













Activities at Hallmark on the Park for February 2012

"The color of springtime is in the flowers, the color of winter is in the imagination." ~Terri Guillemets



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>Please sign up at the Concierge desk for any activity that is inside the lines</p>	<p><i>Happy Birthday to...</i></p> <p>Lois E. 1st Martin G. 3rd Dena W. 3rd Doreen K. 4th Bernice S. 5th Don Merrett 7th</p> 	<p><i>Happy Birthday to...</i></p> <p>Grace B. 7th Lou G. 10th Elizabeth R. 11th Kathleen T. 21st Mary K. 21st Bea S. 25th</p>	<p>1 10:00 Keep Fit Class (EX) 11:00 BC Biomedical Lab (HK) (By Appointment Only) 11:00 Bible Study (FS) 2:30 Nancy & Gaspare Chiarelli (FS) 7:00 Chilliwack Mennonite Gospel Choir (HS)</p>	<p>2 9:30 Bus Shuttle Service 2:30 Ice Cream Social (ICP) 3:30 Golf Putting (HS)</p> 	<p>3 10:00 Keep Fit Class (EX) 11:00 Current Events (LB) 1:45 Abbotsford Casino 6:30 2-Bit Bingo (CR)</p>	<p>4 10:00 Toy Makers Club (AR) 10:00 Children's Music Recital (HS) 1:30 Bridge Club (CR) 2:00 Movie Afternoon (FS) "Inside Job"</p>
<p>5 3:00 Chapel Service led by Peter Boyle of Mackenzie Road Christian Fellowship (HS)</p>	<p>6 10:00 Keep Fit Class (EX) 11:00 Brain Fitness (FS) 2:00 Joke Telling Time (FS) 6:30 Crib Game (ICP)</p>	<p>7 9:30 Bus Shuttle Service 2:30 Ice Cream Social (ICP) 2:30 Christine on Piano in The Hallmark Square</p>	<p>8 HAWAIIAN DAY 10:00 Keep Fit Class (EX) 11:00 BC Biomedical Lab (HK) (By Appointment Only) 2:30 Hawaiian Hangman (ICP) 7:00 CFV Fiddlers (HS)</p>	<p>9 9:30 Bus Shuttle Service 1:00 5th Avenue Jewelry (HS) 2:30 Ice Cream Social (ICP)</p>	<p>10 10:00 Keep Fit Class (EX) 11:00 Current Events (LB) 2:30 Multicultural Discussion with Ryan (FS) 6:30 2-Bit Bingo (CR)</p>	<p>11 10:00 Toy Makers Club (AR) 1:30 Bridge Club (CR) 2:00 Movie Afternoon (FS) "The Gods Must be Crazy"</p>
<p>12 2:30 Gaither Video (FS)</p>	<p>13 10:00 Keep Fit Class (EX) 11:00 Brain Fitness (FS) 2:30 Apples to Apples (ICP) 6:30 Crib Game (ICP)</p>	<p>14 Valentine's Day! Red and White Day! 9:30 Bus Shuttle Service 2:30 Ice Cream Social (ICP) 3:30 Friendship Social (ICP)</p> 	<p>15 10:00 Keep Fit Class (EX) 11:00 BC Biomedical Lab (HK) (By Appointment Only) 11:00 Bible Study (FS) 2:00 Beef Bulgogi (HK) 7:00 CFV Fiddlers (HS)</p> 	<p>16 9:30 Bus Shuttle Service 1:30 Sonus Hearing Clinic in the Hobby Kitchen 2:00 CoCo's Clothes to You in Hallmark Square 2:30 Ice Cream Social (ICP)</p>	<p>17 10:00 Keep Fit Class (EX) 11:00 Current Events (LB)  1:15 Outing to Chilliwack Museum for Sto:lo Exhibit 6:30 2-Bit Bingo (CR)</p>	<p>18 10:00 Toy Makers Club (AR) 1:30 Bridge Club (CR) 2:00 Movie Afternoon (FS) "The Help"</p>
<p>19 3:00 Chapel Service with Cascade Community Church (HS)</p>	<p>20 10:00 Keep Fit Class (EX) 11:00 Brain Fitness (FS) 2:30 Tea & Coffee Cozy (FS) 6:30 Crib Game (ICP)</p>	<p>21 9:30 Bus Shuttle Service 2:30 Ice Cream Social (ICP) 2:30 Melody Ensemble (HS)</p>	<p>22 10:00 Keep Fit Class (EX) 11:00 BC Biomedical Lab (HK) (By Appointment Only) 2:00 Outing to Walmart 7:00 CFV Fiddlers (HS)</p>	<p>23 9:30 Bus Shuttle Service 1:30 Blood Pressure Clinic (FS) 2:30 Wellness Workshop: "The Heart of Multiculturalism" (FS) 2:30 Ice Cream Social (ICP)</p> 	<p>24 10:00 Keep Fit Class (EX) 11:00 Current Events (LB) 2:30 Physiotherapy workshop with Karolyn from the Apollo Clinic (FS) 6:30 2-Bit Bingo (CR)</p>	<p>25 10:00 Toy Makers Club (AR) 1:30 Bridge Club (CR) 2:00 Movie Afternoon (FS) "Slumdog Millionaire"</p>
<p>26 3:00 Chapel Service with St. Matthew's Anglican Church (HS)</p>	<p>27 10:00 Keep Fit Class (EX) 11:00 Round Table Discussion in the Fireside Room 2:30 Birthday Celebration with the Accords (HS) 6:30 Crib Game (ICP)</p>	<p>28 Canucks/Jeans Day 9:30 Bus Shuttle Service 2:30 Ice Cream Social (ICP) 3:30 Hockey Game (HS)</p> 	<p>29 LEAP DAY 10:00 Keep Fit Class (EX) 11:00 BC Biomedical Lab (HK) (By Appointment Only) 11:00 Bible Study (FS) 2:30 Leap Year traditions and superstitions (ICP) 7:00 CFV Fiddlers (HS)</p>	<p>February is Multiculturalism Month</p> 		<p>EX -Exercise Room- Ground Fl. HS - Hallmark Square- Main Fl. AR - Activity Room- Ground Fl. FS - Fireside Room- Ground Fl. ICP - Ice Cream Parlour-Main Fl. HK - Hobby Kitchen - 3rd Fl. CR - Card Room - Ground Fl. LB - Library - 3rd Fl.</p>

Whats Happening this February

Beef Bulgogi

Wednesday February 15th 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 Social in the Ice Cream Parlour

Tuesday February 14th at 3:30 pm

Come together in the spirit of Valentine's Day as we celebrate those individuals who mean so much to us...friends! Join Karena as she hosts a *celebration of friendship* in the ice cream parlour. This will be a great chance to connect with old friends and make new ones.



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

Friday February 17th at 1:15 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 Lake. The bus leaves promptly at 1:15pm.

Wellness Workshop: "The Heart of Multiculturalism"

Thursday February 23rd 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.