

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			LIVING LOVING LOCAL: Alberta Beef	Emotional Intellectual Outing Physical Purposeful Social Spiritual Vendor	Special Days: 2: Groundhog Day 12: L.L.L Dinner 14: Valentine's Day 17: Family Day 18: Italian Night Dinner and Entertainment	9:00 🌿 Weekend Exercises [Wellness Centre] 1 10:00 🌿 Ping Pong [Wellness Centre] 10:45 🌿 Water Walking [Swimming Pool] 1:00 🌿 Lighthearted Trivia *NOTE TIME CHANGE ONLY TODAY* [Activity Room] 1:15 🧠 Bridge Club [Games Room] 2:30 🌿 Entertainment - Calgary Chinese Cultural Centre's Dragon Dancers [Dining Room] 6:15 🧠 Canasta [Fireplace Lounge] 7:00 😊 Movie Night - "Always Be My Maybe" [Wild Rose Room]
Groundhog Day 2 9:30 ☀️ Catholic Service [Chapel] 1:30 😊 Classic Movie Matinee - "Groundhog Day" [Wild Rose Room] 3:00 ☀️ Chapel Service [Chapel] 6:30 😊 Sing-a-long w/ Linda [Activity Room]	3 9:00 🌿 Daily Fit [Wellness Centre] 10:00 🌿 Aqua Fit [Swimming Pool] 10:00 🛒 Vendor: Tocara Jewelry [Lobby] 10:30 🧠 Brain Fitness [Activity Room] 1:00 🧠 Bingo [Activity Room] 1:00 🧠 Mini Manicures with Susan [Garden Lounge] 1:15 🧠 Bridge Club [Games Room] 1:15 🧠 Tech Talk - Help with Technology [Library] 2:00 🧠 Book Club [Library] 2:30 🌿 Tasty Tea [Bistro] 6:30 🌿 Horse Racing [Activity Room] 6:30 🧠 Scrabble [Fireplace Lounge]	4 9:00 🌿 Daily Fit [Wellness Centre] 10:00 🌿 Go 4 Life Walk n' Talk [Wellness Centre] 10:00 🌿 Seated Yoga [Wellness Centre] 10:30 🧠 Colouring & Company [Activity Room] 1:00 🧠 Knitters for Needy [Activity Room] 1:30 🌿 Choice Games with Chrystina - "Yahtzee" [Fireplace Lounge] 1:30 🧠 Ukulele Circle [Wellness Centre] 2:00 ☀️ McDougall United Church Service [Chapel] 2:15 🧠 Card Making Class: Valentines Cards [Activity Room] 3:00 🌿 Sit & Be Fit [Wellness Centre] 7:15 😊 Entertainment Night: William Bjorn [Dining Room]	5 9:00 🌿 Daily Fit [Wellness Centre] 10:00 🧠 Meet the Chef [Bistro] 10:00 🌿 Ping Pong [Wellness Centre] 1:15 🧠 Art Lecture - Calgary Public Art Displays [Activity Room] 1:15 🧠 Bridge Club [Games Room] 1:15 ☀️ Java Music Club [Garden Lounge] 1:30 Quiddler - With Strathcona Students [Fireplace Lounge] 2:00 ☀️ Painting w/Alex - The Museum of Modern Art [Activity Room] 2:15 🌿 Education Session: Super Foods - "Tomatoes" [Bistro] 3:15 😊 Piano Prelude with Dara Yours [Dining Room] 6:30 🌿 Cribbage [Games Room]	6 9:00 🌿 Daily Fit [Wellness Centre] 9:30 🛒 Shopping/Banking: Deer Run, Shopper's Drug Mart, Walmart, RBC, Co-op etc. 10:00 🧠 Health Education [Wild Rose Room] 11:45 🛒 Outing: Lunch at Olive Garden and Bowling for Seniors at Let's Bowl 1:00 🌿 Canasta & Choice Games [Fireplace Lounge] 1:15 🧠 Tech Talk - Help with Technology [Library] 2:00 🌿 Shuffleboard [Games Room] 3:00 🌿 Sit & Be Fit [Wellness Centre] 6:30 🧠 Whist [Games Room] 7:00 🧠 Bingo-Resident Run [Activity Room]	7 9:00 🌿 Daily Fit [Wellness Centre] 9:30 🛒 Shopping: South Center/Promenade 10:00 🌿 Aqua Fit [Swimming Pool] 10:00 🌿 Go 4 Life Walk n' Talk [Wellness Centre] 11:00 🛒 Outing: Lunch at Earl's Kitchen and Bar 1:00 🧠 Bingo [Activity Room] 1:30 😊 Mindful Meditation [Wild Rose Room] 1:45 🛒 Shopping: London Drugs, Winners, Dollar Tree etc. 3:00 🌿 Happy Hour [Bistro] 6:30 🌿 Cribbage [Games Room] 7:00 😊 Movie Night - "Pursuit of Happiness" [Wild Rose Room]	8 9:00 🌿 Weekend Exercises [Wellness Centre] 10:00 🌿 Ping Pong [Wellness Centre] 10:45 🌿 Water Walking [Swimming Pool] 1:15 🧠 Bridge Club [Games Room] 1:30 🌿 Sit & Be Fit [Wellness Centre] 2:30 🧠 Lighthearted Trivia [Activity Room] 6:15 🧠 Canasta [Fireplace Lounge] 7:00 😊 Movie Night - "Pursuit of Happiness" [Wild Rose Room]
