














February 2023 - IRIS

Marshall Gowland Manor



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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|  | |  | 9:00 Group Exercise (IRR) 1 10:00 Coffee Social (PR) 1:00 Tuck Shop Open (GR) 1:30 BINGO! (GR) 6:00 Small Group Program (GR) | Ground Hog Day (C) 2 10:00 Coffee Social (PR) 10:00 Fun & Fitness (GR) 1:00 Word Games (IRR) 6:00 Small Group Program (GR) 6:00 Rosary Group (CH)  | 9:00 Group Exercise (IRR) 3 10:00 Coffee Social (PR) 10:30 Bible Study Group (IL) 1:00 Tuck Shop Open (GR) 1:00 Ice Cream Galore (RR) 1:00 Pub Hour and Checkers (PR) | 10:00 Coffee Social (PR) 4 10:00 Friendly Visits (RR) 1:30 Group Program (GR)  |
| 10:00 Coffee Social (PR) 5 10:00 One to One Visits (IRR) 2:00 Church Service (GR) | 9:30 RC Communion (RR) 6 10:00 Coffee Social (PR) 10:00 Hymn Sing (GR) 1:00 Tuck Shop Open (GR) 1:00 Music and Manicures (IRR) 2:30 Group Exercise (IRR) 6:00 Small Group Program (GR) | 10:00 Coffee Social (PR) 7 10:00 Fun & Fitness (GR) 1:00 Men's Group Social (IRR) 1:30 Library Book Exchange (GR) 6:00 Small Group Program (GR)  | 9:00 Group Exercise (IRR) 8 10:00 Coffee Social (PR) 1:00 Tuck Shop Open (GR) 1:30 BINGO! (GR) 6:00 Small Group Program (GR) | 10:00 Coffee Social (PR) 9 10:00 Board Games (GR) 2:00 Featured Snack Cart (RR) 6:00 Small Group Program (GR) 6:00 Rosary Group (CH) | 9:00 Group Exercise (IRR) 10 10:00 Coffee Social (PR) 10:30 Bible Study Group (IL) 1:00 Tuck Shop Open (GR) 1:00 Ice Cream Galore (RR) 1:00 Pub Hour and Checkers (PR)  | 10:00 Coffee Social (PR) 11 10:00 Friendly Visits (RR) 1:30 Group Program (GR) <p style="color: red; text-align: center;">Happy Birthday Elizabeth!</p> |
| 10:00 Coffee Social (PR) 12 10:00 One to One Visits (IRR) 2:00 Church Service (GR)  | 10:00 Coffee Social (PR) 13 1:00 Tuck Shop Open (GR) 1:30 Music with Vic and the Camp Fire Band (GR) 2:30 Group Exercise (IRR) 6:00 Small Group Program (GR) | 10:00 Coffee Social (PR) 14 10:00 Fun & Fitness (GR) 1:00 Music with Laura (IDR) 1:30 Valentine's Day visits and Special Treats (RR) 6:00 Small Group Program (GR) | 9:00 Group Exercise (IRR) 15 10:00 Coffee Social (PR) 1:00 Tuck Shop Open (GR) 1:30 BINGO! (GR) 6:00 Small Group Program (GR) | 10:00 Coffee Social (PR) 16 10:00 Library Program (GR) 10:00 Lambton Mall Outing (C) 6:00 Small Group Program (GR) 6:00 Rosary Group (CH) | 9:00 Group Exercise (IRR) 17 10:00 Coffee Social (PR) 10:30 Bible Study Group (IL) 12:00 McHappy Day Luncheon (GR) 1:00 Tuck Shop Open (GR) 1:00 Ice Cream Galore (RR) 2:00 Pub Hour (PR) <p style="color: red; text-align: center;">Happy Birthday Shirley!</p> | 10:00 Coffee Social (PR) 18 10:00 Friendly Visits (RR) 1:30 Group Program (GR)  |
| 10:00 Coffee Social (PR) 19 10:00 One to One Visits (IRR) 2:00 Church Service (GR) | 10:00 Coffee Social (PR) 20 10:00 Hymn Sing (GR) 1:00 Tuck Shop Open (GR) 1:00 Music and Manicures (IRR) 2:30 Group Exercise (IRR) 6:00 Small Group Program (GR) | 8:00 Sunrise Breakfast (GR) 21 10:00 Coffee Social (PR) 1:00 Afternoon Movie (IRR) 6:00 Small Group Program (GR)  | 9:00 Group Exercise (IRR) 22 10:00 Coffee Social (PR) 1:00 Tuck Shop Open (GR) 1:30 BINGO! (GR) 6:00 Small Group Program (GR)  | 10:00 Coffee Social (PR) 23 10:30 Bowling & Lunch at Marcin Bowl! (Com) 6:00 Small Group Program (GR) 6:00 Rosary Group (CH)  | 9:00 Group Exercise (IRR) 24 10:00 Coffee Social (PR) 10:00 Library Craft Collaboration (GR) 10:30 Bible Study Group (IL) 1:00 Tuck Shop Open (GR) 1:00 Ice Cream Galore (RR) 1:00 Pub Hour and Checkers (PR) | 10:00 Coffee Social (PR) 25 10:00 Friendly Visits (RR) 1:30 Group Program (GR) |
| 10:00 Coffee Social (PR) 26 10:00 One to One Visits (IRR) 2:00 Church Service (GR) | 10:00 Coffee Social (PR) 27 10:00 Recreational Games (GR) 1:00 Tuck Shop Open (GR) 1:30 Musical Entertainment featuring Randy Grey (GR) 2:30 Group Exercise (IRR) 6:00 Small Group Program (GR) | 10:00 Coffee Social (PR) 28 10:00 Fun & Fitness (GR) 1:00 Music and Manicures (IRR) 6:00 Small Group Program (GR) |  | |  | |