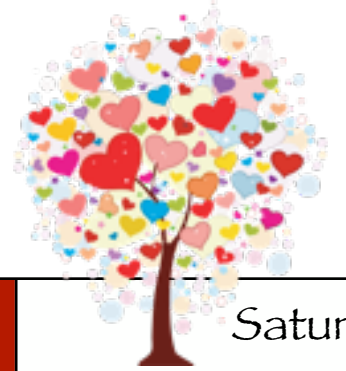












# Activities at Hallmark on the Lake for February 2012

"Friends are the most important ingredient in this recipe of life." ~ Anonymous



| Sunday   | Monday  | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday   |
|--|---|--|--|--|---|--|
| <p>Any activity with a heart has a description of it on the back of the calendar</p>  |    | <p><b>February is Multiculturalism Month</b></p>    | <p><b>1</b></p> <p>9:30 Shuttle Service</p> <p>9:30 Coffee Break (CM)</p> <p>2:00 Stretch and Exercise (EX)</p> <p>2:30 Ice Cream Social (CM)</p> <p>3:00 Card Games (CM)</p>  | <p><b>2</b></p> <p>9:30 Coffee Break (CM)</p> <p>11:00 Stretch &amp; Exercise (EX)</p> <p>2:30 <b>The Accords (TS)</b></p>   | <p><b>3</b></p> <p>9:30 Coffee Break (CM)</p> <p>10:00 Brain Fitness (AC)</p> <p>11:00 Stretch &amp; Exercise (EX)</p> <p>2:00 <b>Abbotsford Casino</b></p>   | <p><b>4</b></p> <p>10:30 Coffee Break (CM)</p> <p>2:00 Movie Afternoon (PH)</p> <p><b>"Slumdog Millionaire"</b></p>                                      |
| <p><b>5</b></p> <p>3:00 Chapel Service led by Peter Boyle of Mackenzie Road Christian Fellowship held at Hallmark on the Park</p>                                      | <p><b>6</b></p> <p>9:30 Shuttle Service</p> <p>9:30 Coffee Break (CM)</p> <p>2:00 Stretch &amp; Exercise (EX)</p> <p>2:30 Ice Cream Social (CM)</p> <p>3:00 Skip-Bo (CM)</p>  | <p><b>7</b></p> <p>9:30 Coffee Break (CM)</p> <p>10:00 <b>Current Events (AC)</b></p> <p>10:45 Bible Study (PH)</p> <p>2:00 Hymn Sing (TS)</p> <p>3:30 <b>Hangman (AC)</b></p>  | <p><b>8</b></p> <p>9:30 Shuttle Service</p> <p>9:30 Coffee Break (CM)</p> <p>1:00 <b>5th Avenue Jewelry (TS)</b></p> <p>2:00 Stretch and Exercise (EX)</p> <p>2:30 Ice Cream Social (CM)</p> <p>3:00 Card Games (CM)</p> | <p><b>9</b></p> <p>9:30 Coffee Break (CM)</p> <p>11:00 Stretch &amp; Exercise (EX)</p> <p>2:00 <b>Beef Bulgogi (AC)</b></p>   | <p><b>10</b></p> <p>9:00 <b>Friendship Breakfast featuring Christine on Piano (DR)</b></p> <p>2:30 <b>Tea Cozy &amp; Read Aloud In the Activities Centre</b></p>                             | <p><b>11</b></p> <p>10:30 Coffee Break (CM)</p> <p>2:00 Movie Afternoon (PH)</p> <p><b>"Inside Job"</b></p>  |
| <p><b>12</b></p> <p>2:30 Gaither Video (PH)</p>                                     | <p><b>13</b></p> <p>9:30 Shuttle Service</p> <p>9:30 Coffee Break (CM)</p> <p>2:00 Stretch and Exercise (EX)</p> <p>2:30 Ice Cream Social (CM)</p> <p>3:00 Skip-Bo (CM)</p>   | <p><b>14 Valentine's Day Red and White Day</b></p> <p>9:30 Coffee Break (CM)</p> <p>10:45 Bible Study (PH)</p> <p>2:00 Hymn Sing (TS)</p> <p>3:30 <b>Whist (AC)</b></p>  | <p><b>15</b></p> <p>9:30 Shuttle Service</p> <p>9:30 Coffee Break (CM)</p> <p>2:00 Stretch and Exercise (EX)</p> <p>2:30 Ice Cream Social (CM)</p> <p>3:00 Card Games (CM)</p>   | <p><b>16</b></p> <p>9:30 Coffee Break (CM)</p> <p>9:30 Sonus Hearing Clinic in the Activities Center</p> <p>10:00 <b>CoCo's Clothes (TS)</b></p> <p>11:00 Stretch &amp; Exercise (EX)</p> <p>2:30 <b>Wellness Workshop: "The Heart of Multiculturalism" (PH)</b></p>  | <p><b>17</b></p> <p>9:30 Coffee Break (CM)</p> <p>10:00 Brain Fitness (AC)</p> <p>11:00 Stretch &amp; Exercise (EX)</p> <p>1:00 <b>Outing to Chilliwack Museum for Sto:lo Exhibit</b></p>  | <p><b>18</b></p> <p>10:30 Coffee Break (CM)</p> <p>2:00 Movie Afternoon (PH)</p> <p><b>"The Gods Must be Crazy"</b></p>                                  |
| <p><b>19</b></p> <p>3:00 Chapel Service with Cascade Community Church held at Hallmark on the Park</p>   | <p><b>20</b></p> <p>9:30 Shuttle Service</p> <p>9:30 Coffee Break (CM)</p> <p>2:00 Stretch &amp; Exercise (EX)</p> <p>2:30 Ice Cream Social (CM)</p> <p>3:00 Skip-Bo (CM)</p> | <p><b>21</b></p> <p>9:30 Coffee Break (CM)</p> <p>10:00 <b>Current Events (AC)</b></p> <p>10:45 Bible Study (PH)</p> <p>2:00 Hymn Sing (TS)</p> <p>3:30 <b>BINGO (AC)</b></p>  | <p><b>22</b></p> <p>9:30 Shuttle Service</p> <p>9:30 Coffee Break (CM)</p> <p>2:00 Stretch and Exercise (EX)</p> <p>2:30 Ice Cream Social (CM)</p> <p>3:00 Card Games (CM)</p>   | <p><b>23</b></p> <p>9:30 Coffee Break (CM)</p> <p>11:00 Stretch &amp; Exercise (EX)</p> <p>2:30 <b>February Birthday Celebration with Keith Phillips (TS)</b></p>  | <p><b>24</b></p> <p>9:30 Coffee Break (CM)</p> <p>10:00 Brain Fitness (AC)</p> <p>11:00 Stretch &amp; Exercise (EX)</p> <p>2:00 <b>Afternoon Bus Shuttle</b></p>  | <p><b>25</b></p> <p>10:30 Coffee Break (CM)</p> <p>11:00 <b>Rodenza Music Recital (TS)</b></p> <p>2:00 Movie Afternoon (PH)</p> <p><b>"The Help"</b></p> |
| <p><b>26</b></p> <p>3:00 Chapel Service with St. Matthew's Anglican Church held at Hallmark on the Park</p>  | <p><b>27</b></p> <p>9:30 Shuttle Service</p> <p>9:30 Coffee Break (CM)</p> <p>2:00 Stretch &amp; Exercise (EX)</p> <p>2:30 Ice Cream Social (CM)</p> <p>3:00 Skip-Bo (CM)</p> | <p><b>28 Canucks/Jeans Day</b></p> <p>9:30 Coffee Break (CM)</p> <p>10:45 Bible Study (PH)</p> <p>2:00 Hymn Sing (TS)</p> <p>3:30 <b>Hockey Game (TS)</b></p>                 | <p><b>29 Leap Day</b></p> <p>9:30 Shuttle Service</p> <p>9:30 Coffee Break (CM)</p> <p>2:00 Stretch and Exercise (EX)</p> <p>2:30 Ice Cream Social (CM)</p> <p>3:00 Card Games (CM)</p>                                  | <p>AC Activity Centre<br/>WC Wellness Centre<br/>EX 4th Floor Exercise Room<br/>S3 3rd Floor Sun Room<br/>CM Cafe du Monde<br/>TS Town Square<br/>PH Preservation Hall<br/>DS Billiards Room downstairs</p>  | <p><i>Happy Birthday to...</i></p> <p>Jean D. 4th<br/>Gord L. 7th<br/>Judy M. 11th<br/>Tom P. 16th<br/>Jack H. 26th</p>   | <p>Crib Wed/Sat/6:30pm (CM)<br/>Bridge Wed/3:00pm (S3)</p> <p><b>Please sign up at the Concierge desk for any activity that is inside the lines</b></p>  |

