



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Location Legend

- Bus Trip
- Fitness Activity
- Musical Entertainment/Lecture
- AR Activity Room
- CH Chapel
- DO Doctor's Office (3rd Floor)
- EL Elsie's Lounge
- ER Exercise Room
- FL Fireside Lounge
- GAR Garden
- LB Library
- P Patio
- PL Piano Lounge
- POOL Pool
- PDR Private Dining Room
- RD Sign up/Meet at Reception
- * Indicates Lots of Walking or Long Trip



1
9:30 Morning Fruit Smoothies (FL)
9:30 Brain Aerobics (FL)
10:00 Yoga with Michael (ER)
2:00 Raspberry Hot Chocolate Social by the Fire (FL)
7:45 Documentary ~ Icarus (FL)
7:45 JACKPOT Bingo (AR)

2 **GROUNDHOG DAY**
10:00 Sunday Morning Hymns (FL)
1:30 Reform Presbyterian Choir Performance (FL)
3:30 Colour Me Calm (AR)
6:30 Super Bowl LVI: Kansas City Chiefs vs. San Francisco 49ers (FL)

3 **Medical Monday - 8:30 - 4:30 (RD)**
9:00 & 9:30 Exercise Class (ER)
10:00 Aquafit (POOL)
10:00 Library Upkeep (LB)
2:00 Cupid's Arrow Toss Game with Prizes (FL)
7:45 Evening Entertainment by Christine McCann (FL)

4
9:00, 9:30 and 10:00 Carlingwood Mall (RD)
1:15 Tuesday Bridge Club (AR)
1:30 Redwoods Knitting Group (FL)
1:30 Nails in the Fireside Lounge
3:00 Popcorn Social (FL)
7:45 Euchre (AR)

5
9:00 & 9:30 Exercise Class (ER)
10:00 Library Upkeep (LB)
1:30 Catholic Church Service (CH)
1:30 Music and Fun with Yvonne ~ History of St. Valentine's & Music (FL)
2:00 Craft ~ Heart Tote Bags (AR)
3:30 Cocktails with Bob Petch (FL)
7:45 Cribbage (AR)

6
9:30 News and Views (FL)
10:00 Anglican Church Service (CH)
10:00 Zumba Gold Chair w Louise (FL)
11:00 Lunch at Colonnade Pizza on Merivale (RD)
1:30 Fall Prevention (FL)
2:00 Shopping at Westgate Mall (RD)
3:30 Valentine's Day Trivia (FL)
7:45 Movie ~ The King's Speech (FL)
7:45 Uno! (AR)

7
9:00 & 9:30 Exercise Class (ER)
1:15 Friday Bridge Group (AR)
1:30 Trip to Winterlude to see the Ice Sculptures (RD)
2:00 Dog Visit with Danielle and Lilly the Dog (FL)
3:00 Rowan & Martin's Laugh In (FL)
7:45 Evening Cocktails with Concerts in Care Trio (FL)

8
9:30 Morning Fruit Smoothies (FL)
9:30 Brain Aerobics (FL)
10:30 Nepean Pathfinders (Girl Guides)
2:00 Silent Auction (EL)
2:00 Pink Hot Chocolate by the Fire (FL)
3:00 Piano Music with Blake (FL)
7:45 Documentary ~ Inside Job (FL)
7:45 JACKPOT Bingo (AR)

9
10:00 Sunday Morning Hymns (FL)
2:00 Name That Movie Game with Prizes! (FL)
3:30 Colour Me Calm (AR)
8:00 The 92nd Academy Awards Ceremony (FL)

10 **Medical Monday - 8:30 - 4:30 (RD)**
9:00 & 9:30 Exercise Class (ER)
10:00 Library Upkeep (LB)
10:00 Aquafit (POOL)
2:00 Craft ~ Valentine's Love Bug Craft (RD)
7:45 Evening Entertainment with Spencer Scharff (FL)

11
9:00, 9:30 and 10:00 Carlingwood Mall (RD)
1:15 Tuesday Bridge Club (AR)
1:30 Redwoods Knitting Group (FL)
1:30 Thrifty Tuesday Shopping at Giant Tiger and Dollar Tree (RD)
1:30 Nails in the Fireside Lounge
3:00 Popcorn Social (FL)
7:45 Euchre (AR)

12
9:00 & 9:30 Exercise Class (ER)
9:30 Regina Public School Reading Buddies (FL)
11-2 Sunshine Gifts (EL)
1:30 Catholic Church Service (CH)
2:00 Residents' Association Mtg. (FL)
2:30 Town Hall Meeting with Managers (FL)
3:30 Cocktails with Bob Petch (FL)
7:45 Cribbage (AR)

