

February 2024

ELDERCARE VITALITY

PROGRAM CALENDAR



Program Announcements

- 1.If you are going to be absent from the day program, please call our head office to notify us at (780) 434 - 4747.
2. Please note, we will charge for all absences except for hospitalization and coronavirus.
3. Please inform us of any medication and contact information changes.



Celebrating February

- Groundhog Day | February 2nd**
- Chinese Lunar New Year | February 10th**
- Valentines Day| February 14th**
- Pink Shirt Day | February 28th**
- National Pancake Day | February 28th**

February Birthdays

Those born between February 1 – 19 are the star sign, Aquarius. Aquarius's are air signs who are unique, free-spirited, and fun loving. Those born between February 20 – 29 are the star sign, Pisces. Pisces are water signs who are creative, intuitive, and imaginative.

- February Birth Stone:** Amethyst
- February Flower:** Primrose and Violets

Vitality Daily Schedule

9:00am - 9:30am	Client Arrival
9:30am - 10:00am	Client Choice Activities
10:00am - 11:15am	Morning Activities
11:15am - 11:45pm	Fun & Fit (Exercise Program)
11:45pm - 12:15pm	Lunch
12:45pm - 2:00pm	Afternoon Activities
2:00pm - 2:30pm	Light Refreshment
2:30pm -3:00pm	Client Departure

Program Closures

We will be closed
**Monday, February 19th for
Family Day**

FEBRUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	31	1	2
10:00 Valentine Rustic Decor 10:45 Bingo 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Louise LePore 2:00 Associations	10:00 Chinese Firecrackers 10:45 Hot Seat (Feb) 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Basketball 2:00 Words ending with...	10:00 Letter's To Juliet 10:45 CNY Candy Box 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Soccer 2:00 Wordle	10:00 February Door Decor 10:45 Price Is Right: Real Estate 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Shuffleboard 2:00 Snow Facts	10:00 Remembering Artists 10:45 Rodent or Mammal 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Groundhog Mini Golf 2:00 Groundhog Trivia
5	6	7	8	9
10:00 Cupid's Potion Float 10:45 Newly Friend Game 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Heart Toss 2:00 Superbowl Sunday Quiz	10:00 Valentine Jeopardy 10:45 Mardi Gras: What a Mess! 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Mini Golf 2:00 Famous Couples	10:00 Love Jar 10:45 Wedding Reminiscing 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Bruce Veroba 2:00 Valentine's Word Mining	10:00 Pet Therapy 10:45 Chinese New Year Traditions 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Football Toss 2:00 Lunar Categories	10:00 Red Envelope Hunting 10:45 Chopstick Minute To Win It 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Air Hockey 2:00 Asia A-Z
12	13	14	15	16
CLOSED FAMILY DAY	10:00 EPL 10:45 Bingo 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Jeff Ramsey 2:00 Family Word Tree	10:00 Name That Tune 10:45 Hot Seat (Feb) 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Skee Bag Toss 2:00 4 picture, 1 word	10:00 Pet Therapy 10:45 Close Up Objects 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Frisbee Golf 2:00 Memories Archive	10:00 DIY Dog Toys 10:45 DIY Whelping Box Decor 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Cupid's Arrow Javelin 2:00 Name 5: Heart's Day
19	20	21	22	23
10:00 The Arabian Horse 10:45 Horse Trivia 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Horseshoes 2:00 Farm Reminiscing	10:00 Who Wants to be a Millionaire 10:45 Name That Tune 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Floor Curling 2:00 Hangman	10:00 Movie Music Match 10:45 Bingo 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Noodle Hockey 2:00 Scattergories	10:00 Leap Year Facts&Trivia 10:45 Bingo 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Larry Dorosh 2:00 Wheel of Fortune	10:00 Draw My Picture 10:45 Bingo 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Charles Hunt 2:00 Beloved Pets Reminiscing
26	27	28	29	

*Please Note: Activities are subject to change dependent upon client preference and PF discretion.