

FEBRUARY

Downey

Legend

Do - Downey
Ha - Hagey
Jo - Johnston
Ma - Matthews
Po - Pollock

Wr - Wright
C - Chapel
CC - Community Centre
CY - Courtyard
FC - Fitness Centre

L - Library
MS - Main Street
RH - Retirement

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2 Groundhog Day 10:00 For the Soul 11:00 You and Me 2:00 Circle of Friends: Groundhog Hunt 3:00 Stepping Out</p>	<p>3 2:00 Movie & Popcorn: The Day the Music Died 3:30 Total Body Fitness (FC) 3:30 Green Thumbs 6:30 Games Show Trivia (CC)</p>	<p>4 9:30 Rosary (C) 10:00-3:00 Back to Basics 2:00 Bingo (Wr) 3:15 Hand Therapy 3:30 Brains & Banter 6:30 In the Kitchen (CC)</p>	<p>5 10:00 Contemplating Life with Mike (C) 2:00 Domino/ Card Games 3:00 Brain and Banter 3:30 Balance Class (FC) 6:30 Documentary & Popcorn (C)</p>	<p>6 9:30 Chapel Service (C) 10:30 Zumba (FC) 11:00 You and Me 1:30 Van Outing 6:30 Active Games (MS)</p>	<p>7 9:30 Friendly Visit 10:30 Sit N Get Fit 11:00 Soothing Sensation 1:30-3:30 Football with Pal 2:00 Bingo on Downey 6:30 Crafting Club (CC)</p>	<p>8 9:30 Neighbourhood Time 10:30 Valentine's Day Craft 2:00 Entertainment (Do) 3:30 You & Me</p>
<p>9 Superbowl LIX 9:30 For the Soul 10:30 Manicures & Nail Care 2:00 Super Bowl-Tailgate Party 3:30 Cards and Dominoes</p>	<p>10 9:30 You and Me 11:00 For the Fun of Fit 2:00 Travelling cart: Hot Chocolate 3:30 Total Body Fitness (FC) 3:30 Green Thumbs 6:30 Games Show Trivia (CC)</p>	<p>11 9:30 Rosary (C) 10:45 Art with Sonal 11:00 You and Me 2:00 Bingo (MS) 3:15 Tai Chi (FC) 3:30 Calendar Planning & Bill of Rights Meeting 6:30 Devotions (C)</p>	<p>12 2:00 Tim Horton Social 3:00 Travelogue: Off to the Romantic Rhine 3:30 Balance Class (FC) 6:30 Games Night (CC)</p>	<p>13 9:30 Chapel Service (C) 10:30 Zumba (FC) 11:00 Stepping Out 2:00 You and Me 3:00 Express Yourself: Making Valentine's Card 6:30 Active Games (MS)</p>	<p>14 Valentine's Day 9:30 You & Me 10:30 Sit N Get Fit 2:00 Valentine's Social (MS) 3:30 Neighbourhood Time 3:30 Active Games (FC) 6:30 Crafting Club (CC)</p>	<p>15 9:30 Daily Perk 11:00 Stepping Out 1:00 Four Nations Hockey Game (C) 2:00 Games Afternoon (MS) 3:15 You and Me</p>

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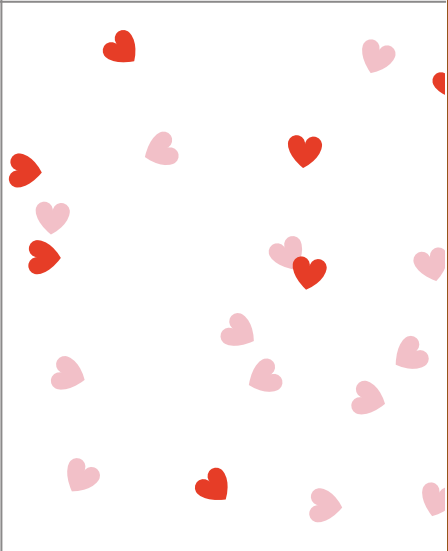
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16 10:00 For the Soul 11:00 Musical Moments 2:00 Circle of Friends 3:00 Stepping Out	17 Family Day 9:30 Friendly Visits 11:00 Card/ Domino Games 2:00 Family Day Event 6:30 Games Show Trivia (CC)	18 9:30 Rosary (C) 10:45 Art with Sonal 2:00 Bingo (MS) 3:15 Hand Therapy 3:30 Soothing Sensations 6:30 In the Kitchen (CC)	19 10:00 Contemplating Life with Mike (C) 2:00 Travelling Cart: Sundaes 3:00 Circle of Friends 3:30 Balance Class (FC) 6:30 Games Night (CC)	20 9:30 Chapel Service (C) 11:00 Nail Care/ Manicures 10:30 Zumba (FC) 2:00 Resident's Council (C) 2:15 Brain and Banter 3:00 Stepping Out 6:30 Active Games (MS)	21 11:00-3:00 All Day Bus Outing 10:30 Sit N Get Fit 3:30 Active Games (FC) 6:30 Crafting Club (CC)	22 9:30 Daily Perk 10:30 Travel the World 2:00 Entertainment (Ma) 3:00 Brains & Banter
23 9:30 For the Soul 10:30 Short Stories 2:00 Target Toss 3:00 You & Me	24 9:30 Neighbourhood Time 11:00 Express Yourself 2:00 Travelling Cart: General Store 3:00 Brains and Banter 3:30 Total Body Fitness (FC) 3:30 Green Thumbs 6:30 Games Show Trivia (CC)	25 9:30 Rosary (C) 10:45 Art with Sonal 2:00 Bingo (MS) 3:15 Tai Chi (FC) 3:30 Music on Demand 6:30 Devotions (C)	26 Pink Shirt Day 2:00 Food Committee (C) 2:15 Wisdom Wednesday 3:00 Circle of Friends 3:30 Balance Class (FC) 6:30 Games Night (CC)	27 9:30 Friendly Visits 10:00 Celebration of Life (C) 10:30 Zumba (FC) 11:00 Musical Moments 2:00 Circle of Friends 3:00 Brain and Banter 6:30 Active Games (MS)	28 9:30 Neighbourhood Time 10:30 Sit N Get Fit 2:00 Bingo on Pollock 3:30 Stepping Out 3:30 Active Games (FC) 6:30 Crafting Club (CC)	

Entertainment:

February 1st - Entertainment with Jim Young on Johnston
 February 8th - Entertainment with the Dynamic Duo on Downey
 February 14th - Entertainment with Jontue Elan on Main Street
 February 22nd - Entertainment with Lyns Piano Duet on Matthews

Outings:

February 6th - Conestoga Mall
 February 21st - Splitsville Waterloo

Calendar Planning and Resident Bill of Rights

We invite you to attend this meeting on your neighbourhood. Learn about your Bill of Rights. Have your input as we plan next month's activities, programs, and outings!
 Hosted by your Recreation Team Member.

Your Recreation Team:

Full-Time - Pearl
 Part-Time - Danica