


















# Gladstone Seniors Residence



# FEBRUARY 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:30 Upper Body  2:00 BINGO 	2 9:30 Lower Body  2:00 TARGET PRACTICE	3 9:30 Upper Body  2:30 FATHER LOUIE	4 9:30 Lower Body  2:00 VISIT A FRIEND	5  Clean wheelchairs and walkers (C1)
6 SUNDAY BRUNCH  10:15 COMMUNION  Clean wheelchairs and walkers (C1)	7 9:30 Upper Body  2:00 CURRENT EVENTS  	8 9:30 Lower Body  2:00 YAHTZEE  	9 9:30 Upper Body 10:00 ROSARY 2:00 CARD BINGO  	10 9:30 Lower Body 11:00 ST. MARY'S 2:00 CRAFT  	11 9:30 Upper Body  2:00 ICE CREAM TREAT  	12  Clean wheelchairs and walkers (C1)
13 SUNDAY BRUNCH  10:15 COMMUNION  Clean wheelchairs and walkers (C1)	14 VALENTINE'S DAY 9:30 Lower Body  2:00 VALENTINES SOCIAL   Doug	15 9:30 Upper Body  2:00 Wheel of Fortune  	16 9:30 Lower Body  10:00 ROSARY  2:00 REMEMBER WHEN	17 9:30 Upper Body 11:00 ST. MARY'S 2:00 BINGO  	18 9:30 Lower Body  2:00 CARDS and GAMES  	19  Clean wheelchairs and walkers (C1)
20 SUNDAY BRUNCH  10:15 COMMUNION  Clean wheelchairs and walkers (C1)	21 FAMILY DAY  	22 9:30 Lower Body 2:00 BINGO  	23 9:30 Upper Body 10:00 ROSARY  2:00 BEAN BAG TOSS	24 9:30 Lower Body  2:00 MONTHLY WEIGHTS	25 9:30 Upper Body  2:00 VISIT A FRIEND	26  Clean wheelchairs and walkers (C1)
27 SUNDAY BRUNCH  10:15 COMMUNION  Clean wheelchairs and walkers (C1)	28 9:30 Lower Body  2:00 LET'S TALK		<div style="border: 1px solid black; padding: 5px; background-color: #f0f0f0;">Activities may change on daily basis due to weather, cancellations or last minute changes or additions.</div>		