



















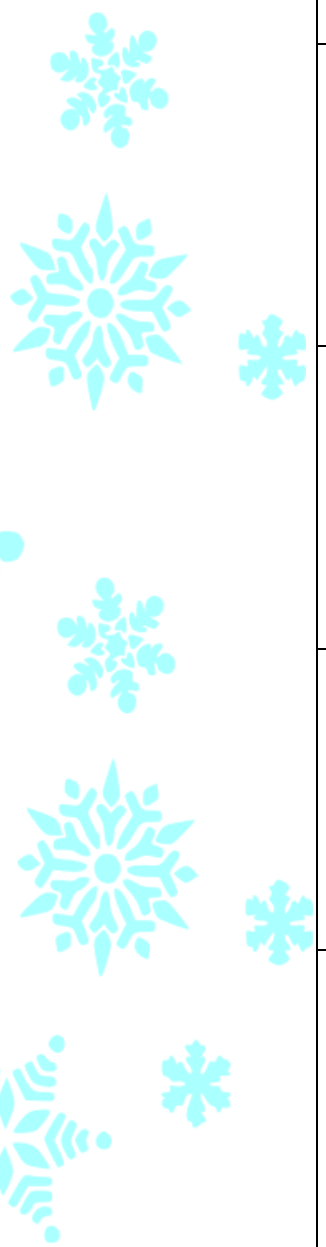
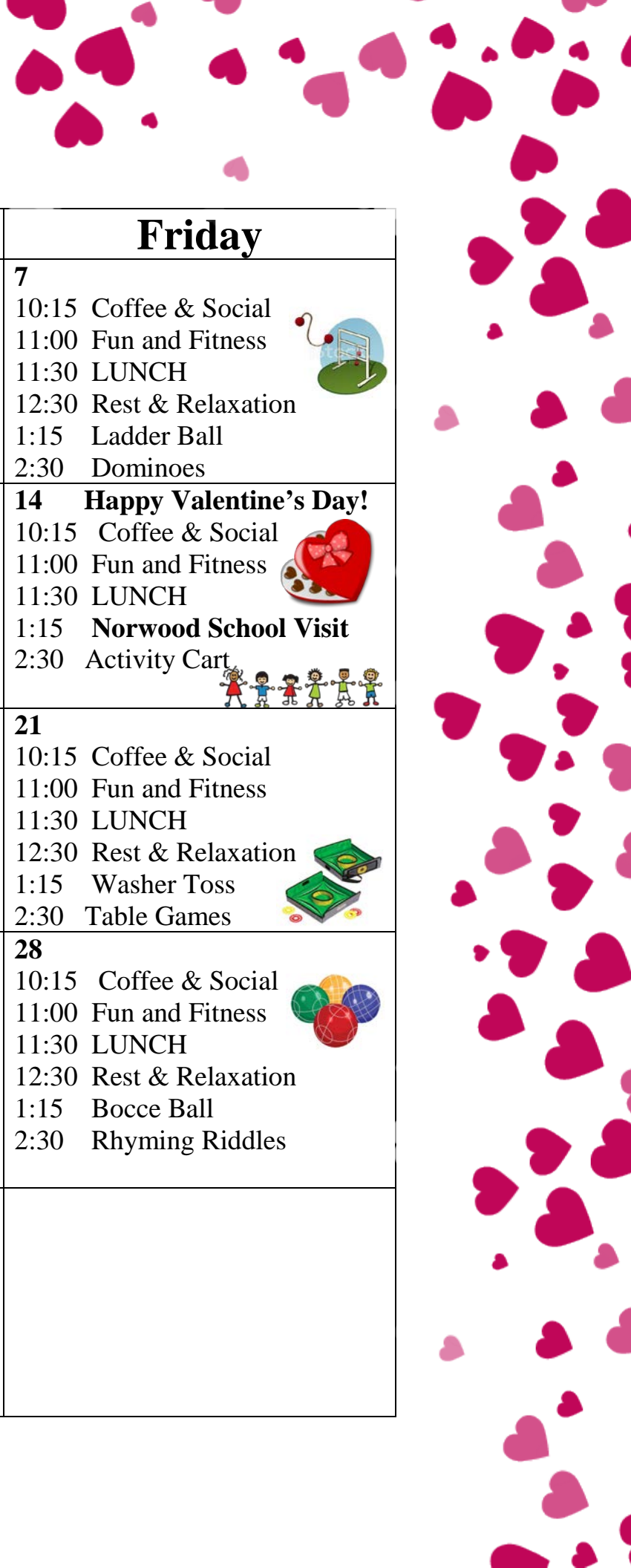
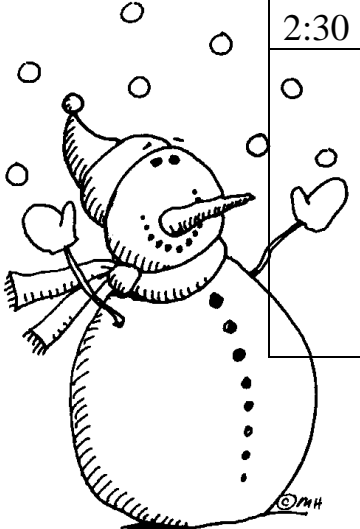