# Whats Happening this February

## **Current Events**

**Starts February 7th at 10:00 am**

It is crucial to stay informed as citizens of this world. An event in one part of the globe can easily have repercussions in another part. Join Ryan as he leads an open forum on local, national, and world events happening right now.

## **Beef Bulgogi**

**Thursday February 9th at 2:00 pm**

In honour of *multicultural month*, we have decided to explore the culinary delicacies of Korea. "Beef Bulgogi" consists of thin strips of beef that are marinated in soy sauce and fresh ginger. These thin strips of beef become caramelized as they are grilled over an open fire. It is then served on a bed of steamed rice with a side of kimchi. Join Ryan for an afternoon of food and fun as he demonstrates how to create this delicious dish.

## **Friendship Breakfast featuring Christine on the Piano**

**Friday February 10th at 9:00 am**

Come together in the spirit of Valentines day to celebrate those individuals who mean so much to us...friends! Join Ryan and Karena as they cook a wonderful breakfast for you while you connect with your dear friends. And, after filling up on a hearty breakfast, join us for the fantastic piano stylings of *Christine*.

## **Wellness Workshop: "The Heart of Multiculturalism"**

**Thursday February 16th at 2:30 pm**

Abbotsford's own Christine Wiebe will be leading this Wellness Workshop on multiculturalism. Christine was the Executive Assistant to politicians *Bill Richie* and *Peter Dueck*. As a volunteer, she has carried key roles with MSA Museum, Abbotsford International Airshow, Western Canada Summer Games & Disability Games in Abbotsford, and the Heritage Fair. She was also instrumental in the Spirit of BC Committee and the 2010 Olympics. She has touched the lives of many people with her inspirational work and passion for our community and province. She connected with Hallmark when her father became a resident and continues to avail herself to us with her experiences and knowledge.

With Abbotsford having over 60 different languages, we are truly a melting pot of multiculturalism. Christine has been involved in this unique heritage of ours and has prepared an informative presentation.

## **Outing to the Chilliwack Museum for the Sto:lo Nation Exhibit**

**Friday February 17th at 1:00 pm**

The Sto:lo people have been living in the Fraser Valley for centuries. They have established a vibrant culture with their own language, rites and customs. Join Karena and Ryan as they take you to the *Chilliwack Museum* to learn about the Sto:lo people. You will also have the opportunity to view the many other exhibits the museum has to offer. The cost for entrance is \$2.00 per person. Please make sure to sign up at the concierge desk as soon as possible. This will be a joint outing with our friends from Hallmark on the Park. The bus leaves promptly at 1:00pm.