



February 2019

Balsam Bay 9C

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Questions? Contact: Kathy Martin kmartin@nwood.ns.ca 902-454-3167					1 2:00 Calendars	2
3	4	5 7:00 Mennonite Choir 	6 10:00 Sort it!	7 2:00 Bingo	8 10:00 Tea & Talk	9 
10	11 2:00 NW's Big Sing 	12 7:00 Robbie Burns	13 10:00 Exercise 10:30 Music Therapy	14 2:00 Valentine's Tea 	15 2:00 Out and About	16 2:00 The Millar Sisters
17	18 1:30 Music Therapy	19	20 10:00 Sort it!	21 2:00 Bingo 1:30 Goody	22 10:00 Tea and Talk	23
24	25 10:00 Reading 10:30 Music Therapy	26 7:00 Nfld Night 	27 10:00 Exercise	28 2:00 Stadacona Band 		

The events listed above are events where Kathy or a volunteer will be present. For other activities at Northwood please consult the Recreation Department's FACILITY WIDE calendar that is posted on the Resident Communication Board on the unit. Friends/Family are always welcome.