

FEBRUARY

WED 02/17

**HAPPY BIRTHDAY TO J.D.
(AT MEADOWBROOK)**

JD loves to keep busy with walks, cooking, basketball, and helping with chores. Let's wish him a happy day full of his favourite activities.

Also: today is Random Acts of Kindness Day! What can you do to make someone's day a little brighter?

THU 02/18

SPA DAY

What's your favourite way to pamper yourself?

Face mask? Bubble bath? Foot massage?

Enjoy your day in whatever way brings you joy and relaxation.

FRI 02/19

BOB ROSS DAY!

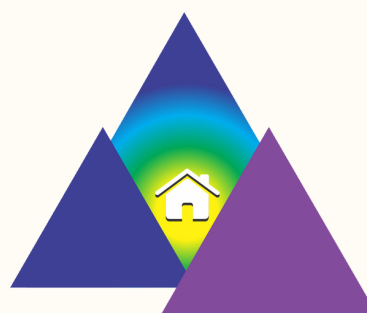
At 10:30 on Zoom. Watch for the link.

(We'll be mixing it up with some finger painting!)

SAT 02/20

LOVE YOUR PET DAY

Do you have a pet (or more than one)? We'd love to see pictures of them!



ARCUS
Community Resources

ONLINE
COMMUNITY
CALENDAR

MON 02/22

TIE DYE SHIRT CRAFT

Watch for the Zoom link!

TUES 02/23

BINGO!

At 10:30 on Zoom.

WED 02/24

MIKE'S CRITTERS!

Any critters you'd like to see?
Send a message to Lynne!

THU 02/25

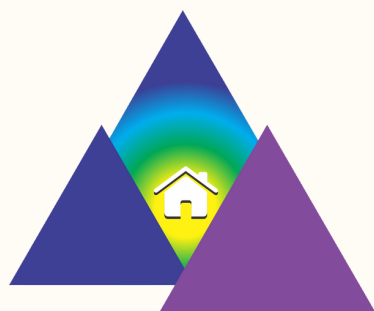
NATIONAL CHILI DAY

Why do they call chili 'chili'
anyway? It's **hot!** 😊

FRI 02/26

**MUSIC THERAPY WITH
BRITTANY**

Join us on Zoom at 10:30!



ARCUS
Community Resources

SUN 02/28

CL'S BIRTHDAY! (VANCOUVER 1)

C loves being outdoors, listening to music,
watching movies and doing puzzles.

Do you enjoy any of these activities too? Let's
wish him a happy birthday and do some of the
things we both love. I'm going to do a puzzle!