (T) 4:00pm ladies pool (B) 7:00pm TV Series – Hartland (T)</p>	<p><b>13</b> <b>Wear Red</b> 9:00am Courier Press Bus Day 9:30am- 12pm *signup required 10:00am Improving Muscle &amp; Bone Strength (F) 2:30pm Pub with Buck &amp; the Boys (B) 7:00pm Euchre (B)</p>	<p><b>14</b> <b>Valentine’s Day</b> 9:00am Walking Club (FL) SD 9:40pm Holy Rosary (T) 10:00am Catholic Holy Communion &amp; word service with Jamie (T) 2:00pm Valentines Ice cream Sundaes 2:30pm Valentines Trivia (B) 7:00pm Card Games (B)</p>	<p><b>15</b> 10:00am Trivia (B) 2:00pm Movie- Sting Part 1(T) 3:30pm Walking Club (SD) 7:00pm Movie- Sting Part 2(T)</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>16</b>	<b>Family Day * 17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
10:00am Televised Chapel, ch13 (T) 11:00am Brain Teasers (B) 2:00pm Movie- The Sisterhood of the Traveling Pants (T) dvd 3:00pm Cribbage (B) 7:00pm Wii Bowling (T)	10:30am Chapel Service- "Everyone Welcome" Family Day (T) 12:10pm Holy Rosary (T) 2:30pm Hoya (B) 3:30pm Euchre (B) 7:00pm TV Series – I Love Lucy (T)	10:00am Balance & Fall prevention (F) 1:00pm Chatham Casino- *sign up required 2:30pm Cover the # (B) 4:00pm Men's Pool (B) 7:00pm Cribbage (B)	9:00am Urban Pole Walking SD (F) 10:00am "FUN"ctionally Fit (Pool) 12:10pm Holy Rosary (T) 2pm Family and friends' progressive euchre (B) 4:00pm ladies pool (B) 7:00pm TV Series – Hartland (T)	9:00am Courier Press <b>Bus Day 9:30am- 12pm</b> <b>*signup required</b> 10:00am Improving Muscle & Bone Strength (F) 1:40pm Holy Rosary (T) 2:00pm Catholic Mass (T) 2:30pm Pub (B) 3:00pm Trivia (B) 4:00pm Men's Pool game (B) 7:00pm Euchre (B)	9:00am Walking Club (FL) SD 12:10pm Holy Rosary (T) 2:00pm Craft- card making Easter (C) <b>*signup required</b> 11:30am Lunch Bunch Cozy Corners <b>*signup required</b> 3:30pm Hoya (B) 7:00pm Card Games (B)	10:00am Trivia (B) 2:00pm Movie- The King's Speech DVD (T) 3:30pm Walking Club (SD) 7:00pm Resident's Choice (T)
<b>23</b>	<b>24</b>	<b>*25</b>	<b>26</b>	<b>27</b>	<b>28</b>	
10:00am Televised Chapel, ch13 (T) 11:00am Brain Teasers (B) 2:00pm Movie – Movie Victoria & Abdul (T) DVD 7:00pm Wii Bowling (T)	10:30am Chapel Service- "Everyone Welcome" Africa in the Bible (T) 12:10pm Holy Rosary (T) 1:45pm Wordle(B) 2:30pm Pub (B) 3:00pm Trivia (B) 7:00pm TV Series – I Love Lucy (T)	10:00am Balance & Fall prevention (F) 2:00pm Bob's Journey in the Theatre 3:30pm LCR (B) 7:00pm Cribbage (B)	9:00am Urban Pole Walking SD (F) 10:00am "FUN"ctionally Fit (Pool) 12:10pm Holy Rosary (T) 2:00pm BINGO (T) 3:00pm Town Hall (T) 4:00pm Ladies Pool Game (B) 7:00pm TV Series – Hartland (T)	9:00am Courier Press <b>Bus Day 9:30am- 12pm</b> <b>*signup required</b> 10:00am Improving Muscle & Bone Strength (F) 1:40pm Holy Rosary (T) 2:00pm Catholic Mass (T) 2:30pm Pub (B) 3:00pm Pictionary (B) 4:00pm LCR (B) 7:00pm Euchre (B)	9:00am Walking Club (FL) SD 12:10pm Holy Rosary (T) 2:00pm Wallaceburg Museum Visit <b>*signup required</b> 3:00pm Dice Bingo (B) 4:00pm Men's Pool game (TV) 7:00pm Card Games (B)	

February is Heart Month, a time to raise awareness about the importance of cardiovascular health and an opportunity to focus on what we can do to improve our heart health. Prevention plays an important role when it comes to heart and cardiovascular disease. Healthy behaviors such as being physically active, eating a variety of healthy foods, limiting highly processed foods, not smoking, getting proper sleep and managing stress can help reduce your risk of developing heart disease. It's up to you! If you haven't already, try one of our many exercise classes available & feel free to use the exercise bike or equipment.

Watch for tips and info posted this month!

Keep your Heart Pumping!

Cyndi Hansen  
Activities Manager

## February Birthdays

### Residents

1<sup>st</sup> Audrey C. MC  
 1<sup>st</sup> Dean Mc  
 13<sup>th</sup> Susan D.  
 22<sup>nd</sup> Steve T.

### Staff

1<sup>st</sup> Lisa P.  
 2<sup>nd</sup> Ashley S.  
 4<sup>th</sup> Robin M.  
 10<sup>th</sup> Clarence M.  
 13<sup>th</sup> Brooke M.  
 16<sup>th</sup> Tanya P.  
 16<sup>th</sup> Michelle L.  
 18<sup>th</sup> Nicole S.



## Special Days in February

4<sup>th</sup> Coffee & Conversation & Never have I Ever  
 7<sup>th</sup> Craft- Group painting  
 11<sup>th</sup> Tru North walker Clinic  
 13<sup>th</sup> Wear Red "Her Heart Matters"  
 13<sup>th</sup> Buck & the Boys  
 14<sup>th</sup> Valentine's Day  
 14<sup>th</sup> Ice Cream Social  
 17<sup>th</sup> Family Day

18<sup>th</sup> Chatham Casino  
 19<sup>th</sup> Family & friends Progressive Euchre  
 21<sup>st</sup> Craft- Card making  
 25<sup>th</sup> Bob's Journey  
 26<sup>th</sup> Town Hall  
 28<sup>th</sup> Lunch Bunch