

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Special Days</b>  Groundhog Day February 2nd  Chinese New Year (Year of the Pig) Begins February 5th  Valentine's Day February 14th	<b>LIVING LOVING LOCAL FEBRUARY BEETS</b>	 Emotional  Intellectual  Physical  Purposeful  Social  Spiritual	9:00  Daily Fit [Wellness Centre] <b>1</b> 9:30  Shopping/Banking: South Centre 10:00  Aqua Fit [Swimming Pool] 1:00  Bingo [Activity Room] 1:00  Shopping/Banking: Shawnessy Wal-mart, Michaels, BMO, Nygard etc... 1:30  Choir Practice [Chapel] 3:00  Happy Hour [Bistro] 6:30  Cribbage [Games Room] 7:00  Movie Night - "Mr. Turner" [Wild Rose Room]	Groundhog Day <b>2</b> 9:00  Weekend Exercises [Wellness Centre] 10:00  Ping Pong [Wellness Centre] 10:15  Lighthearted Trivia [Library] 11:00  Sit & Be Fit [Wellness Centre] 1:00  Go 4 Life Walking Club [Wellness Centre] 1:15  Bridge Club [Games Room] 2:00  Entertainment - Elletones songs of the 50's & 60's [Dining Room] 7:00  Movie Night - "Mr. Turner" [Wild Rose Room]
9:30  Catholic Service [Chapel] <b>3</b>  1:30  Classic Movie Matinee - "Victor Victoria" [Wild Rose Room]  3:00  Chapel Service [Chapel]  6:30  Sing-a-long w/ Linda [Chapel]	9:00  Daily Fit [Wellness Centre] <b>4</b> 10:00  Aqua Fit [Swimming Pool] 10:30  Brain Fitness [Activity Room] 11:00 The Nutman [Lobby] 1:00  Bingo [Activity Room] 1:15  Bridge Club [Games Room] 2:00  Book Club [Library] 2:00  Education Session: Super Foods [Bistro] 3:00  Java Music Club [Fireplace Lounge] 6:30  Horse Racing [Activity Room] 6:30  Scrabble [Garden Lounge]	<b>CHINESE NEW YEAR - Chinese Buffet Lunch</b> <b>5</b> 9:00  Daily Fit [Wellness Centre] 10:00  Yoga [Wellness Centre] 10:30  Colouring & Company [Activity Room] 11:00  Sit and Be Fit [Wellness Centre] 1:00 NOTE TIME CHANGE *Ukulele Circle* [Wellness Centre] 1:30  Knitters for Needy [Activity Room] 2:00  Entertainment - Lion Dancers [Dining Room] 2:00  McDougall United Church Service [Chapel] 3:45  Sing-a-Long with Marlee [Garden Lounge] 7:15  Entertainment Night - Lori Kole Guitar & Vocals [Dining Room]	9:00  Daily Fit [Wellness Centre] <b>6</b> 10:00  Aqua Fit [Swimming Pool] 10:00  Ping Pong [Wellness Centre] 10:30  Meet the Chef [Bistro] 1:00  Go 4 Life Walking Club [Wellness Centre] 1:15  Bridge Club [Games Room] 2:00  Laughter Yoga [Wellness Centre] 2:00  Painting w/Alex - The Museum of Modern Art [Activity Room] 2:30  Tasty Tea [Bistro] 3:15  Piano Prelude [Dining Room] 6:30  Cribbage [Games Room]	<b>NO BUS TODAY</b> <b>7</b> 9:00  Daily Fit [Wellness Centre] 10:00  Health Education [Wild Rose Room] 1:00  Canasta & Choice Games [Fireplace Lounge] 1:30  Crafter's Corner - Brain Storming Craft Activities You Would Like To Do! [Activity Room] 2:00  Shuffleboard [Games Room] 3:00  Sit & Be Fit [Wellness Centre] 6:30  Whist [Games Room] 7:00  Bingo-Resident Run [Activity Room]	9:00  Daily Fit [Wellness Centre] <b>8</b> 9:30  Shopping/Banking: Deer Run, Shopper's Drug Mart, Wal-mart, Co-op, RBC, CIBC etc..... 10:00  Aqua Fit [Swimming Pool] 10:00  Outing: Grandfriends Program at