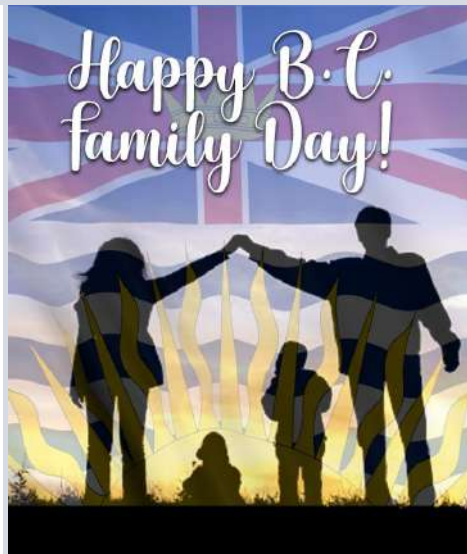


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Locations Legend</u></p> <p>Great Room (GR) Activity Room (AR) Theatre (TH) Country Kitchen (CK) Games Room (GAMR) Front Desk (FD) Courtyard Café (CAFE) Resident Led (*)</p>						
<p>9:30 United Church Service Video (TH) 2</p> <p>10:00 Crosswords & Activity Sheets* (GR)</p> <p>3:00 Board Games* (GR)</p> <p>3:00 History Presentation with Eric: Canadian History Series (TH)</p> <p>7:00 SERIES: "Mad Men" (TH)</p> <p>Groundhog Day </p>	<p>10:00 Gentle Fit & Stretch (AR) 3</p> <p>10:45 February Trivia (GR)</p> <p>10:45 Fun Conversational French Lessons (CK)</p> <p>1:30 Horseracing (GR)</p> <p>1:30 - 3:30pm Art Exploration with Cynthia (AR)</p> <p>2:30 Bingo (GR)</p> <p>3:00 Knitting Group* (GR)</p> <p>7:00 DOCUMENTARY SERIES: "Our Oceans - Pacific Ocean" (TH)</p>	<p>10:00 Chair Pilates Exercise with Jenn (AR) 4</p> <p>10:45 You be the Judge (GR)</p> <p>2:00 Wine & Cheese Social ft. Byron Woods (GR)</p> <p>3:15 A Picture is Worth a 1000 Words (GR)</p> <p>6:30 Card Game Night* (GR)</p>	<p>9:00 Rides to Medical Appointments & Swimming at Crystal Pool 5</p> <p>10:00 Falls Prevention Exercise with Dr. McNeill (AR)</p> <p>10:45 Jeopardy Trivia (GR)</p> <p>1:00 BUS: Shopping at Tillicum Mall (AR)</p> <p>2:00 Bingo (GR)</p> <p>3:00 Dementia Discussions with Laurie & Judy (CK)</p> <p>7:00 MOVIE: "Ticket to Paradise" (TH)</p>	<p>10:00 Cardio Exercise (AR) 6</p> <p>10:00 - 12:00pm Casual Chic Mobile Fashion Boutique Sale (GAMR)</p> <p>2:30 Happy Hour ft. Joyz & the Boyz (GR)</p> <p>3:30 Pool Game* (GAMR)</p> <p>7:00 SERIES: Emily in Paris (TH)</p>	<p>10:00 Chair Yoga with Kathy (AR) 7</p> <p>10:45 Who or What Am I? Trivia (GR)</p> <p>1:00 Crib Tournament* (GR)</p> <p>2:00 Seated Balloon Volleyball (AR)</p> <p>3:00 Knitting Group* (GR)</p> <p>3:00 Music Bingo (GR)</p> <p>7:00 SERIES: "This Is Us" (TH)</p>	<p>10:00 Drumfit Exercise (AR) 1</p> <p>10:45 Fit Minds - Ground Hog Day Word Scramble & Trivia (AR)</p> <p>2:00 Candy Lover's Dice Game NEW! (GR)</p> <p>3:00 Target Practice (GR)</p> <p>7:00 MOVIE: "It's Complicated" (TH)</p>
<p>9:30 United Church Service Video (TH) 9</p> <p>10:00 Crosswords & Activity Sheets* (GR)</p> <p>1:30 MATINEE: "Something Borrowed" (TH)</p> <p>3:00 Board Games* (GR)</p> <p>3:30 Superbowl LIX (TH)</p> <p>7:00 SERIES: "Mad Men" (TH)</p>	<p>10:00 Chair Tai Chi with Brenda (AR) 10</p> <p>10:45 Valentine's Trivia (GR)</p> <p>10:45 Fun Conversational French Lessons (CK)</p> <p>1:30 Horseracing (GR)</p> <p>2:30 Bingo (GR)</p> <p>3:00 Knitting Group* (GR)</p> <p>7:00 DOCUMENTARY SERIES: "Our Oceans - Indian Ocean" (TH)</p>	<p>10:00 Chair Pilates Exercise with Jenn (AR) 11</p> <p>10:45 Matching Cards Memory Game (GR)</p> <p>2:00 Victorian Vogue Fashion Show (GR)</p> <p>3:15 Valentine's Colouring & Conversation (GR)</p> <p>3:15 Handcrafted Valentine's Ornaments with Michelle (CK)</p> <p>6:30 Card Game Night* (GR)</p>	<p>9:00 Rides to Medical Appointments 12</p> <p>10:00 Falls Prevention Exercise with Dr. McNeill (AR)</p> <p>10:45 Jeopardy Trivia (GR)</p> <p>1:00 BUS: Shopping at Hillside Mall/Walmart (AR)</p> <p>2:00 Bingo (GR)</p> <p>3:15 Dr. Clem Talk: Keeping our (Valentine) Heart Healthy! (TH)</p> <p>7:00 MOVIE: "Crazy Stupid Love" (TH)</p>	<p>8:00 Hearing Aid Cleaning Pick Up (FD) 13</p> <p>9:00 Spec Savers Complimentary Eye Glass Cleaning & Repair Service (GR)</p> <p>10:00 Cardio Exercise (AR)</p> <p>10:45 Valentine's Word Games (AR)</p> <p>1:30 Food Meeting with Kevin (CAFE)</p> <p>2:30 Heart & Stroke Foundation Fundraiser Happy Hour ft. Mike & Marty (GR)</p> <p>3:30 Shuffleboard* (GAMR)</p> <p>7:00 SERIES: Emily in Paris (TH)</p>	<p>10:00 Chair Yoga with Kathy (AR) 14</p> <p>10:45 Valentine's Scategories (GR)</p> <p>2:00 Valentine's Hot Chocolate Social ft. Shannon Rae Trio (GR)</p> <p>3:00 Knitting Group* (GR)</p> <p>3:15 Music Bingo (GR)</p> <p>7:00 SERIES: "This Is Us" (TH)</p> <p>Valentine's Day Wear Red</p>	<p>10:00 Valentine's Activity Sheets & Crosswords* (GR) 15</p> <p>2:00 Meet in the Great Room for Coffee & Conversation* (GR)</p> <p>7:00 MOVIE: "The Guernsey Literary & Potato Peel Pie Society" (TH)</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 United Church Service Video (TH) 16</p> <p>10:00 Crosswords & Activity Sheets* (GR)</p> <p>2:00 MATINEE: "Chocolat" (TH)</p> <p>3:00 Board Games* (GR)</p> <p>7:00 SERIES: "Mad Men" (TH)</p>	<p>9:00 Kindness Cards* (FD) 17</p> <p>10:00 Crosswords & Word Activity Sheets* (GR)</p> <p>10:45 Fun Conversational French Lessons (CK)</p> <p>1:30 - 3:30pm Art Exploration with Cynthia (AR)</p> <p>2:30 Coffee & Conversation* (GR)</p> <p>3:00 Knitting Group* (GR)</p> <p>7:00 DOCUMENTARY SERIES: "Our Oceans - Atlantic Ocean" (TH)</p> <p>Family Day Random Acts of Kindness Day</p>	<p>10:00 Chair Pilates Exercise with Jenn (AR) 18</p> <p>10:45 You be the Judge (GR)</p> <p>1:45 Town Hall Meeting (GR)</p> <p>2:45 P.A.T.S. Dog Visit (GR)</p> <p>3:00 Armchair Travel: "Venice - City of Dreams" (TH)</p> <p>6:30 Card Game Night* (GR)</p>	<p>9:00 Rides to Medical Appointments & Swimming at Crystal Pool 19</p> <p>10:00 Falls Prevention Exercise with Dr. McNeill (AR)</p> <p>10:45 Jeopardy Trivia (GR)</p> <p>11:15 BUS: Lunch at Glo Restaurant on Selkirk