

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



February 2023



SUNDRE SENIORS' SUPPORTIVE LIVING

<p>1:00 PM ANGLICAN HEY, IT'S FEBRUARY 1ST!</p>	<p>8:45 AM ARMCHAIR YOGA 9:00 AM EXERCISE 10:00 AM COVER THE # 10:00 AM ATB BANK DAY 2:00 PM ICE CREAM FLOATS Groundhog Day</p>	<p>2 SANDI AWAY IN MORNING 8:45 AM EXERCISE 9:00 AM YOGA PAIN MANAGEMENT 10:00 AM FLOOR CURLING 2:00 PM RESIDENT/FAMILY MEETING</p>	<p>3 FOB CHECKS 8:45 AM EXERCISE 10:00 AM WORDS IN WORD 2:00 PM DUTCH SHUFFLEBOARD</p>	<p>4 8:45 AM ARMCHAIR YOGA 8:45 AM EXERCISE 9:00 AM STANDING BALANCE 10:00 AM FLOOR CURLING 1:00 PM TUCK SHOP 2:00 PM PET VISITS 2:00 PM BINGO</p>	<p>5 8:45 AM EXERCISE 1:30 PM RESIDENT LED MUSICAL JAM (FIREPLACE LOUNGE) 2:00 PM BINGO</p>	<p>6 8:45 AM EXERCISE 9:00 AM COWBOY TRAIL 4H PUBLIC SPEAKING EVENT (MULI-PPOSE ROOM ACROSS FROM DINING ROOM) 2:00 PM RESIDENT LED LEFT RIGHT CENTER DICE GAME</p>
<p>1:00 PM UNITED February 14</p>	<p>8:45 AM ARMCHAIR YOGA 9:00 AM EXERCISE 10:00 AM JEOPARDY 2:00 PM JUST FOR CHIPS & GIGGLES (DAY PROGRAM)</p>	<p>9 8:45 AM EXERCISE 9:00 AM YOGA PAIN MANAGEMENT 10:00 AM FLOOR CURLING 2:00 PM CROSSWORD</p>	<p>10 8:45 AM EXERCISE 9:00 AM YOGA PAIN MANAGEMENT 10:00 AM FLOOR CURLING 2:00 PM CROSSWORD</p>	<p>11 8:45 AM EXERCISE HAPPY BIRTHDAY ANDREW P. 8:45 AM EXERCISE 9:15 AM OLDS WALMART LUNCH@EDO (JAPANESE) OR OPA (GREEK) OR BAR BURRITO (MEXICAN)</p>	<p>12 8:45 AM EXERCISE 10:00 AM FLOOR CURLING 1:00 PM TUCK SHOP 2:00 PM PET VISITS 2:00 PM CHOCOLATE LOVERS BINGO</p>	<p>13 HAPPY VALENTINES DAY 14 10:00 AM SHUFFLEBOARD (SECOND FLOOR) W/ LAURIE McKENZIE 2:00 PM RESIDENT LED LEFT RIGHT CENTER DICE GAME Valentine's Day</p>
<p>HAPPY BIRTHDAY 15 MICKEY S. 1:00 PM McDUGAL THIS WEEK THE ICE IS RIGHT CURLING BONSPIEL</p>	<p>8:45 AM EXERCISE 9:00 AM YOGA PAIN MANAGEMENT 10:00 AM FLOOR CURLING 2:00 PM RESIDENT BIRTHDAY PARTY MUSIC BY "PENNY DUBOIS" Ramadan Begins Mardi Gras Chinese New Year (Year of the Horse)</p>	<p>17 8:45 AM EXERCISE 9:00 AM YOGA PAIN MANAGEMENT 10:00 AM FLOOR CURLING 2:00 PM RESIDENT BIRTHDAY PARTY MUSIC BY "PENNY DUBOIS" Ramadan Begins Mardi Gras Chinese New Year (Year of the Horse)</p>	<p>18 8:45 AM EXERCISE 9:00 AM 3RD ANNUAL THE ICE IS RIGHT CURLING BONSPIEL BBQ FOR PARTICIPANTS 9:00 AM STANDING BALANCE 10:00 AM FLOOR CURLING 1:00 PM TUCK SHOP 2:00 PM BINGO</p>	<p>19 8:45 AM EXERCISE 9:00 AM STANDING BALANCE 10:00 AM FLOOR CURLING 1:00 PM TUCK SHOP 2:00 PM BINGO</p>	<p>20 8:45 AM EXERCISE 1:30 PM RESIDENT LED MUSICAL JAM (FIREPLACE LOUNGE) 2:00 PM RESIDENT LED LEFT RIGHT CENTER DICE GAME</p>	<p>21</p>
<p>HAPPY BIRTHDAY 22 CHRISTIANE N. 1:00 PM NAZARENE CAN FEBRUARY MARCH? NO, BUT APRIL MAY</p>	<p>8:45 AM EXERCISE 10:45 AM LUNCH & BINGO OUTING @ MOUNT VIEW LODGE OLDS</p>	<p>23 8:45 AM EXERCISE 9:00 AM YOGA PAIN MANAGEMENT 10:00 AM FLOOR CURLING 2:00 PM CROCK POT CREW PREP DAY (MUST BE SIGNED UP)</p>	<p>24 8:45 AM EXERCISE 9:00 AM YOGA PAIN MANAGEMENT 10:00 AM FLOOR CURLING 2:00 PM CROCK POT CREW MEAL 2:00 PM MOVIE & POPCORN</p>	<p>25 8:45 AM EXERCISE 10:00 AM COFFEE WITH OUR HONORABLE MAYOR WARNICK (MULTI-PPOSE RM/ACROSS FROM DINING ROOM) 12:00 PM CROCK POT CREW MEAL 2:00 PM MOVIE & POPCORN</p>	<p>26</p>	<p>27 10:00 AM SHUFFLEBOARD (SECOND FLOOR) W/ LAURIE McKENZIE 2:00 PM RESIDENT LED LEFT RIGHT CENTER DICE GAME</p>

ACTIVITIES ARE SUBJECT TO CHANGE WITHOUT NOTICE