Prince Of Wales School 10:15  Catholic Mass [Chapel] 11:45  Outing: Swiss Chalet 1:00  Bingo [Activity Room] 1:30  Choir Practice [Chapel] 2:00  Shopping/Banking: Southland Wal-Mart & BMO 3:00  Happy Hour [Bistro] 6:30  Cribbage [Games Room] 7:00  Movie Night [Wild Rose Room]	9:00  Weekend Exercises [Wellness Centre] <b>9</b> 10:00  Ping Pong [Wellness Centre] 10:15  Lighthearted Trivia [Library] 1:00  Go 4 Life Walking Club [Wellness Centre] 1:15  Bridge Club [Games Room] 1:30  Sit & Be Fit [Wellness Centre] 2:15  Water Walking & Aqua Fit [Swimming Pool] 7:00  Movie Night [Wild Rose Room]
9:30  Catholic Service [Chapel] <b>10</b>  1:30  Classic Movie Matinee [Wild Rose Room]  3:00  Chapel Service [Chapel]  6:30  Sing-a-long w/ Linda [Chapel]	9:00  Daily Fit [Wellness Centre] <b>11</b> 9:30  Shopping/Banking: Shawnessy Wal-mart, Michaels, BMO, Nygard etc... 10:00  Aqua Fit [Swimming Pool] 10:30  Brain Fitness [Activity Room] 1:00  Bingo [Activity Room] 1:00  Outing: Country Drive 1:15  Bridge Club [Games Room] 2:00  Education Session: Super Foods [Bistro] 3:00  Java Music Club [Fireplace Lounge] 6:30  Horse Racing [Activity Room] 6:30  Scrabble [Garden Lounge]	9:00  Daily Fit [Wellness Centre] <b>12</b> 9:30  Hearing Aid Clinic - By Appointment Only [Library] 10:00  Yoga [Wellness Centre] 10:30  Colouring & Company [Activity Room] 1:30  Anglican Communion [Chapel] 1:30  Knitters for Needy [Activity Room] 1:30  Quiddler [Fireplace Lounge] 1:30  Ukulele Circle [Wellness Centre] 3:00  Sit & Be Fit [Wellness Centre] 3:45  Sing-a-Long with Marlee [Garden Lounge] 7:15  Entertainment Night-Craig & Angie West Fiddle & Piano [Dining Room]	9:00  Daily Fit [Wellness Centre] <b>13</b> 10:00  Aqua Fit [Swimming Pool] 10:00  Ping Pong [Wellness Centre] 1:00  Go 4 Life Walking Club [Wellness Centre] 1:15  Bridge Club [Games Room] 1:15  Lecture - Meet Me At The Museum Of Modern Art [Activity Room] 2:00  Laughter Yoga [Wellness Centre] 2:00  Painting w/Alex - The Museum of Modern Art [Activity Room] 2:30  Tasty Tea [Bistro] 3:15  Piano Prelude [Dining Room] 6:30  Cribbage [Games Room]	<b>Valentine's Day</b> <b>14</b> 9:00  Daily Fit [Wellness Centre] 9:30  Shopping/Banking: Promenade 10:00  Health Education [Wild Rose Room] 11:00  Outing: Lunchbox Theatre 1:00  Canasta & Choice Games [Fireplace Lounge] 1:00  Seamstress [Garden Lounge] 2:00  Shuffleboard [Games Room] 3:00  Sit & Be Fit [Wellness Centre] 6:30  Whist [Games Room] 7:00  Bingo-Resident Run [Activity Room]	9:00  Daily Fit [Wellness Centre] <b>15</b> 10:00  Aqua Fit [Swimming Pool] 10:45  Outing: Century Downs Casino OR Shopping at Cross Iron Mills 1:00  Bingo [Activity Room] 3:00  Happy Hour [Bistro] 6:30  Cribbage [Games Room] 7:00  Movie Night [Wild Rose Room]	9:00  Weekend Exercises [Wellness Centre] <b>16</b> 10:00  Ping Pong [Wellness Centre] 10:15  Lighthearted Trivia [Library] 1:00  Go 4 Life Walking Club [Wellness Centre] 1:15  Bridge Club [Games Room] 1:30  Sit & Be Fit [Wellness Centre] 2:15  Water Walking & Aqua Fit [Swimming Pool] 7:00  Movie Night [Wild Rose Room]