13
9:30 News and Views (FL)
2:00 Art History Lecturer Mary Major: The Louvre - Greatest Artworks (FL)
2:00 Shopping at FreshCo. Also There: Rexall, Petsmart, BMO ATM (RD)
7:45 Movie ~ West Side Story (FL)
7:45 Uno! (AR)

14 **VALENTINE'S DAY**
9:00 & 9:30 Exercise Class (ER)
10:00 Dog Visit with Danielle and Lilly the Dog (FL)
1:15 Friday Bridge Group (AR)
2:00 Valentine's Day Party with Taylor from Pelee Island Winery (FL)
7:45 Evening Cocktails with the Vintage Fiddlers (FL)

15
9:30 Brain Aerobics (FL)
10:00 Yoga with Michael (ER)
1:30 Mystery Drive with Frank and Cami (RD)
2:00 Movie ~ Forrest Gump (FL)
7:45 Documentary ~ Searching for Sugar Man (FL)
7:45 JACKPOT Bingo (AR)

16
10:00 Sunday Morning Hymns (FL)
2:00 Movie ~ Documentary Movie ~ An Inconvenient Truth (FL)
3:30 Colour Me Calm (AR)
7:45 TV Series ~ The Crown Season 2, Episodes 6 & 7 (FL)

17 **FAMILY DAY**
No Medical Shuttle, Exercises or Aquafit due to Stat Holiday
10:00 Family Feud with Jessica (FL)
2:00 Afternoon Entertainment with The Chords (FL)
7:45 Movie ~ The Sound of Music (FL)

18
9:00, 9:30 and 10:00 Carlingwood Mall (RD)
1:15 Tuesday Bridge Club (AR)
1:30 Redwoods Knitting Group (FL)
1:30 Nails in the Fireside Lounge
2:30 French Club (CH)
3:00 Popcorn Social (FL)
7:45 Euchre (AR)

19
9:00 & 9:30 Exercise Class (ER)
11:00 Men's Club Trip: Museum of Science & Technology (RD)
1:30 Catholic Mass (CH)
1:30 Music and Fun with Yvonne ~ What Nursery Rhymes do you Remember & How Words Have Changed (FL)
2:00 Craft ~ DIY Foot Scrub (AR)
3:30 Cocktails w/ Bob - Bring a Friend Day - RSVP to April @ ext. 4448 (FL)

20
9:30 News and Views (FL)
10:00 United Church Service (CH)
10:00 Zumba Gold Chair w/Louise (FL)
11:00 Lunch at Central Bierhaus in Kanata (RD)
1:30 Fall Prevention (FL)
1:30 & 2:00 - Shopping at Walmart in Barrhaven - 2 Trips (RD)
2:45 Book Club Mtg. (Suite 1808)
7:45 Movie ~ Casablanca (FL)

21
9:00 & 9:30 Exercise Class (ER)
10:00 Ottawa Public Library (FL)
9:30 Breakfast Club Outing: Busters Bar & Grill on Hazeldean (RD)
1:15 Friday Bridge Group (AR)
1:30 Mystery Drive with Frank and Katharine (RD)
2:00 Dog Visit w/ Danielle & Lilly (FL)
3:00 Rowan & Martin's Laugh In (FL)
7:45 Cocktails w/ Dai Bassett (FL)

22
9:30 Morning Fruit Smoothies (FL)
9:30 Brain Aerobics (FL)
2:00 Red Wine Hot Chocolate in the Fireside Lounge
7:45 Documentary ~ March of the Penguins (FL)
7:45 JACKPOT Bingo (AR)

23
10:00 Sunday Morning Hymns (FL)
2:00 Leap Frog Bean Bag Toss Game with Prizes (FL)
3:30 Colour Me Calm (AR)
7:45 TV Series ~ The Crown Season 2, Episodes 8 & 9 (FL)

24 **Medical Monday - 8:30 - 4:30 (RD)**
9:00 & 9:30 Exercise Class (ER)
10:00 Library Upkeep (LB)
10:00 Aquafit (POOL)
2:00 Indoor Mini-Putt w/ Prizes (FL)
7:45 Evening Entertainment by Parvaneh Eshghi (FL)

25
9:00, 9:30 and 10:00 Carlingwood Mall (RD)
1:15 Tuesday Bridge Club (AR)
1:30 Redwoods Knitting Group (FL)
1:30 Nails in the Fireside Lounge
3:00 Popcorn Social (FL)
7:30 Salvation Army Hymn Sing (FL)
7:45 Euchre (AR)

