

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# February 2025



“To love and be loved is to feel the sun from both sides” – David Viscott

<p>Welcome to February! <b>1</b>  Morning Fitness  Let's Move  Individual Cognitive Therapy  Table Games  Sit &amp; Fit  Shuffleboard</p>						
<p><b>Happy Ground Hog Day!</b> <b>2</b>  Mind &amp; Body Fitness  All About: Ground Hog Day  Individual Cognitive Therapy  Table Pong  Afternoon Movements  Karaoke</p> <p><small>Groundhog Day</small></p>	<p><b>Happy Monday</b> <b>3</b>  Word Games  Ring Toss Fitness  Rizzo's Visit  Individual Cognitive Therapy  Fun &amp; Games  Stretch &amp; Fit  Who Am I?</p>	<p><b>Tuesday Chronicles</b> <b>4</b>  Fun with Words  Balloon Volleyball  Individual Cognitive Therapy  Tabletop Curling  Whiteboard Games  Stretch &amp; Flex</p>	<p><b>News &amp; Views</b> <b>5</b>  Spot the Difference  Fitness Foundation  History of Wedding Rings  Spa Time  Movement to Music  Guess the Flag</p>	<p><b>Coffee &amp; Chatter</b> <b>6</b>  Word Search  Fun &amp; Fitness  Rizzo's Visit  Individual Cognitive Therapy  Snowball Toss  Chair Yoga  Happy Hour</p>	<p><b>Breakfast Club</b> <b>7</b>  Scattergories  Tai Chi  Individual Cognitive Therapy  Air Hockey &amp; Games  Active Games  Bean Bag Toss  Dominoes</p>	<p><b>Saturday News</b> <b>8</b>  Chronicles  Exercise Club  Ladder Ball  Guess Who?  Ring Toss  Balloon Tennis</p>
<p><b>Morning Catch-up</b> <b>9</b>  Hymn Sings  Weekend Fitness  Basketball Pong  Snakes &amp; Ladder  Power Moves  Scrabble</p>	<p><b>Rise &amp; Shine Chat</b> <b>10</b>  Old Wives Tales  Monday Fitness  Rizzo's Visit  Individual Cognitive Therapy  Balloon Batting  Healthy Stretches  Happy Hour</p>	<p><b>Headline News</b> <b>11</b>  Word Aerobics  DrumFIT  Longest Marriages  In the Kitchen: Cookies  Seated Movements  Race to Finish</p>	<p><b>Wednesday Chronicles</b> <b>12</b>  Puzzles  Movement to Music  Card Games  Black History Month  Picture Perfect  Bowling</p> <p><small>Tu B'Shevat Begins</small></p>	<p><b>Morning Mingle</b> <b>13</b>  Categories  Movement to Music  Rizzo's Visit  Travelogue: Paris  Chromotherapy  Balloon Batting  Table Games</p>	<p><b>Table Talk</b> <b>14</b>  Scattergories  Tai Chi  Individual Cognitive Therapy  Bio: Saint Valentine  Love is in the Air Celebration</p> <p><small>Valentine's Day</small></p>	<p><b>Weekly Highlights</b> <b>15</b>  Words in Words  Saturday Fitness  Individual Cognitive Therapy  Balloon Games  Where in the World  Afternoon Fitness  Sing Along</p>
<p><b>Sunday News</b> <b>16</b>  Ageless Spirit  Morning Fitness  Individual Cognitive Therapy  Dice Game  Riddle Me This  Let's Move</p>	<p><b>Happy Family Day!</b> <b>17</b>  Mind Benders  Love to Move  Rizzo's Visit  Individual Cognitive Therapy  Stargazing: Joe Biden  Fun &amp; Games  Jenga</p> <p><small>Presidents' Day (U.S.)</small></p>	<p><b>Rise and Shine</b> <b>18</b>  Double Letters  Sit &amp; Fit  Individual Cognitive Therapy  Reading Club  Active Games  Gentle Stretches  Snakes &amp; Ladder</p>	<p><b>Good Mornings</b> <b>19</b>  This or That  Stretches  Cedarhurst Staff Family Social  Rollerball  Bingo  Ping Pong Toss</p>	<p><b>Table Talk</b> <b>20</b>  Riddle Me This  Stretch &amp; Flex  Rizzo's Visit  Individual Cognitive Therapy  Air Hockey  DrumFIT  Dominoes</p>	<p><b>Friday Chronicles</b> <b>21</b>  Word Ladder  Tai Chi  Individual Cognitive Therapy  Bean Bag Toss  Artful Weaving  Afternoon Fitness Club  Guess the Phrase</p>	<p><b>Morning Catch-up</b> <b>22</b>  5 Second Rule  Moving &amp; Grooving  Active Games  Higher or Lower  Exercise Club  What Am I?</p>
<p><b>Weekend Highlights</b> <b>23</b>  Spiritual Wisdom  Move &amp; Groove  Who Am I?  Basketball Shootout  Stretches  Card Games</p>	<p><b>Monday Chronicles</b> <b>24</b>  Word Search  Total Movement  Rizzo's Visit  Individual Cognitive Therapy  Gentle Stretches  Place to Face</p>	<p><b>Table Talk</b> <b>25</b>  Fun with Words  Let's Get Moving  Active Games  Birthday Celebration</p>	<p><b>News &amp; Views</b> <b>26</b>  Junk Yard Detective  DrumFIT  Table Games  Wine Down Wednesday  Fitness Class  Happy Hour</p>	<p><b>Rise &amp; Shine Chat</b> <b>27</b>  Trivia  Movement to Music  Rizzo's Visit  Stargazing: Elizabeth Taylor  Fun &amp; Fitness  Active Games</p>	<p><b>Good Day</b> <b>28</b>  Scattergories  Tai Chi  Individual Cognitive Therapy  All About: Ramadan  Arts &amp; Crafts  Active Games</p> <p><small>Ramadan Begins</small></p>	 <p><a href="http://www.cedarhursthome.ca">www.cedarhursthome.ca</a></p>

“The timing and length of the activities may change as they are driven by residents’ interest and engagement. “Individual visits also occur”.