




## FEBRUARY 2019 MOMENTS



				1 <b>FRIDAY</b>	2 <b>SATURDAY</b>
				10:00 FAMILY PHYSIO WITH JOANNE 11:00 RC COMMUNION 1:00 ADULT COLORING 3:00 JUMPING JIMMY 4:00 GAMES ON NZL 6:00 NEWS HIGHLIGHTS 7:00 MOVIE NIGHT SOCIAL	2:00 GROUNDHOG DAY MOVIE 3:00 COFFEE AND TEA TIME 4:00 BALL TOSS 6:00 NEWS HIGHLIGHTS 7:00 DETROIT RED WINGS VS THE SENS
3 <b>FOOTBALL SUNDAY</b>	4 <b>MONDAY</b>	5 <b>TUESDAY</b>	6 <b>WEDNESDAY</b>	7 <b>THURSDAY</b>	8 <b>FRIDAY</b>
2:00 MUSIC FOR YOUR EARS 3:00 COFFEE AND TEA TIME 4:00 CHAIR DANCING 6:30 SUPER BOWL 53	9:30 MORNING MEDITATION 10:00 SNACK AND CHAT 11:00 ALLEN SINGING 1:30 FAMILY PHYSIO WITH JOANNE 3:00 COLORING 4:00 BINGO 6:00 NEWS AND REVIEWS 7:00 MOVIE OF YOUR CHOICE	9:30 MUSIC 10:00 CHAIR YOGA 11:00 COFFEE AND TEA 1:00 PUZZLEMANIA 2:00 BEAN BAG TOSS 3:00 AFTERNOON TV 4:00 STORY TIME 6:00 NEWS AND REVIEWS	9:30 MUSIC TO MOVE BY 10:45 CHINESE NEW YEAR PERFORMANCE & BUFFET 1:30 FAMILY PHYSIO WITH JOANNE 3:00 WINE AND CHEESE SOCIAL 4:00 CARDS AND GAMES 6:00 PUZZLE PEICING 7:00 WEDNESDAY SITCOMS	9:30 FITNESS CLUB 10:00 MEMORY LANE 11:00 COFFEE TIME 1:30 NEWSWORTHY 2:00 LIFESKILLS STATION 3:00 BINGO 4:00 DAILY TRIVIA 7:00 MOVIE TIME	10:00 FAMILY PHYSIO 11:00 RC COMMUNION 1:00 LET'S COLOR 2:00 HEARING AID CLINIC (PDR) 3:00 SPENCER SCHARF 4:00 RING TOSS 6:00 NEWS HIGHLIGHTS 7:00 MOVIE NIGHT SOCIAL
10 <b>SUNDAY</b>	11 <b>MONDAY</b>	12 <b>TUESDAY</b>	13 <b>WEDNESDAY</b>	14 <b>THURSDAY</b>	15 <b>FRIDAY</b>
2:00 LET'S MOVE 3:00 HYDRATION TIME 4:00 DAILY TRIVIA 6:00 NEWS HIGHLIGHTS 7:00 MOVIE NIGHT	9:30 MORNING STRETCH 10:00 LET'S CHAT 11:00 ALLEN SINGING 1:30 FAMILY PHYSIO WITH JOANNE 3:00 BINGO 4:00 BALL TOSS 6:00 NEWS AND REVIEWS 7:00 MOVIE OF YOUR PICKING	9:30 MUSIC 10:00 VALENTINE'S CARDS 11:00 SING-A-LONG 2:00 HEART HEALTH & STROKE PRESENTATION 3:00 LIBRARY VISIT 6:00 NEWS AND REVIEWS 7:00 TUESDAY DOCUMENTARY	9:30 MORNING STRETCH 10:00 COFFEE BREAK 1:30 FAMILY PHYSIO WITH JOANNE 2:30 WHAT IS IN THE NEWS 3:00 WINE AND CHEESE SOCIAL 4:00 MUSIC 6:00 LIFESKILLS STATION 7:00 WEDNESDAY TV	<b>HAPPY VALENTINE'S DAY</b> 9:30 MUSIC AND FITNESS 10:00 COFFEE AND TEA 11:00 CARD MAKING 1:30 LATIN CHAIR DANCING 4:00 TV SHOW 5:00 SWEETHEART DINNER 6:00 NEWS 7:00 ROMANTIC MOVIE	10:00 FAMILY PHYSIO WITH JOANNE 11:00 RC COMMUNION 2:00 LET'S PAINT 3:00 EIO GEORGE 4:00 BINGO 6:00 LOCAL NEWS 7:00 FRIDAY NIGHT FLICK
