



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Breakfast Social SteadyFeet® <b>PM</b>  Afternoon Tea Party Dominoes	Breakfast Social SteadyFeet® <b>PM</b> Flip Flop Throwing Game Valentine Craft	Breakfast Social SteadyFeet®/ Tai Chi <b>PM</b> Lunar New Year Matching Game Coin Toss Challenge	Breakfast Social SteadyFeet® <b>PM</b> Who Wants to Be a Millionaire? Card Making 	Breakfast Social SteadyFeet® <b>PM</b> Ping Pong Challenge Valentine Trivia
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>Happy Valentine's Day 14</b>
Breakfast Social SteadyFeet® /Tai Chi <b>PM</b> Magazine Scavenger Hunt Bean Bag Toss	 Breakfast Social SteadyFeet® <b>PM</b> Family Feud Baking: Sugar Cookies	Breakfast Social SteadyFeet® <b>PM</b> Afternoon Bingo Spa Day	 Breakfast Social SteadyFeet® <b>PM</b> Valentine Themed Active Games Flower Painting	Breakfast Social SteadyFeet® <b>PM</b> 411 Filipino Senior Ukulele Group Sugar Cookie Decorating
<b>Happy Family Day! 17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
 <p><b>Statutory Holiday Happy Family Day ADP Closed</b></p>	Breakfast Social SteadyFeet® <b>PM</b> Afternoon Karaoke Shut the Box Game 	Breakfast Social SteadyFeet® <b>PM</b> Saul's Music Dominoes	Breakfast Social SteadyFeet® <b>PM</b> Afternoon Sing-along Discussion with Flores	Breakfast Social SteadyFeet® <b>PM</b> Musical Ball Guess the Country
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Breakfast Social SteadyFeet® <b>PM</b> Lotto 649 Game Bell Choir with Melissa	Breakfast Social SteadyFeet® <b>PM</b> Afternoon Tea Party Uno Card Game	 Breakfast Social SteadyFeet® <b>PM</b> Price Is Right Card Making	Breakfast Social SteadyFeet® <b>PM</b> Afternoon Auction Spring Trivia	Breakfast Social SteadyFeet® <b>PM</b> Afternoon Bingo Spring Roll Making 



Welcome

Sidney

Elena

Tai

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February  
Birthday  
Celebrants

2<sup>nd</sup> – Mei Kuk

14<sup>th</sup> – Peter

20<sup>th</sup> – Muoi

21<sup>st</sup> - Wan

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Mark Your  
Calendar

ADP Closed

February 17th,  
2025

Statutory Holiday  
for Family Day

Avoid Falls in Cold Weather

- Wear footwear with good traction
- Take your time getting to places
- Take short, shuffling steps with your toes pointed slightly outward on slippery surfaces

Prevent Slips & Falls

Understand the Risks

Icy conditions create a slippery surface where traction is greatly reduced. Seniors have a higher risk due to factors such as decreased balance, strength and reaction time.

Seniors can take measures to reduce their fall risk during the icy winter months:

- Stay physically active
- Follow Canadian guidelines for calcium and vitamin D consumption to support bone health
- Regular health checks are essential
- Make sure living spaces are free of clutter and well-lit; install handrails where necessary
- Beware of icy conditions
- Walk safely by planning routes, choosing cleared pathways, opting for non-slip footwear and considering the use of canes or walking aids

<https://findingbalancebc.ca/fall-resources-for-seniors/>

January Memorable Moments



Counting down to the New Year



Cherry Blossom Painting, Lantern Making & Cherry Blossom Making



Vegetable Spring Roll Making



Afternoon Mahjong