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>17</b> 9:30 ☀️ <b>Catholic Service [Chapel]</b> 1:30 😊 <b>Classic Movie Matinee [Wild Rose Room]</b> 3:00 ☀️ <b>Chapel Service [Chapel]</b> 6:30 😊 <b>Sing-a-long w/ Linda [Chapel]</b>	<b>18</b> <b>Family Day</b> 1:00 🧠 <b>Bingo [Activity Room]</b> 1:15 🧠 <b>Bridge Club [Games Room]</b> 6:30 🐾 <b>Horse Racing - *Resident Run* [Activity Room]</b> 6:30 🧠 <b>Scrabble [Garden Lounge]</b>	<b>19</b> 9:00 🌿 <b>Daily Fit [Wellness Centre]</b> 10:00 🌿 <b>Yoga [Wellness Centre]</b> 10:30 🧠 <b>Colouring &amp; Company [Activity Room]</b> 1:30 🧠 <b>Knitters for Needy [Activity Room]</b> 1:30 🧠 <b>Quiddler [Fireplace Lounge]</b> 1:30 🧠 <b>Ukulele Circle - *RESIDENT RUN* [Wellness Centre]</b> 3:00 🌿 <b>Sit &amp; Be Fit [Wellness Centre]</b> 7:15 😊 <b>Entertainment Night - Italian Choir [Dining Room]</b>	<b>20</b> 9:00 🌿 <b>Daily Fit [Wellness Centre]</b> 10:00 🌿 <b>Aqua Fit [Swimming Pool]</b> 10:00 🌿 <b>Ping Pong [Wellness Centre]</b> 11:30 🍷 <b>Men's Luncheon [Bistro]</b> 1:00 🌿 <b>Go 4 Life Walking Club [Wellness Centre]</b> 1:15 🧠 <b>Bridge Club [Games Room]</b> 1:15 🧠 <b>Lecture - Meet Me At The Museum Of Modern Art [Activity Room]</b> 2:00 🍷 <b>Laughter Yoga [Wellness Centre]</b> 2:00 🌿 <b>Painting w/Alex - The Museum of Modern Art [Activity Room]</b> 2:30 🍷 <b>Tasty Tea [Bistro]</b> 3:15 😊 <b>Piano Prelude [Dining Room]</b> 6:30 🍷 <b>Cribbage [Games Room]</b>	<b>21</b> 9:00 🌿 <b>Daily Fit [Wellness Centre]</b> 9:30 🧠 <b>Shopping/Banking: Promenade</b> 10:00 🧠 <b>Health Education [Wild Rose Room]</b> 11:00 <b>Outing: Central Library Tour with Lunch to Follow</b> 1:00 🍷 <b>Canasta &amp; Choice Games [Fireplace Lounge]</b> 2:00 🌿 <b>Shuffleboard [Games Room]</b> 3:00 🌿 <b>Sit &amp; Be Fit [Wellness Centre]</b> 6:30 🧠 <b>Whist [Games Room]</b> 7:00 🧠 <b>Bingo-Resident Run [Activity Room]</b>	<b>22</b> 9:00 🌿 <b>Daily Fit [Wellness Centre]</b> 9:30 🧠 <b>Shopping/Banking: South Centre</b> 10:00 🌿 <b>Aqua Fit [Swimming Pool]</b> 10:00 🧠 <b>Outing: Grandfriends Program at Prince Of Wales School</b> 1:00 🧠 <b>Bingo [Activity Room]</b> 1:00 🧠 <b>Shopping: London Drugs, Winners, Home Sense or Dollar Tree</b> 1:30 😊 <b>Choir Practice [Chapel]</b> 3:00 🍷 <b>Happy Hour [Bistro]</b> 6:30 🍷 <b>Cribbage [Games Room]</b> 7:00 😊 <b>Movie Night [Wild Rose Room]</b>	<b>23</b> <b>Weekend Exercises [Wellness Centre]</b> 10:00 🌿 <b>Ping Pong [Wellness Centre]</b> 10:15 🧠 <b>Lighthearted Trivia [Library]</b> 1:00 🌿 <b>Go 4 Life Walking Club [Wellness Centre]</b> 1:15 🧠 <b>Bridge Club [Games Room]</b> 1:30 🌿 <b>Sit &amp; Be Fit [Wellness Centre]</b> 2:15 🌿 <b>Water Walking &amp; Aqua Fit [Swimming Pool]</b> 7:00 😊 <b>Movie Night [Wild Rose Room]</b>
