

# FEBRUARY

## Johnston

### 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
<b>2 Groundhog Day</b> 11:15 Stepping Out 2:00 Bingo 4:00 Manicures 5:15 Homemade pizza with Julia	<b>3</b> 10:30 Sit N Get Fit with PAL 11:00 Express Yourself 2:00 Let's get Crafty 3:30 Total Body Fitness (FC) 6:30 Games Show Trivia (CC)	<b>4 10-3 Back to Basics</b> 9:30 Rosary (C) 10:30 Let's Color 2:00 Bingo (Wr) 3:15 Hand Therapy (FC) 6:30 In the Kitchen (CC)	<b>5</b> 10:00 Neighbourhood Time 10:00 Contemplating Life with Mike (C) 11:00 Morning Stretches 2:00 In the Kitchen: Pillsbury Cookies 3:30 Stepping Out 3:30 Balance Class (FC) 6:30 Documentary & Popcorn (C)	<b>6</b> 9:30 Chapel Service (C) 10:00 Green Thumbs 10:30 Zumba (FC) 2:00 Let's Paint 6:30 Active Games (MS)	<b>7</b> 2:00 Express Yourself 1:30 Football with PAL (FC) 4:00 You and Me 6:30 Crafting Club (CC)	<b>1</b> 10:00 Calendar Hang Up 11:00 Neighbourhood Decorating 2:00 Entertainment (Jo) 3:30 You and Me
<b>9 Superbowl LIX</b> 9:30 Weekend Perks 10:00 For The Soul 2:00 Bingo	<b>10</b> 9:30 Brains and Banter 10:30 Sit N Get Fit with PAL 11:00 Neighbourhood Time 2:00 Express Yourself: Valentines Craft 3:30 Total Body Fitness (FC) 6:30 Games Show Trivia (CC)	<b>11</b> 9:30 Rosary (C) 10:00 Soothing Sensations 11:00 Morning Stretches 2:00 Bingo (MS) 3:15 Tai Chi (FC) 4:00 You and Me 6:30 Devotions (C)	<b>12</b> 9:15 Art with Sonal 10:30 Valentines Day Pictures 2:00 Bill Of Rights and Calendar Planning 3:30 Balance Class (FC) 6:30 Games Night (CC)	<b>13</b> 9:30 Chapel Service (C) 10:00 Green Thumbs 10:30 Zumba (FC) 1:30 Outing 3:30 Let's Color 6:30 Active Games (MS)	<b>14 Valentine's Day</b> 9:30 Express Yourself 10:30 Manicures 2:00 Valentine's Social (MS) 3:30 Active Games (FC) 6:30 Crafting Club (CC)	<b>15</b> 9:30 Weekend Perks 10:30 Hockey Shoot Out 1:00 Four Nations Hockey Game (C) 2:00 Games Afternoon (MS) 3:00 You and Me

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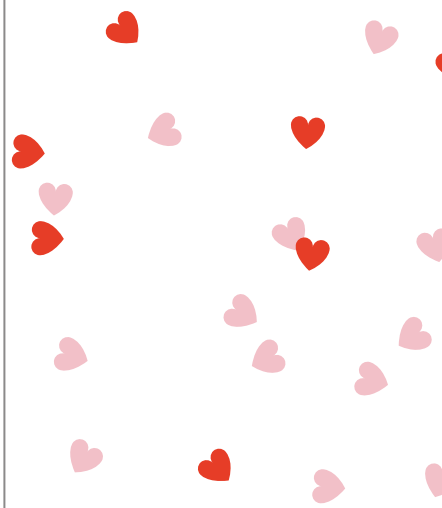
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<b>16</b> 11:15 Stepping Out 2:00 Bingo 4:00 Manicures 5:15 Homemade Sub Sandwiches with Julia	<b>17 Family Day</b> 9:30 You and Me 10:30 Manicures 2:00 Family Celebrations (MS) 6:30 Games Show Trivia (CC)	<b>18</b> 9:30 Rosary (C) 10:00 Let's Create 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 In the Kitchen (CC)	<b>19</b> 9:15 Art with Sonal 10:00 Contemplating Life with Mike (C) 10:00 Neighbourhood Time 11:00 Morning Stretches 3:30 Balance Class (FC) 6:30 Games Night (CC)	<b>20</b> 9:30 Chapel Service (C) 10:00 Green Thumbs 10:30 Zumba (FC) 2:00 Resident's Council (C) 6:30 Active Games (MS)	<b>21</b> 2:00 You and Me 3:30 Active Games (FC) 4:00 Express Yourself 6:30 Crafting Club (CC)	<b>22</b> 9:30 Weekend Perks 10:30 Let's Paint 2:00 Entertainment (Ma)
<b>23</b> 9:30 Weekend Perks 10:00 For The Soul 2:00 Bingo	<b>24</b> 9:30 Brains and Banter 10:30 Sit N Get Fit with PAL 11:00 Neighbourhood Time 2:00 Express Yourself 3:30 Total Body Fitness (FC) 6:30 Games Show Trivia (CC)	<b>25</b> 9:00 Bus Outing to Picard Peanuts 9:30 Rosary (C) 2:00 Bingo (MS) 3:15 Tai Chi (FC) 4:00 You and Me 6:30 Devotions (C)	<b>26 Pink Shirt Day</b> 9:15 Art with Sonal 10:30 Manicures 2:00 Food Committee (C) 4:00 You and Me 3:30 Balance Class (FC) 6:30 Games Night (CC)	<b>27</b> 10:00 Celebration of Life (C) 10:00 Green Thumbs 10:30 Zumba (FC) 2:00 Puzzle It Out 6:30 Active Games (MS)	<b>28</b> 9:30 Puzzle It Out 10:30 Let's Color 2:00 Express Yourself 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:

Jan 13th - Bus Outing: Waterloo Walmart  
 Jan 25 - Bus Outing: Picards Peanuts

### 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 - Debi  
 Part-Time - Julia