26
9:00 & 9:30 Exercise Class (ER)
10:00 Library Upkeep (LB)
1:30 Catholic Church Service (CH)
3:30 Monthly Birthday Party and Cocktails with Bob Petch (FL)
5:00 Bingo at the Legion (RD)
7:45 Cribbage (AR)

27
9:15 Bus Trip Sign Up - March (AR)
2:00 Geologist Andy Fyon Presents: Climate Change 2: What Can We Do? (FL)
2:00 Shopping at Farmboy Kanata. Also there: LCBO, Bulk Barn, TD Bank (RD)
7:45 Movie ~ The Sting (FL)
7:45 Uno! (AR)

28
9:00 & 9:30 Exercise Class (ER)
1:15 Friday Bridge Group (AR)
1:30 Mystery Drive with Frank & Jessica (RD)
2:00 Dog Visit with Danielle and Lilly the Dog (FL)
3:00 Rowan & Martin's Laugh In (FL)
7:45 Evening Cocktails with Johnny Vegas (FL)

29
9:30 Morning Fruit Smoothies (FL)
9:30 Brain Aerobics (FL)
10:00 Yoga with Michael (ER)
2:00 Coconut Hot Chocolate Social in the Fireside Lounge
7:45 Movie ~ Leap Year (FL)
7:45 JACKPOT Bingo (AR)

February Birthdays

Bill Boone - February 2nd
 Pamela Parkin - February 3rd
 Myrle MacPherson - February 7th
 Isabel Dupis - February 9th
 Sylvia Vaitekunas - February 10th
 Scott Taylor - February 14th
 Helen Hartling - February 16th
 Frances Hampson - February 16th
 Inez Hall - February 22nd
 Emma Gregor - February 24th
 Wynn MacIntosh - February 26th
 Nora Scullion - February 27th

Join us in Celebration of our February Birthdays with Cake and Entertainment on February 26th!

Nepean Pathfinders Silent Auction

The Nepean Pathfinders (the 12 - 14 year old age group in the Girl Guide Organization) will be holding a silent auction at The Redwoods on Saturday February 8th. They will be bringing in a variety of items to auction off and each item will start at \$8 with the highest bidder winning that item. All items will be on display for bidding in Elsie's Lounge starting at 10:30 am and the proceeds will go to the Nepean Pathfinders.



Concerts in Care

This month 'Concerts in Care' is sending us a musical trio on Friday February 7th at 7:45 pm. The trio will feature Guy Edrington on the Horn, Gertrude Letourneau who will both play the flute and sing Soprano and Garry Elliott on the classical guitar. This unusual trio promises to bring something new to the Redwoods and we hope that you will all enjoy their show!

Concerts in Care
BRINGING LIVE MUSIC TO SENIORS IN CARE



February Excursions

Lunch at Colonnade Pizza on Merivale \$
 Thursday February 6th at 11:00 am

Shopping at Westgate Mall \$
 Thursday February 6th at 2:00 pm

Trip to Winterlude to see the Ice Sculptures
 Friday February 7th at 1:30 pm

Thrifty Tuesday Shopping - Giant Tiger & Dollar Tree \$

Tuesday February 11th at 1:30 pm

Shopping at FreshCo, Rexall & PetSmart. BMO ATM \$

Thursday February 13th at 2:00 pm

Mystery Drive with Frank & Cami \$
 Saturday February 15th at 1:30 pm

Men's Club Trip: Museum of Science & Technology
 \$13 Admission + Cost of Lunch at Museum
 Wednesday February 19th at 11:00 am

Lunch at Central Bierhaus Kanata \$
 Thursday February 20th at 11:00 am

Shopping at Walmart Barrhaven - 2 Trips \$
 Thursday February 20th at 1:30 and 2:00 pm