# February 2020

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday  |
|---|--|---|--|---|
| <b>3</b><br>10:15 Ice Breakers<br>11:00 Fun and Fitness<br>11:30 LUNCH<br>12:30 Trivia<br>1:15 Bocce Ball<br>2:30 Cards    | <b>4</b><br>10:15 Morning Crossword<br>11:00 Fun and Fitness<br>11:30 LUNCH<br>12:30 Scattergories<br>1:15 Ring Toss<br>2:30 Table Games    | <b>5</b><br>10:15 Mental Aerobics<br>11:00 Fun and Fitness<br>11:30 LUNCH<br>1:15 <b>Entertainment: The Brits</b><br>2:30 Shake Loose a Memory     | <b>6</b><br>10:15 Coffee & Social<br>11:00 Fun and Fitness<br>11:30 LUNCH<br>12:30 Rest & Relaxation<br>1:15 <b>Bingo</b><br>2:30 Documentary         | <b>7</b><br>10:15 Coffee & Social<br>11:00 Fun and Fitness<br>11:30 LUNCH<br>12:30 Rest & Relaxation<br>1:15 Ladder Ball<br>2:30 Dominoes                    |
| <b>10</b><br>10:15 Morning Crossword<br>11:00 Fun and Fitness<br>11:30 LUNCH<br>12:30 Mental Aerobics<br>1:15 Hockey<br>2:30 Pictionary                                    | <b>11</b><br>10:15 Trivia<br>11:00 Fun and Fitness<br>11:30 LUNCH<br>12:30 The Right Word<br>1:15 Balloon Racquetball<br>2:30 Cards   | <b>12</b><br>10:15 Dice Breakers<br>11:00 Fun and Fitness<br>11:30 LUNCH<br>12:30 Fun Facts: True or False?<br>1:15 Launch Pad<br>2:30 Sing-along  | <b>13</b><br>10:15 Coloring<br>11:00 Fun and Fitness<br>11:30 LUNCH<br>1:15 Lawn Toss<br>1:15 <b>Relaxation with Jackie</b><br>2:30 Word in a Word    | <b>14 Happy Valentine's Day!</b><br>10:15 Coffee & Social<br>11:00 Fun and Fitness<br>11:30 LUNCH<br>1:15 <b>Norwood School Visit</b><br>2:30 Activity Cart  |
| <b>17 Program Closed</b><br>  | <b>18</b><br>10:15 Coffee & Social<br>11:00 Fun and Fitness<br>11:30 LUNCH<br>12:30 Rest & Relaxation<br>1:15 <b>Bingo</b><br>2:30 Coloring & Puzzles                                  | <b>19</b><br>10:15 Coffee & Social<br>11:00 Fun and Fitness<br>11:30 LUNCH<br>12:30 Rest & Relaxation<br>1:15 Horseraces<br>2:30 Word in a Word  | <b>20</b><br>10:15 Coffee & Social<br>11:00 Fun and Fitness<br>11:30 LUNCH<br>12:30 Rest & Relaxation<br>1:15 Frisbee Golf<br>2:30 Boggle            | <b>21</b><br>10:15 Coffee & Social<br>11:00 Fun and Fitness<br>11:30 LUNCH<br>12:30 Rest & Relaxation<br>1:15 Washer Toss<br>2:30 Table Games              |
| <b>24</b><br>10:15 Morning Crossword<br>11:00 Fun and Fitness<br>11:30 LUNCH<br>12:30 Word in a Word<br>1:15 Croquet<br><b>1:15 Client Council</b><br>2:30 Tell a Story  | <b>25</b><br>10:15 Morning Crossword<br>11:00 Fun and Fitness<br>11:30 LUNCH<br>12:30 Tuesday Trivia<br>1:15 Bean Bag Toss<br><b>1:15 Relaxation with Jackie</b><br>2:30 Table Games  | <b>26</b><br>10:15 Ice Breakers<br>11:00 Fun and Fitness<br>11:30 LUNCH<br>12:30 The Right Word<br>1:15 <b>Bingo</b><br>2:30 Game of Things      | <b>27</b><br>10:15 Coffee & Social<br>11:00 Fun and Fitness<br>11:30 LUNCH<br>1:15 <b>Entertainment: Jackson Mackenzie</b><br>2:30 Finishing Words  | <b>28</b><br>10:15 Coffee & Social<br>11:00 Fun and Fitness<br>11:30 LUNCH<br>12:30 Rest & Relaxation<br>1:15 Bocce Ball<br>2:30 Rhyming Riddles           |

**\*\* Please Note \*\*** Calendar may change at times  
 If you have any questions regarding recreation programs, please call Ashton Huber (Recreation Therapist at (780) 944-8676



# hello

• FEBRUARY •

## Upcoming Events

- Wednesday, February 5 – Entertainment with the Brits
- Thursday, February 6 – Bingo!
- Thursday, February 13 – Relaxation with Jackie
- Friday, February 14 – Valentine's Day & Norwood Kindergarten visit
- Tuesday, February 18 – Bingo!
- Monday, February 24 – Client council in Fishbowl Room!
- Tuesday, February 25 – Relaxation with Jackie
- Wednesday, February 26 – Bingo!
- Thursday, February 27 – Entertainment with Jackson Mackenzie



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# HAPPY Valentine's Day

## Birthdays

- Mary H
- Warren C
- Grace B
- Dorothy W
- Joan M
- Valentim D
- Todd B
- Grant V
- Ann R
- Walter G