9 9:30 ☀️ Catholic Service [Chapel] 1:30 😊 Classic Movie Matinee [Wild Rose Room] 3:00 ☀️ Chapel Service [Chapel] 6:30 😊 Sing-a-long w/ Linda [Activity Room]	10 9:00 🌿 Daily Fit [Wellness Centre] 9:45 🛒 Shopping/Banking: Shawnessy Walmart, Michaels, BMO, Nygard Etc. 10:00 🌿 Aqua Fit [Swimming Pool] 10:30 🧠 Brain Fitness [Activity Room] 10:30 🛒 The Nutman [Lobby] 1:00 🧠 Bingo [Activity Room] 1:00 🛒 Country Drive 1:15 🧠 Bridge Club [Games Room] 1:15 🧠 Tech Talk - Help with Technology [Library] 2:30 🌿 Tasty Tea [Bistro] 6:30 🌿 Horse Racing [Activity Room] 6:30 🧠 Scrabble [Fireplace Lounge]	11 9:00 🌿 Daily Fit [Wellness Centre] 9:30 🛒 Hearing Aid Clinic - By Appointment Only [Library] 10:00 🌿 Go 4 Life Walk n' Talk [Wellness Centre] 10:00 🌿 Seated Yoga [Wellness Centre] 10:30 🧠 Colouring & Company [Activity Room] 1:00 🧠 Knitters for Needy [Activity Room] 1:30 ☀️ Anglican Communion [Chapel] 1:30 🌿 Choice Games with Chrystina [Fireplace Lounge] 1:30 🧠 Ukulele Circle [Wellness Centre] 3:00 🌿 Sit & Be Fit [Wellness Centre] 7:15 😊 Entertainment Night: Linda Kitchin [Dining Room]	12 9:00 🌿 Daily Fit [Wellness Centre] 10:00 🌿 Aqua Fit [Swimming Pool] 10:00 🌿 Ping Pong [Wellness Centre] 1:15 🧠 Bridge Club [Games Room] 1:15 ☀️ Java Music Club [Garden Lounge] 1:30 Quiddler - With Strathcona Students [Fireplace Lounge] 2:00 ☀️ Painting w/Alex - The Museum of Modern Art [Activity Room] 2:00 🧠 Special Event: Life Enrichment Open House [Wellness Centre] 6:30 🌿 Cribbage [Games Room]	13 9:00 🌿 Daily Fit [Wellness Centre] 9:30 🛒 Outing: Banff for Lunch at Maclab Bistro and tour of Kinnear Center for Creativity and Innovation 10:00 🧠 Health Education [Wild Rose Room] 1:00 🌿 Canasta & Choice Games [Fireplace Lounge] 1:00 🛒 Seamstress [Garden Lounge] 1:15 🧠 Tech Talk - Help with Technology [Library] 2:00 🧠 Fit Minds [Activity Room] 2:00 🌿 Shuffleboard [Games Room] 3:00 🌿 Sit & Be Fit [Wellness Centre] 6:30 🧠 Whist [Games Room] 7:00 🧠 Bingo-Resident Run [Activity Room]	14 Valentine's Day 9:00 🌿 Daily Fit [Wellness Centre] 9:30 🛒 Shopping/Banking: Promenade or South Center 10:00 🌿 Aqua Fit [Swimming Pool] 10:00 🌿 Go 4 Life Walk n' Talk [Wellness Centre] 10:15 ☀️ Catholic Mass [Chapel] 11:00 🛒 Valentines Day Lunch Outing: Boston Pizza 1:00 🧠 Bingo [Activity Room] 1:30 😊 Mindful Meditation [Wild Rose Room] 1:30 🛒 Shopping: Deer Run, Shopper's Drug Mart, Walmart, Co-op, RBC, CIBC etc... 3:00 🌿 Happy Hour: Valentine's Celebration [Bistro] 6:30 🌿 Cribbage [Games Room] 7:00 😊 Movie Night [Wild Rose Room]	15 9:00 🌿 Weekend Exercises [Wellness Centre] 10:00 🌿 Ping Pong [Wellness Centre] 10:45 🌿 Water Walking [Swimming Pool] 1:15 🧠 Bridge Club [Games Room] 1:30 🌿 Sit & Be Fit [Wellness Centre] 2:30 🧠 Lighthearted Trivia [Activity Room] 6:15 🧠 Canasta [Fireplace Lounge] 7:00 😊 Movie Night [Wild Rose Room]

