


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<sup>1</sup> 1:00 pm Bingo 5:00 pm Meal Program 7:15 pm Crib Night	<sup>2</sup> <b>Pancake Brunch</b>
<sup>3</sup> <i>BINGO</i> 1:00 pm	<sup>4</sup> 9:00 am Qi Gong 10:00 am Exercises	<sup>5</sup> 9:30 am Floor Exercises 10:00 am Exercises 11:00am Community Chorus 1:00 pm Quilting 1:30 pm Scrabble 1:30 pm Floor Games 5:00 pm Meal Program	<sup>6</sup> 10:00 am Exercises 5:00 pm Meal Program <i>1:00 pm Arthritis Support</i>	<sup>7</sup> 9:00 am Qi Gong 10:00 am Exercises <i>1:00 pm Grief Support</i> 1:30 pm Sip & Stitch	<sup>8</sup> 1:00 pm Bingo 5:00 pm Meal Program 7:15 pm Crib Night	<sup>9</sup>
<sup>10</sup> <i>BINGO</i> 1:00 pm	<sup>11</sup> 9:00 am Qi Gong 10:00 am Exercises	<sup>12</sup> 9:30 am Floor Exercises 10:00 am Exercises 11:00am Community Chorus 1:00 pm Quilting 1:30 pm Scrabble 1:30 pm Floor Games 5:00 pm Meal Program <i>7:00 pm Family Support</i> <i>...for family &amp; friends of individuals who have mental illness.</i>	<sup>13</sup> 10:00 am Exercises  <i>Presentation</i> <i>Parkinson's &amp; Nutrition</i> <i>1:30 pm</i>  <i>6:00 pm Dance Class</i>	<sup>14</sup> 9:00 am Qi Gong 10:00 am Exercises 1:30 pm Sip & Stitch  <i>Valentines Dance</i> <i>7:00-11:00</i>  	<sup>15</sup> 1:00 pm Bingo 5:00 pm Meal Program 7:15 pm Crib Night	<sup>16</sup> <b>Ladies Nite Out</b>
<sup>17</sup> <i>BINGO</i> 1:00 pm	<sup>18</sup> <b>Closed Louie Riel Day</b>  <i>7:00 pm Mood Disorder Support</i>	<sup>19</sup> 9:30 am Floor Exercises 10:00 am Exercises 11:00am Community Chorus 1:00 pm Quilting 1:30 pm Scrabble 1:30 pm Floor Games 5:00 pm Meal Program	<sup>20</sup> 10:00 am Exercises 5:00 pm Meal Program  <i>Dinner &amp; Movie</i> <i>"Wonder"</i> <i>Dinner 5:00 Movie 6:15</i>	<sup>21</sup> 9:00 am Qi Gong 10:00 am Exercises 1:30 pm Sip & Stitch	<sup>22</sup> 1:00 pm Bingo 5:00 pm Meal Program 7:15 pm Crib Night	<sup>23</sup>
<sup>24</sup> <i>BINGO</i> 1:00 pm	<sup>25</sup> 9:00 am Qi Gong 10:00 am Exercises	<sup>26</sup> 9:30 am Floor Exercises 10:00 am Exercises 11:00am Community Chorus 1:00 pm Quilting 1:30 pm Scrabble 1:30 pm Floor Games 5:00 pm Meal Program	<sup>27</sup> 10:00 am Exercises 5:00 pm Meal Program <i>6:00 pm Dance Class</i>	<sup>28</sup> 9:00 am Qi Gong 10:00 am Exercises 1:30 pm Sip & Stitch		