17 <b>SUNDAY</b>	18 <b>MONDAY</b>	19 <b>TUESDAY</b>	20 <b>WEDNESDAY</b>	21 <b>THURSDAY</b>	22 <b>FRIDAY</b>
10:00 MENS' BREAKFAST 3:00 HYDRATION TIME 4:00 READING ALOUD 6:00 NEWS HIGHLIGHTS 7:00 MOVIE NIGHT	9:30 MUSIC TO STRETCH 10:00 DAILY TRIVIA 11:00 ALLEN SINGING 1:30 FAMILY PHYSIO WITH JOANNE 3:00 BINGO 4:00 NOODLE TOSS 6:00 NEWS AND REVIEWS 7:00 MOVIE OF YOUR CHOICE	9:30 MORNING MEDITATION 10:00 SNACK AND CHAT 11:00 NEWS OF THEDAY 2:00 FUNNY VIDEOS 2:30 BALL TOSS 3:00 ADULT COLORING 4:00 ARTS AND CRAFTS 6:00 CTV NEWS 7:00 TUESDAY TV	9:30 WAKE UP TO YOGA 10:00 COFFEE & TEA TIME 11:00 MUSIC TO RELAX 1:30 FAMILY PHYSIO WITH JOANNE 2:00 STICKERS, CUT & PASTE 3:00 WINE AND CHEESE SOCIAL 4:00 CARDS AND GAMES 6:00 OTTAWA NEWS	9:30 FITNESS CLUB 10:00 HEALTHY HABITS 11:00 LIFESKILLS STATION 1:30 WHAT IS IN THE NEWS 3:00 TOWN HALL 6:00 NEWS 7:00 THURSDAY TV	9:30 WAKE UP YOGA 10:00 THOUGHT FOR THE DAY 11:00 RC COMMUNION 1:00 BALL TOSS 3:00 STANLEY FRANK 6:00 NEWS HIGHLIGHTS 7:00 MOVIE NIGHT SOCIAL
24 <b>SUNDAY</b>	25 <b>MONDAY</b>	26 <b>TUESDAY</b>	27 <b>WEDNESDAY</b>	28 <b>THURSDAY</b>	
2:00 CHAIR YOGA 3:00 HYDRATION TIME 4:00 STORY TIME 6:00 NEWS HIGHLIGHTS 7:00 CALGARY FLAMES VS THE SENS	9:30 MUSIC AND FITNESS 10:00 MEMORY LANE 11:00 ALLEN SINGING 2:00 LET'S MOVE 3:00 BINGO 4:00 FUN FACTS 6:00 NEWS AND REVIEWS 7:00 MOVIE OF YOUR CHOICE	9:30 MORNING MEDITATION 10:00 BALL TOSS 11:00 BISTRO TRIVIA 2:00 LET'S CREATE 3:00 READING ALOUD 4:00 DANCING 6:00 NEWS AND REVIEWS 7:00 TUESDAY TV	9:30 MORNING MUSIC 10:00 COFFEE BREAK 2:00 SIT AND STRETCH 2:00 ADULT COLORING 3:00 WINE AND CHEESE SOCIAL 4:00 CARDS AND GAMES 6:00 GAMES ON NZL 7:00 MOVIE OF YOUR CHOICE	9:30 LET'S DANCE 10:00 COFFEE AND TEA TIME 11:00 THIS DAY IN HISTORY 1:30 LATIN CHAIR DANCING 2:00 BINGO 3:00 GAMES ON NZL 4:00 STORYTIME 6:00 LOCAL NEWS	