Breakfast Club Outing - Busters Bar & Grill \$
 Friday February 21st at 9:30 am

Mystery Drive with Frank & Katharine \$
 Friday February 21st at 1:30 pm

Bingo at the Westboro Legion \$
 Wednesday February 26th at 5:00 pm

Shopping at Farmboy Kanata \$
 Thursday February 27th 2:00 pm

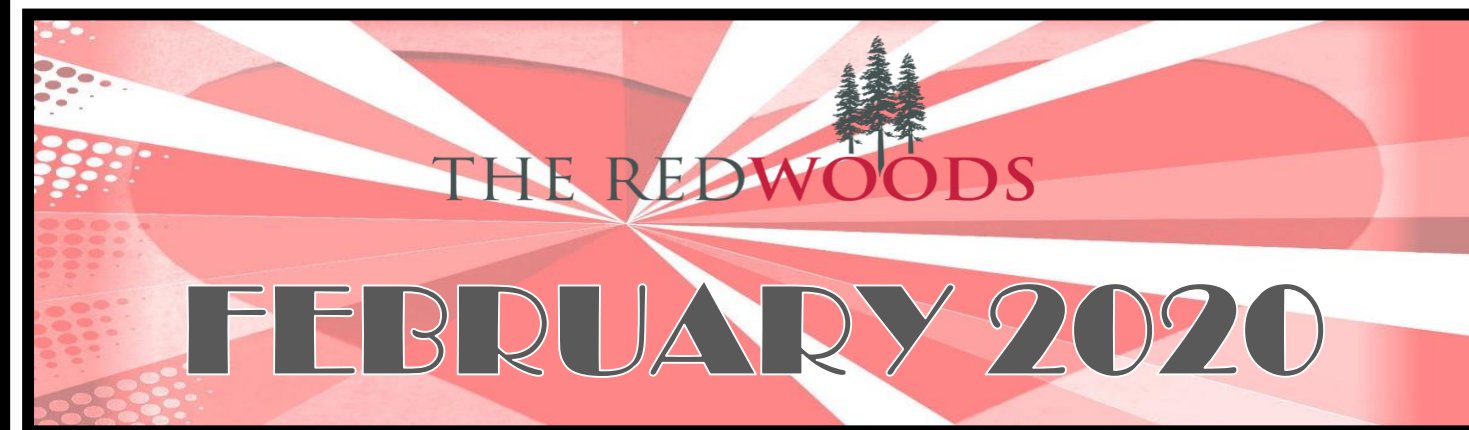
Mystery Drive with Frank & Jessica \$
 Friday February 28th at 1:30 pm

Please sign up at Reception. Please note, the bus cannot take more than 8 walkers at a time for safety reasons. Large shopping bags on wheels are considered walkers. Wheelchairs count as 4 walkers.

Welcome!

Wishing you a warm welcome to our Redwoods Family:

Roberta Smeathers



February Fun

This February we have a ton of special stuff happening for you all! February is a big month for several reasons. We have Valentine's Day, Winterlude, Super Bowl, the Academy Awards and this February is extra special because it is a Leap Year. In true Redwoods fashion, we will be celebrating all of these and have highlighted some of them for you below.

Valentine's Day:

- ♥ Cupid's Arrow Toss Game (with prizes) on Monday Feb 3rd at 2:00 pm in the Fireside Lounge
- ♥ Heart Tote Bag Craft on Wednesday February 5th at 2:00 pm in the Activity Room
- ♥ Valentine's Day Trivia on Thursday February 6th at 3:30 pm in the Fireside Lounge
- ♥ Valentine's Day Love Bug Craft on Monday February 10th at 2:00 pm
- ♥ Valentine's Day Party with Taylor from Pelee Island Winery, Frank, Jessica and Lauren on Friday February 14th at 2:00 pm

Super Bowl:

This year the super bowl will be held on Sunday February 2nd. We will put the pre-game coverage on at 6:00 pm in the Fireside Lounge and kickoff time is at 6:30 pm. We will also provide you with some light snacks and non-alcoholic beer for you to enjoy while you watch it!

Winterlude:

This year's trip to Winterlude will be on Friday February 7th at 1:30 pm. This trip will be appropriate for all residents, as you will have the choice of staying on the bus with Frank to drive around and see the festivities, or getting off the bus with Katharine to walk around and see the ice sculptures up close.

Academy Awards:

In honour of the 92nd Academy Awards Ceremony on Sunday February 9th, we will be showing Best Picture and Best Documentary Feature winners all month long! All of our Monday, Thursday and weekend matinee movies will be winners of these prestigious awards and we very much hope that you will enjoy the mix of critically acclaimed classic and current movies we've selected for you for this month.

We'll also be playing a 'Name that Movie' game with prizes for all of our resident movie buffs on February 9th in the afternoon and screening the awards ceremony for you that evening. All of our movies and movie themed activities will be in the Fireside Lounge.

Leap Day

For Leap Day we'll be playing a Leap Frog Bean Bag Toss game on Sunday February 23rd at 2:00 pm in the FL, as well as screening the movie 'Leap Year' (our only non-Oscar winning movie this month) on Saturday February 29th at 7:45 pm.