

# FEBRUARY

## Matthews

### 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>1</b> 9:30 Neighbourhood Time 10:30 Story Time 2:00 Entertainment (Jo) 3:30 You and Me
<b>2 Groundhog Day</b> 9:30 Daily Perks 10:00 For the Soul 11:00 Express Yourself 2:00 Movie and Ice Cream	<b>3</b> 9:30 Express Yourself 11:00 Stepping Out 2:00 Java Music 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 For the Fun of Fit 2:00 Bingo (Wr) 3:15 Hand Therapy (FC) 6:30 In the Kitchen (CC)	<b>5</b> 10:00 Contemplating Life with Mike (C) 10:30 Sit N Get Fit (Wr) 2:00 In the Kitchen 3:30 Balance Class (FC) 6:30 Documentary & Popcorn (C)	<b>6</b> 9:30 Chapel Service (C) 10:30 Zumba (FC) 3:30 Green Thumbs 6:30 Active Games (MS)	<b>7</b> 9:30 Soothing Sensations 10:00 Bingo (Ma) 1:30 Football with PAL (FC) 2:00 Art and Craft 6:30 Crafting Club (CC)	<b>8</b> 9:30 Neighbourhood Time 11:00 Card Games 2:00 Entertainment (Do) 4:00 You and Me
<b>9 Super Bowl Sunday</b> 9:30 Daily Perks 10:00 For the Soul 11:00 Hymn Sing 2:00 Tailgate Party	<b>10</b> 3:30 Total Body Fitness (FC) 4:00 Stepping Out 6:30 Games Show Trivia (CC)	<b>11</b> 9:30 Rosary (C) 10:30 For the Fun of Fit 2:00 Bingo (MS) 3:15 Tai Chi (FC) 6:30 Devotions (C)	<b>12</b> 10:30 Sit N Get Fit (Wr) 10:45 Art with Sonal 2:00 Stepping Out 3:30 Balance Class (FC) 6:30 Games Night (CC)	<b>13</b> 9:30 Chapel Service (C) 10:30 Zumba (FC) 2:00 Residents Bill of Right and Calendar Planning Meeting 3:30 Green Thumbs 6:30 Active Games (MS)	<b>14 Valentine's Day</b> 9:30 Soothing Sensations 10:00 Bingo (Wr) 2:00 Valentine's Social (MS) 3:30 Active Games (FC) 6:30 Crafting Club (CC)	<b>15 4 Nations Hockey</b> 9:30 Neighbourhood Time 1:00 Four Nations Hockey Game 2:00 Games Afternoon (MS) 3:30 You and Me

# FEBRUARY

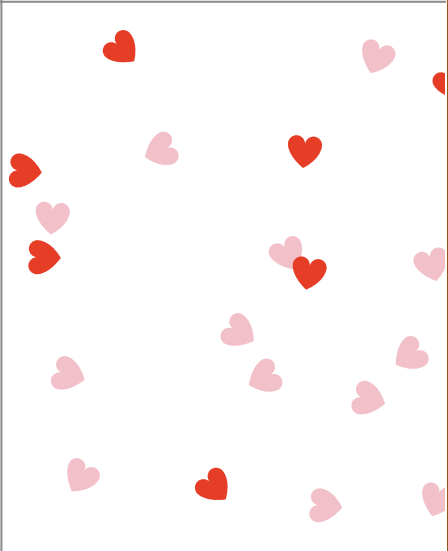
## Matthews

### 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>16</b> 9:30 Daily Perks 10:00 For the Soul 11:00 Stepping Out 2:00 You and Me	<b>17 Family Day</b> 9:30 Brains and Banter 10:30 Express Yourself 2:00 Family Day Social 6:30 Games Show Trivia (CC)	<b>18</b> 9:00 Outing 9:30 Rosary (C) 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 In the Kitchen (CC)	<b>19</b> 10:00 Contemplating Life with Mike (C) 10:30 Sit N Get Fit (Wr) 10:45 Art with Sonal 2:00 Brains and Banter 3:30 Balance Class (FC) 6:30 Games Night (CC)	<b>20</b> 9:30 Chapel Service (C) 10:30 Zumba (FC) 2:00 Resident's Council (C) 3:30 Green Thumbs 6:30 Active Games (MS)	<b>21</b> 9:30 Soothing Sensations 10:00 Bingo (Ma) 11:00-3:00 Outing 3:30 Active Games (FC) 6:30 Crafting Club (CC)	<b>22</b> 9:30 Neighbourhood Time 10:00 Story Time 11:00 You and Me 2:00 Entertainment (Ma)
<b>23</b> 9:30 Daily Perks 10:00 For the Soul 11:00 Board Games 2:00 Brains and Banter	<b>24</b> 2:00 Express Yourself 3:30 Total Body Fitness (FC) 6:30 Games Show Trivia (CC)	<b>25</b> 9:30 Rosary (C) 10:30 For the Fun of Fit 2:00 Bingo (MS) 3:15 Tai Chi (FC) 6:30 Devotions (C)	<b>26 Pink Shirt Day</b> 10:30 Sit N Get Fit (Wr) 10:45 Art with Sonal 2:00 Food Committee (C) 2:30 Manicure 3:30 Balance Class (FC) 6:30 Games Night (CC)	<b>27</b> 10:00 Celebration of Life (C) 10:30 Zumba (FC) 2:00 You and Me 3:30 Green Thumbs 6:30 Active Games (MS)	<b>28</b> 9:30 Soothing Sensations 10:00 Bingo (Wr) 2:00 Fun with Books 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:

**Tuesday, February 18th: Butterfly Conservatory Cambridge**  
**Friday, February 21st: All-Day Outing 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 - Harman  
 Part-Time -