

(705)651-2400



Regency of Lakefield

February

2023



		Wednesday	Thursday	Friday	Saturday	
		<b>1</b> 10:00 Bible Study 10:30 Stretch & Shout 2:30 Spelling TV 3:00 BINGO TV 3:15- <b>Matinee</b> <i>"Somebody Feed Phil"</i> 7:15- <b>Movie:</b> <i>"The Identical"</i>	<b>2</b> <b>GROUND HOG DAY</b> 10:00 Bodies In Balance 10:30 Did he see his shadow? 2:30 <b>CRAFT</b> Bird Seed Feeder 3:15- <b>Matinee:</b> <i>"Somebody feed Phil"</i> 7:15- <b>Movie:</b> <i>"Mr Church"</i>	<b>3</b> <b>Wear RED Day</b> <b>SALE:</b> <b>T-ELLE Boutique</b> 10:00 Stretches 10:45 <b>TOWN HALL MEETING</b> 2:30 SOCIAL HOUR/Pictionary 4:00 <b>Matinee</b> <i>"Somebody Feed Phil"</i> 7:15- <b>Movie</b> True Story <i>"Charged: The Edwardo Garcia Story."</i>	<b>4</b> <b>Homemade Soup Day</b> 10:00 Morning News In the Country Kitchen 10:15 Stretches on YouTube 2:00 BINGO TV 3:15 <b>Matinee</b> <i>"Somebody feed Phil"</i> 7:15- <b>Movie</b> <i>"Playing For Keeps"</i>	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>5</b> <b>World Nutella Day</b> 10:00 Church TV Service In the Theatre Room 10:15 Stretches on YouTube 2:00 Shuffleboard 3:15- <b>Matinee</b> <i>"Somebody Feed Phil"</i> 7:15 <b>Movie</b> <i>"Making Coco: The Grant Fuhr Story"</i>	<b>6</b> <b>Happy Birthday</b> Sue A <b>National Frozen Yogurt</b> 10:00 Stretches 10:45 Trivia - on the TV Screen 2:30 February Quiz on TV 3:00 Frozen Yogurt Cones... More February Facts 3:15 <b>Matinee</b> <i>"Somebody Feed Phil"</i> 7:15 <b>Movie</b> <i>'Series'</i>	<b>7</b> <b>Fettuccine Alfredo Day</b> 10:00 Bodies in Balance 10:30 <b>Walk Safe with Jodie / Walkers</b> 2:30- <b>CRAFT</b> <i>"Friends Rocks"</i> 3:15 <b>Matinee</b> <i>"Somebody Feed Phil"</i> 7:15 <b>Movie</b> <i>"Unsolved murder of Beverly Lynn Smith" (True Oshawa Crime)</i>	<b>8</b> 10:00 Bible Study 10:30 Stretches & Ball Toss 11:30 - Valentine Sugar Cookie Baking 2:30 BINGO TV 3:15 <b>Matinee</b> <i>"Somebody Feed Phil"</i> 7:15 <b>Movie</b> <i>"I Saw the Light"</i>	<b>9</b> <b>National Pizza Day</b> <b>National Bagels &amp; Lox</b> 10:00 Bodies in Balance 10:45 GAME: Hangman 3:15 <b>PIZZA Popcorn &amp; GAME: Hot Seat</b> 7:15 <b>Movie</b> <i>"Girl Most Likely"</i>	<b>10</b> <b>National Cream Cheese Brownie Day</b> 10:00 Stretches 2:30 SOCIAL HOUR & Feature Cocktail 4:00 <b>Matinee</b> <i>"Somebody Feed Phil"</i> 7:15 <b>Movie:</b> <i>"Twin Rivers"</i> <b>DID YOU ENTER YET? WHO WILL WIN? YOU BE THE chili JUDGE FEB 23<sup>R</sup></b>	<b>11</b> 10:00 Morning News In the Country Kitchen 10:15 Stretches on YouTube 2:00 BINGO on TV 3:15 <b>Matinee</b> <i>"Somebody Feed Phil"</i> 7:15- <b>Movie</b> <i>"Love Kennedy"</i>

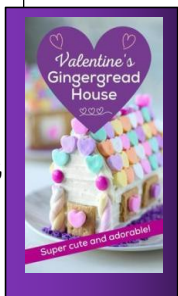


**Philadelphia**  
Vs.  
**Kansas City**



**Monday 13**  
10:00 Stretches  
10:30-11:30 Big Screen BINGO  
2:30 World Radio Day TV  
3:00 Audience Participation Skit "1st Date"  
3:45 Spelling Bee  
3:15- **Matinee** "Somebody Feed Phil"  
7:15- **Movie:** "Series"

