

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

FEBRUARY



10:00 Church TV (M) 6:30 Chapel Services with Colin (M)	1 10:00 Pila - Chi (U) Strength & Flexibility Program 10:30 Music with ME !! (M) NOON GROUNDHOG DAY Balzac Billy what do you have in store for SPRING? 2:00 FLOOR Curling (D) Happy Birthday Tobias	2 10:00 PIN Bowling (U) Resident Facilitated Michelle is at a meeting until Noon 1:00 Walk Balance & Endurance meet on the lower level 2:00 "ART THROBS" Club "Puzzling" Valentine Door Décor Craft (L)	3 10:00 Pila - Chi (U) Strength & Flexibility Program 10:30 Bible Study (M) 2:00 BINGO (D) 3:00 Coffee Talk (B)	4 10:00 Shuffleboard (U) 1:00 Walk Balance & Endurance meet on the lower level 2:30 "Luke" from LEDFOOT EXPRESS Entertainment (M)	5 10:00 Knox United Church Coffee & Treats (B) 2:00 Board/Card games (B) Resident Facilitated	6	7
10:00 Church TV (M)	8 10:00 Pila - Chi (U) Strength & Flexibility Program 10:30 Music with KELLY (M) 1:30 "PAL- ENTINES" (M) A Croquet & Chocolate affair you won't want to miss with visitors from Chinook Winds Lodge Carstairs.	9 10:00 COUNTER PUNCH BOXING & Functional Fitness Demonstration (M) 10am - 2pm Gems Stones & Jewelry (B) 1:00 Walk Balance & Endurance meet on the lower level 2:00 Resident & Family Special Meeting (D)	10 10:00 Pila - Chi (U) Strength & Flexibility Program 10:30 Bible Study (M) 2:00 BINGO (D) 3:00 Movie Afternoon "Herbie the Love Bug" (M)	11 10:00 Shuffleboard (U) 1:00 Walk Balance & Endurance meet on the lower level 2:30 "Jim Baxter" Guitar Entertainment (M)	12 10:00 Coffee & Chat (B) Resident Facilitated 2:00 Board/Card games(B) Resident Facilitated	13 2:00 Carol's Ice Cream Cart (M) Happy Valentines Day	14
10:00 Church TV (M) 6:30 Chapel Services with Pastor Paul (M)	15 FAMILY DAY Holiday	16 10:00 PIN Bowling (U) NOON Brazilian DINNER by Chef CLARA 1:00 Walk Balance & Endurance meet on the lower level 2:00 "RIO CARNAVAL" (M) Armchair travel to BRAZIL for Carnaval & mocktail hour	17 10:00 Pila - Chi (U) Strength & Flexibility Program 10:30 Bible Study (M) 2:00 BINGO (D) 3:00 Coffee Talk (B)	18 10:00 Shuffleboard (U) 1:00 Walk Balance & Endurance meet on the lower level 2:00 The OLYMPICS in ITALY (M) Bobsled & Hockey time!!!	19 10:00 Coffee & Chat(B) Resident Facilitated 2:00 Board/Card games(B) Resident Facilitated	20 2:00 Carol's Ice Cream Cart (M) Happy Valentines Day	21
10:00 Church TV (M)	22 10:00 Pila - Chi (U) Strength & Flexibility Program 10:30 Music with KELLY (M) 2:00 Resident Monthly Birthday Celebration & sing along with Kelly(D) Happy Birthday Darlene R.	23 10:00 PIN Bowling (U) 1:00 Walk Balance & Endurance meet on the lower level 2:30 SING A LONG with Bill (D)	24 10:00 Pila - Chi (U) Strength & Flexibility Program 10:30 Bible Study (M) NOON CHINESE DINNER to celebrate Lunar New Year 2:00 BINGO (D) 3:00 Movie Afternoon "Herbie the Love Bug Rides Again" (M)	25 10:00 Shuffleboard (U) 1:00 Walk Balance & Endurance meet on the lower level 2:30 "Country Friends" Entertainment (M)	26 10:00 Coffee & Chat (B) Resident Facilitated 2:00 Board/Card games(B) Resident Facilitated	27 2:00 Carol's Ice Cream Cart (M)	28