










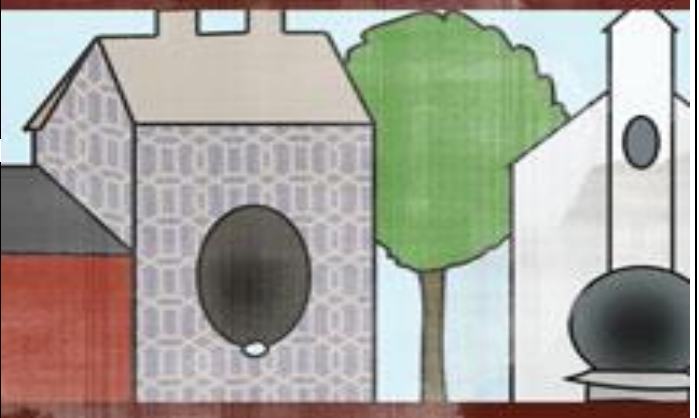


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					9:00 Exercises (Atrium) 9:15 Coach: Meadowlark 10:30 Painting and Colour Art Group (Court Activity Room) 10:30 Catholic Mass & Communion  <b>2:00 Friday Entertainment with The Esso Tones (Atrium)</b>  3:30 Happy Hour (Manor) 7:00 Friday Night Movie (Manor)	<b>Ground Hog Day</b> 9:00 Stretch & Strength (Atrium) 10:30 Big Brain (Court Act. Room)  1:00 Piano with Kevin Li (Atrium) 2:00 Independent Games in the Atrium & Games Lounge 6:45 Knit Wits (Fireside Lnge)
	3	4	5	6	7	8
9:00 Exercises (Atrium)  10:30 Catholic Service and Communion  1:30 Card Bingo (Court Act. Rm)	<b>Week 3 Menu</b> 9:00 Yoga (Act. Rm.)  <b>10:15 Sip and Sing with Ed &amp; Alan (Atrium)</b>  <b>1:15 Coach: Salisbury Greenhouse</b> 1:30 Bingo (Court Activity Room) <b>3:15 Netflix: The Hunt - E4 "Hunger at Sea" (Act. Rm.)</b>  6:00 Pet Visits with Stephen (A) <b>6:30 Health Arts Society Concert: "Jeremy &amp; Rafael" (Atrium)</b> 6:45 Whist/Scrabble (M)	<b>Chinese New Year</b> 9:00 Exercises (Atrium) 9:15 Coach: Meadowlark <b>10:00 Bible Study Group (Chapel)</b> 10:30 Trivia (Court Activity Room)  1:15 Coach: Meadowlark 1:30 Card Bingo (Court Act. Rm.)  <b>3:00 Sing for Fun (Chapel)</b>  6:30 Bingo (Court Activity Room)	9:00 Arthritic Yoga (Activity Room) 10:00 Coach: Court Drive 9:30-2:30 V: Shop Easy (Games Lounge) 10:30 Memory Magic (Atrium) 10:30 Robertson-Wesley Service (Chapel)  1:15 Coach: Southgate <b>1:30 Relaxation Inspired Hand Massages (Atrium)</b>  3:00 Friendship Circle with Rosaly (Chapel)  6:00 Pet Visits with Maisy (A) 6:30 Series: <b>E10 The Crown</b> (C.A.R.)	9:00 Exercises (Atrium) 10:00 Coach: Yellowhead Casino  10:30 Inspirational Literature (Act. Rm.) 10:30 Lutheran Church Service (Chapel)  <b>2:00 Memorial Service for Pat Baker (Chapel)</b>  3:00 Movie Special: "Anne with an E" Episode 5 (Activity Room) <b>3:30 Community Choir Rehearsal Come Join Us in the Atrium!</b> 6:30 Bingo (Court Activity Room)	<b>Pyjama Day</b> 9:00 Exercises (Atrium) 9:15 Coach: Meadowlark 10:30 Painting and Colour Art Group (Court Activity Room)  <b>Pyjama Day!</b> <b>2:00 Friday Entertainment with Young at Heart (Atrium)</b>  3:30 Happy Hour (Manor) 7:00 Friday Night Movie (Manor)	9:00 Stretch & Strength (Atrium) 10:30 Big Brain (Court Act. Room)   1:00 Piano with Kevin Li (Atrium) 2:00 Independent Games in the Atrium & Games Lounge <b>6:30 ADM: Classic Country (Manor)</b> 6:45 Knit Wits (Fireside Lnge)
	10	11	12	13	14	15