<b>24</b> 9:30 ☀️ <b>Catholic Service [Chapel]</b> 10:00 <b>Outing: Stage West</b> 1:30 😊 <b>Classic Movie Matinee [Wild Rose Room]</b> 3:00 ☀️ <b>Chapel Service [Chapel]</b> 6:30 😊 <b>Sing-a-long w/ Linda [Chapel]</b>	<b>25</b> 9:00 🌿 <b>Daily Fit [Wellness Centre]</b> 9:30 🧠 <b>Shopping/Banking: Deer Run, Shopper's Drug Mart, Wal-mart, Co-op, RBC, CIBC etc.....</b> 10:00 🌿 <b>Aqua Fit [Swimming Pool]</b> 10:30 🧠 <b>Brain Fitness [Activity Room]</b> 1:00 🧠 <b>Bingo [Activity Room]</b> 1:00 <b>Outing: Country Drive</b> 1:15 🧠 <b>Bridge Club [Games Room]</b> 1:30 😊 <b>Movie Matinee with Shelagh [Wild Rose Room]</b> 2:00 🧠 <b>Education Session: Super Foods [Bistro]</b> 3:00 😊 <b>Java Music Club [Fireplace Lounge]</b> 6:30 🐾 <b>Horse Racing [Activity Room]</b> 6:30 🧠 <b>Scrabble [Garden Lounge]</b>	<b>26</b> 9:00 🌿 <b>Daily Fit [Wellness Centre]</b> 9:00 🧠 <b>Resident Council Meeting [Private Dining Room]</b> 10:00 🌿 <b>Yoga [Wellness Centre]</b> 10:30 🧠 <b>Colouring &amp; Company [Activity Room]</b> 1:30 🧠 <b>Knitters for Needy [Activity Room]</b> 1:30 🧠 <b>Quiddler [Fireplace Lounge]</b> 1:30 🧠 <b>Ukulele Circle [Wellness Centre]</b> 3:00 🌿 <b>Sit &amp; Be Fit [Wellness Centre]</b> 3:45 😊 <b>Sing-a-Long with Marlee [Garden Lounge]</b> 7:15 😊 <b>Entertainment Night - Faye Jones, singer [Dining Room]</b>	<b>27</b> 9:00 🌿 <b>Daily Fit [Wellness Centre]</b> 10:00 🧠 <b>Resident Discussion [Dining Room]</b> 12:00 🧠 <b>Resident Birthday Lunch by Invite Only [Bistro]</b> 1:00 🌿 <b>Go 4 Life Walking Club [Wellness Centre]</b> 1:15 🧠 <b>Bridge Club [Games Room]</b> 2:00 🍷 <b>Laughter Yoga [Wellness Centre]</b> 2:00 🌿 <b>Painting w/Alex - The Museum of Modern Art [Activity Room]</b> 2:30 🍷 <b>Tasty Tea [Bistro]</b> 3:15 😊 <b>Piano Prelude [Dining Room]</b> 6:30 🍷 <b>Cribbage [Games Room]</b>	<b>28</b> 9:00 🌿 <b>Daily Fit [Wellness Centre]</b> 10:00 🧠 <b>Health Education [Wild Rose Room]</b> 10:00 <b>Outing: Kananaskis, Lunch at Woody's Pub in the Village</b> 11:00 <b>Shemin Jewelry &amp; Clothing [Lobby]</b> 1:00 🍷 <b>Canasta &amp; Choice Games [Fireplace Lounge]</b> 1:00 <b>Seamstress [Garden Lounge]</b> 2:00 🌿 <b>Shuffleboard [Games Room]</b> 3:00 🌿 <b>Sit &amp; Be Fit [Wellness Centre]</b> 6:30 🧠 <b>Whist [Games Room]</b> 7:00 🧠 <b>Bingo-Resident Run [Activity Room]</b>	<p><b><u>Tidbits</u></b></p> <p><b><i>Birthstone – Amethyst</i></b></p> <p><b><i>Flower – Violet</i></b></p> <p><b><u>What's Lucky in December</u></b></p> <p><b><i>Lucky Colors: Red and pink</i></b></p> <p><b><i>Lucky Numbers: 3 and 7</i></b></p> <p><b><i>Lucky Letters: F and Y</i></b></p> <p><b><i>Lucky Plant: African violet</i></b></p>	

INSPIRED SENIOR LIVING

**OUTINGS**

8th - Lunch at Swiss Chalet

11th - Country Drive

14th - Lunch Box Theatre

15th - Century Downs Casino or Cross Iron Mills

21st - Tour the New Central Library, lunch to follow

25th - Country Drive

28th - Kananaskis, lunch at Woody's Pub in the Village

**Go4Life.**

Be active 4 ways everyday!

from the National Institute on Aging at NIH