Waterway (AR)</p> <p>2:00 Bingo (GR)</p> <p>3:00 Dementia Discussions with Laurie & Judy (CK)</p> <p>7:00 MOVIE: "The Six Triple Eight" (TH)</p>	<p>10:00 Cardio Exercise (AR) 20</p> <p>10:45 Target Practice (GR)</p> <p>2:30 Happy Hour ft. Whisky Jack (GR)</p> <p>3:30 Pool Game* (GAMR)</p> <p>7:00 SERIES: Emily in Paris (TH)</p>	<p>10:00 Chair Yoga with Kathy (AR) 21</p> <p>10:45 Target Practice (GR)</p> <p>1:00 Crib Tournament* (GR)</p> <p>2:00 Seated Balloon Volleyball (AR)</p> <p>3:00 Knitting Group* (GR)</p> <p>3:00 Music Bingo (GR)</p> <p>7:00 SERIES: "This Is Us" (TH)</p>	<p>10:00 Balls & Bands (AR) 22</p> <p>10:45 Fit Minds (AR)</p> <p>1:00 BUS: James Bay Scenic Drive (AR)</p> <p>2:00 Making Music with Hand Drums & Percussion NEW! (AR)</p> <p>3:00 Paint & Wine (AR)</p> <p>7:00 MOVIE: "Aloha" (TH)</p>
<p>9:30 United Church Service Video (TH) 23</p> <p>10:00 Crosswords & Activity Sheets* (GR)</p> <p>2:00 MATINEE: "Breathe" (TH)</p> <p>3:00 Board Games* (GR)</p> <p>7:00 SERIES: "Mad Men" (TH)</p>	<p>10:00 Chair Tai Chi with Brenda (AR) 24</p> <p>10:45 Trivia (GR)</p> <p>10:45 Fun Conversational French Lessons (CK)</p> <p>1:30 Horseracing (GR)</p> <p>2:30 Bingo (GR)</p> <p>3:00 Knitting Group* (GR)</p> <p>7:00 DOCUMENTARY SERIES: "Our Oceans - Arctic Ocean" (TH)</p>	<p>10:00 Chair Pilates Exercise with Jenn (AR) 25</p> <p>10:45 Matching Cards Memory Game (GR)</p> <p>2:00 February Birthday Social ft. Brandy Moore (GR)</p> <p>3:15 Show & Share (GR)</p> <p>6:30 Card Game Night* (GR)</p>	<p>9:00 Rides to Medical Appointments 26</p> <p>10:00 Falls Prevention Exercise with Dr. McNeill (AR)</p> <p>10:45 Jeopardy Trivia (GR)</p> <p>1:00 BUS: Shopping at Hillside Mall/Walmart (AR)</p> <p>2:00 Bingo (GR)</p> <p>3:15 Colouring & Conversation (GR)</p> <p>7:00 MOVIE: "Whitney Houston - I Wanna Dance with Somebody" (TH)</p> <p>Pink Shirt Day</p>	<p>10:00 Cardio Exercise (AR) 27</p> <p>10:45 Word Games (AR)</p> <p>2:30 Happy Hour ft. Seabreeze (GR)</p> <p>3:30 Shuffleboard* (GAMR)</p> <p>7:00 SERIES: Emily in Paris (TH)</p>	<p>10:00 Chair Yoga with Kathy (AR) 28</p> <p>10:45 Who or What Am I? Trivia (GR)</p> <p>1:30 Ted Talk (TH)</p> <p>3:00 Knitting Group* (GR)</p> <p>3:00 Music Bingo (GR)</p> <p>7:00 SERIES: "This Is Us" (TH)</p> <p>BC Senior Care Providers Day</p>	

Locations Legend

Great Room (GR)
Activity Room (AR)
Theatre (TH)
Country Kitchen (CK)
Games Room (GAMR)
Front Desk (FD)
Courtyard Café (CAFE)
Resident Led (*)



TUCK SHOP
Monday, Wednesday & Friday
2:00-3:00pm

ARLENE'S SALON
Wednesday & Thursday
10:00am-5:00pm

BINGO 25 CENTS A CARD
HORSERACING 10 CENTS PER RACE
HAPPY HOUR \$2 DRINK DONATION