9:00 Exercises (Atrium)  10:30 Catholic Service and Communion  1:30 Card Bingo (Court Act. Rm)	<b>Week 1 Menu</b> 9:00 Yoga (Act. Rm.) 10:30 Crosswords (Court Act. Rm) 10:30 -3:00 V: Avon (Atrium)  1:00 Coach: Court Drive 1:30 Bingo (Court Activity Room) <b>3:15 Netflix: The Hunt - E5 "Nowhere to Hide" (Act. Rm.)</b>  6:00 Pet Visits with Stephen (A) 6:30 Art Group (C.A.R.) 6:30 Horse Races (Atrium) 6:45 Whist/Scrabble (M)	9:00 Exercises (Atrium) 9:15 Coach: Meadowlark <b>10:00 Bible Study Group (Chapel)</b> 10-3:00 V: Suzanne's Craft (Manor) 10:30 Trivia (Court Activity Room)  1-4:00 V: Personal Touch (Games Lounge) 1:30 Card Bingo (Court Act. Rm.) <b>3:00 Music Discovery (Act. Rm.)</b>  <b>6:30 ADM: Debbie &amp; Ken (Manor)</b> 6:30 Bingo (Court Activity Room)	9:00 Arthritic Yoga (Activity Room) 10:30 "Brain Cloud" Game (Act. Rm.)   <b>1:30 Arts &amp; Craft: Valentine's Day Craft (Atrium)</b>  3:00 Friendship Circle with Rosaly (Chapel) 6:00 Pet Visits with Maisy (A) <b>7:00 Special Pianist Performance: "Mary Ellen Davidson" (Atrium)</b>	<b>Valentine's Day</b> 9:00 Exercises (Atrium) 9:15 Coach: I.G.A. Grocery 10:30 Friendly Visits 10:30 Anglican Church Service (Chapel)  <b>2:00 Valentine's Day Tea with the Fire Department Band (Atrium)</b> <b>Happy Hour 1:30 - 2:30 Alcoholic Drinks \$5.00 Don't forget your money</b>  6:30 Bingo (Court Activity Room)	<b>National Flag of Canada Day</b> 9:00 Exercises (Atrium) 9:15 Coach: Meadowlark 10:30 Painting and Colour Art Group (Court Activity Room)  <b>2:00 Friday Entertainment with Glenn Gray (Atrium)</b>  3:30 Happy Hour (Manor) 6:30 Shabbat (Chapel) 7:00 Friday Night Movie (Manor)	9:00 Stretch & Strength (Atrium) 10:30 Big Brain (Court Act. Room)   2:00 Independent Games in the Atrium & Games Lounge 6:45 Knit Wits (Fireside Lnge)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>17</b> 9:00 Exercises (Atrium) 10:30 Catholic Service and Communion  1:30 Card Bingo (Court Act. Rm) 3:00 Hymn Sing (Chapel)	<b>18</b> <b>Week 2 Menu</b> <b>Family Day</b> 9:00 Yoga (Act. Rm.) 10:30 Crosswords (Court Act. Rm) 10:30-3:30 V: Sunset Gourmet & Jewels (Atrium) 1:30 Bingo (Court Activity Room) 3:15 Netflix: The Hunt - E6 "Race Against Time" (Act. Rm.) 6:00 Pet Visits with Stephen (A) 6:30 Art Group (C.A.R.) 6:30 Horse Races (Atrium) 6:45 Whist/Scrabble (M)	<b>19</b> 9:00 Exercises (Atrium) <b>10:00 Bible Study Group (Chapel)</b> 10:30 Trivia (Court Activity Room)  1:15 Coach: West Edmonton Mall 1:30 Card Bingo (Court Act. Rm.) 3:00 Sing for Fun (Chapel) 6:30 Bingo (Court Activity Room)	<b>20</b> <b>National Love your Pet Day</b> 9:00 Arthritic Yoga (Activity Room) 10-3:00 V: Pieces by Sharon (Manor) 10-3:00 V: Plussize Creations (Atrium) <b>10:15 Mystery Lunch &amp; Drive</b> <b>10:30 Pet Visits with Thelma &amp; Louise (Atrium)</b> 10:30 Trinity United Service (Chapel) <b>1:30 Chocolate Brownie Day! See you at your door!</b>  3:00 Friendship Circle with Rosaly (Chapel) 6:00 Pet Visits with Maisy (A) <b>6:30 Girl Guides Visits: Hand Massages &amp; Manicures (Act. Rm.)