

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday



Saturday



February 2022



SUNDRE SENIORS' SUPPORTIVE LIVING

1:00 PM ANGLICAN HEY, IT'S FEBRUARY 1ST! 	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 <small>Groundhog Day</small>	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	FOB CHECKS 8:45 AM EXERCISE 10:00 AM WORDS IN WORD 2:00 PM DUTCH SHUFFLEBOARD	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	8:45 AM EXERCISE 1:30 PM RESIDENT LED MUSICAL JAM (FIREPLACE LOUNGE)	8:45 AM EXERCISE 9:00 AM COWBOY TRAIL 4H PUBLIC SPEAKING EVENT (MULTI-PURPOSE ROOM ACROSS FROM DINING ROOM) 2:00 PM RESIDENT LED LEFT RIGHT CENTER DICE GAME
1:00 PM UNITED  February 14  February 15	8:45 AM ARMCHAIR YOGA 9:00 AM EXERCISE 10:00 AM JEOPARDY 2:00 PM JUST FOR CHIPS & GIGGLES (DAY PROGRAM)	8:45 AM EXERCISE 9:00 AM YOGA PAIN MANAGEMENT 10:00 AM FLOOR CURLING 2:00 PM CROSSWORD	HAPPY BIRTHDAY ANDREW P. 8:45 AM EXERCISE 9:15 AM OLDS WALMART LUNCH@EDO (JAPANESE) OR OPA (GREEK) OR BAR BURRITO (MEXICAN)	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	HAPPY BIRTHDAY CARL B. 8:45 AM EXERCISE 2:00 PM MOVIE & POPCORN	HAPPY VALENTINES DAY 10:00 AM SHUFFLEBOARD (SECOND FLOOR) W/ LAURIE McKENZIE 2:00 PM RESIDENT LED LEFT RIGHT CENTER DICE GAME <small>Valentine's Day</small>
HAPPY BIRTHDAY MICKEY S. 1:00 PM McDOUGAL THIS WEEK THE ICE IS RIGHT CURLING BONSPIEL	 HAPPY Family Day	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" <small>Ramadan Begins Mardi Gras Chinese New Year (Year of the Horse)</small>	8:45 AM EXERCISE 9:00 AM 3 RD ANNUAL THE ICE IS RIGHT CURLING BONSPIEL BBQ FOR PARTICIPANTS	8:45 AM EXERCISE 9:00 AM STANDING BALANCE 10:00 AM FLOOR CURLING 1:00 PM TUCK SHOP 2:00 PM BINGO	8:45 AM EXERCISE 1:30 PM RESIDENT LED MUSICAL JAM (FIREPLACE LOUNGE)	2:00 PM RESIDENT LED LEFT RIGHT CENTER DICE GAME
HAPPY BIRTHDAY CHRISTIANE N. 1:00 PM NAZARENE  CAN FEBRUARY MARCH? NO, BUT APRIL MAY	8:45 AM EXERCISE 10:45 AM LUNCH & BINGO OUTING @ MOUNT VIEW LODGE OLDS	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)	8:45 AM EXERCISE 10:00 AM COFFEE WITH OUR HONORABLE MAYOR WARNICK <small>(MULTI-PURPOSE RM/ACROSS FROM DINING ROOM)</small> 12:00 PM CROCK POT CREW MEAL 2:00 PM MOVIE & POPCORN	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	8:45 AM EXERCISE 2:00 PM MOVIE & POPCORN	10:00 AM SHUFFLEBOARD (SECOND FLOOR) W/ LAURIE McKENZIE 2:00 PM RESIDENT LED LEFT RIGHT CENTER DICE GAME

ACTIVITIES ARE SUBJECT TO CHANGE WITHOUT NOTICE