**Tuesday 14 VALENTINE'S DAY**  
10:00 Bodies in Balance  
10:30 **Walk Safe with Jodie/ Pole Walking**  
2:30 **CRAFT** Candy Heart Houses  
3:15 **Matinee** "Somebody Feed Phil"  
7:15 **Movie** "I Hate Valentine's Day"



**Wednesday 15**  
10:00 Bible Study  
10:45 Stretches & Songs  
12:30 Valentine Sugar Cookie Icing  
2:30 BINGO on TV  
3:15 **Matinee** "Somebody Feed Phil"  
7:15 **Movie** "Cyreno"

**Thursday 16**  
10:00 Bodies in Balance  
2:30 **Get your Passport!** Let travel to "FRANCE" The Country of Amour"  
Trivia, quiz's, virtual travel AND food samples of the destination.  
7:15 **Movie** "All things Valentines"

**Friday 17**  
10:00 Stretches  
3:00 **MUSIC ENTERTAINMENT** Kathy Wiles  
4:00 **Snack** Afternoon Tea Banana Bread & Valentine sugar cookies  
7:15 **Movie** "Hoovey"

**Saturday 18**  
10:00 Morning News In the Country Kitchen  
10:15 Stretches on YouTube  
2:00 BINGO on TV  
3:15 **Matinee** "Somebody Feed Phil"  
7:15 **Movie**  
8:00 Euchre

**Sunday 19 Happy Birthday** Norma  
10:00 Church TV Service In the Theatre Room  
10:15 Stretches on YouTube  
2:00 Shuffleboard  
3:15-**Matinee** "Somebody Feed Phil"  
7:15 **Movie** "Heavenly Deposit"

**Monday 20 Happy Birthday** Henry H.  
 10:15 Stretches on YouTube  
3:15- **Matinee** "Somebody Feed Phil"  
7:15 **Movie:** Series

**Tuesday 21 Pancake Tuesday FAT TUESDAY**  
10:00 Bodies in Balance  
10:30 **Walking Drills with Jodie**  
2:30 **MUSIC ENTERTAINMENT** Don Van Halteren  
3:45 **Matinee** "Somebody Feed Phil"  
7:15 **Movie** "Tumbledown"

**Wednesday 22 ASH WEDNESDAY**  
10:00 Bible Study  
10:00 **Kitchen Available**  
10:30 Stretching to the Oldies  
2:30 BINGO on TV  
3:15 **Matinee** "Andre Rieu"  
7:15 **Movie** "Anything is Possible" **PINK SHIRT DAY!**



**Thursday 23 National Chili Day**  
10:00 Bodies in Balance  
9:30 **Kitchen Available**  
2:45 **Come! Be the judge chili cook off !**  
4:00 **Matinee** "Somebody Feed Phil"  
7:15 **Movie** "Blackbird"

**Friday 24**  
10:00 Stretches  
10:45 **RESIDENT FOOD MEETING**  
2:30 **HaPPY FEBURARY BiRtHDaY's** Cake & Dancing WITH Ron & Lois Wilson.  
7:15 **Movie:** "Bridesmaids"

**Saturday 25**  
10:00 Morning News In the Country Kitchen  
10:15 Stretches on YouTube  
2:00 BINGO on TV  
3:15 **Matinee** "Somebody Feed Phil"  
7:15 **Movie** "The Hero"  
8:00 Euchre

**Sunday 26**  
10:00 Church TV Service In the Theatre Room  
10:15 Stretches on YouTube  
2:00 Shuffleboard  
3:15 **Matinee** "Somebody Feed Phil"  
7:15 **Movie** "A Year and Change"

**Monday 27**  
10:00 Stretches  
2:30 **GAME:** Hangman WITH Mardi Gras Trivia / New Orleans Hauntings YouTube  
3:15 **Matinee** "Somebody Feed Phil"  
7:15 **Movie** "Hide Away"

**Tuesday 28**  
10:00 Bodies in Balance  
10:30 **Stretch with items in your home - Jodie**  
2:30 Word Games on TV  
3:15 **Matinee:** "Somebody Feed Phil"  
7:15 **Movie:** "Ruling of the Heart"

The advertised movies are only suggestions and can be changed at anytime.

February 29<sup>th</sup> **Happy Leap Year Birthday** Lois P.



Prizes will be awarded to the top chili cook at February's Birthday Social .

Do YOU have the best recipe? Enter the Regency Retirement's Annual Chili Challenge! February 23, 2023

**PLEASE...**  
Always check the posted Daily Activity Sheets.  
Pop-up events & Activities are always happening.  
Don't want to miss out? Ask to be added to the courtesy list.