</b> 6:30 Laurier Heights Games Night (A)	<b>21</b> 9:00 Exercises (Atrium) 9:15 Coach: Terra Losa 10:30 Inspirational Literature (Activity Room) 10:30 Anglican Church Service (Chapel)  <b>1:30 International Foods &amp; Trivia (Activity Room)</b> <b>2:45 Community Choir Rehearsal Come Join Us in the Atrium!</b> 3:00 Movie Special: "Anne with an E" Episode 6 (Activity Room) 6:30 Bingo (Court Activity Room)	<b>22</b> 9:00 Exercises (Atrium) 10:30 Painting and Colour Art Group (Court Activity Room) <b>10:30 11:30 Library Day (McKenzie Lounge)</b> 1:15 Coach: Meadowlark 3:30 Happy Hour (Manor) <b>6:30 Hollywood Night "The Oscars" with The Central Lions Band (Atrium)</b>  9:00 Stretch & Strength (Atrium) 10:30 Big Brain (Court Act. Room) 1:00 Piano with Kevin Li (Atrium) 2:00 Independent Games in the Atrium & Games Lounge  6:45 Knit Wits (Fireside Lnge)	<b>23</b>
<b>24</b> 9:00 Exercises (Atrium) 10:30 Catholic Service and Communion  <b>2:00 Special Performance: Chinese Cultural Group (Atrium)</b> 3:00 Hymn Sing (Chapel)	<b>25</b> <b>Week 3 Menu</b> 9:00 Yoga (Act. Rm.) 10:30 Crosswords (Court Act. Rm)  <b>2:00 Court Birthday Tea with Bobby Vann (Atrium)</b> 6:00 Pet Visits with Stephen (A) <b>6:30 Special Performance: "Josephburg Men's Choir" (Atrium)</b> 6:45 Whist/Scrabble (M)	<b>26</b> 9:00 Exercises (Atrium) <b>10:00 Bible Study Group (Chapel)</b> 10:00 Coach: Court Outing 10:30 Trivia (Court Activity Room)  1:15 Coach: Winners/Save On 1:30 Card Bingo (Court Act. Rm.) <b>3:00 Short Stories with Edmonton Public Library (Act. Rm.)</b> *No Bingo*	<b>27</b> <b>Pink Shirt Day</b> 9:00 Arthritic Yoga (Activity Room) 9:15 Coach: Superstore 10:30 Penny Ante (Atrium) <b>1:30 Arts &amp; Crafts: Mardi Gras Craft with Grade 6 Parkview Students (Activity Room)</b> 3:00 Friendship Circle with Rosaly (Chapel) 6:00 Pet Visits with Maisy (A) <b>6:30 Series: Brainchild E1 &amp; E2 (C.A.R.)</b>	<b>28</b> <b>National Chili Day</b> 9:00 Exercises (Atrium) 9:15 Coach: Meadowlark 10:30 Friendly Visits 10:30 Anglican Church Service (Chapel) 11-3:00 V: Mary's Popcorn Tops (Atrium)  <b>1:30 Popcorn &amp; a Movie "All Roads Lead to Rome" (Activity Room)</b>  <b>6:30 ADM: with Dwayne Cannan (Manor)</b> 6:30 Bingo (Court Activity Room)		

**ALL PROGRAMS ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE.**

**Activities Department Staff: (Supervisor) Mbalia Kamara  
(Co-ordinators) Leana, Kelly, Brenda, Vanessa, Miranda, Steph, Liz, & Haylee**

**Activities: 780-930-3736**

**Court Reception: 780-483-5361**

**Nursing Station: 780-930-3734**

**Legend:**

- C= Court
- M= Manor
- A= Atrium
- A.D.M. = After Dinner Music
- V = Vendor
- C.A.R. = Court Activity Room
- Mack. L = MacKenzie Lounge (Library)