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16 9:30 ☀️ Catholic Service [Chapel] 1:30 😊 Classic Movie Matinee [Wild Rose Room] 3:00 ☀️ Chapel Service [Chapel] 6:30 😊 Sing-a-long w/ Linda [Activity Room]	17 Family Day 1:00 🧠 Bingo [Activity Room] 1:00 💅 Mini Manicures with Susan [Garden Lounge] 1:15 🧠 Bridge Club [Games Room] 3:00 🎬 Movie Matinee: [Wild Rose Room] 6:30 🎮 Horse Racing [Activity Room] 6:30 🧠 Scrabble [Fireplace Lounge]	18 Italian Day Dinner 9:00 🌿 Daily Fit [Wellness Centre] 10:00 🌿 Go 4 Life Walk n' Talk [Wellness Centre] 10:00 🌿 Seated Yoga [Wellness Centre] 10:30 🎨 Colouring & Company [Activity Room] 1:00 🧠 Knitters for Needy [Activity Room] 1:30 🎮 Choice Games with Chrystina [Fireplace Lounge] 1:30 🎵 Ukulele Circle [Wellness Centre] 2:15 🎨 Card Making Class [Activity Room] 3:00 🌿 Sit & Be Fit [Wellness Centre] 7:15 😊 Entertainment Night: Italian Criscendo Choir [Dining Room]	19 9:00 🌿 Daily Fit [Wellness Centre] 10:00 🌿 Aqua Fit [Swimming Pool] 10:00 🌿 Ping Pong [Wellness Centre] 11:30 🍷 Men's Luncheon [Bistro] 1:15 🎨 Art Lecture - Calgary Public Art Displays [Activity Room] 1:15 🎮 Bridge Club [Games Room] 1:15 ☀️ Java Music Club [Garden Lounge] 1:30 Quiddler - With Strathcona Students [Fireplace Lounge] 2:00 🎨 Painting w/Alex - The Museum of Modern Art [Activity Room] 2:15 🎮 Education Session: Super Foods [Bistro] 3:15 😊 Piano Prelude with Dara Yours [Dining Room] 6:30 🎮 Cribbage [Games Room]	20 9:00 🌿 Daily Fit [Wellness Centre] 9:30 🚗 Shopping/Banking: Promenade or South Center 10:00 🧠 Health Education [Wild Rose Room] 11:30 🚗 Outing: Lunch at Hudson's Tap House followed by Matinee Movie at Shawnessy Theatre - TBD 1:00 🎮 Canasta & Choice Games [Fireplace Lounge] 1:15 🧠 Tech Talk - Help with Technology [Library] 2:00 🌿 Shuffleboard [Games Room] 3:00 🌿 Sit & Be Fit [Wellness Centre] 6:30 🧠 Whist [Games Room] 7:00 🧠 Bingo-Resident Run [Activity Room]	21 9:00 🌿 Daily Fit [Wellness Centre] 9:30 🚗 Shopping: Deerfoot Meadows; Costco, SuperStore, Nordstrom Rack, Walmart, Michaels, Dollarama 10:00 🌿 Aqua Fit [Swimming Pool] 10:00 🌿 Go 4 Life Walk n' Talk [Wellness Centre] 1:00 🧠 Bingo [Activity Room] 1:00 🚗 Shopping/Banking: Shawnessy, Walmart, Michaels, BMO, Nygard etc. 1:30 😊 Mindful Meditation [Wild Rose Room] 3:00 🎮 Happy Hour [Bistro] 6:30 🎮 Cribbage [Games Room] 7:00 😊 Movie Night [Wild Rose Room]	22 9:00 🌿 Weekend Exercises [Wellness Centre] 10:00 🌿 Ping Pong [Wellness Centre] 10:45 🌿 Water Walking [Swimming Pool] 1:15 🧠 Bridge Club [Games Room] 1:30 🌿 Sit & Be Fit [Wellness Centre] 2:30 🧠 Lighthearted Trivia [Activity Room] 6:15 🎮 Canasta [Fireplace Lounge] 7:00 😊 Movie Night [Wild Rose Room]
23 9:30 ☀️ Catholic Service [Chapel] 1:30 😊 Classic Movie Matinee [Wild Rose Room] 3:00 ☀️ Chapel Service [Chapel] 6:30 😊 Sing-a-long w/ Linda [Activity Room]	24 9:00 🌿 Daily Fit [Wellness Centre] 9:30 🚗 Shopping/Banking: South Centre or Promenade [Chapel] 10:00 🌿 Aqua Fit [Swimming Pool] 10:30 🧠 Brain Fitness [Activity Room] 10:30 🛒 The Nutman [Lobby] 1:00 🧠 Bingo [Activity Room] 1:00 🚗 Country Drive 1:00 💅 Mini Manicures with Susan [Garden Lounge] 1:15 🧠 Bridge Club [Games Room] 1:15 🧠 Tech Talk - Help with Technology [Library] 1:30 😊 Movie Matinee with Shelagh [Wild Rose Room] 2:30 🍷 Tasty Tea [Bistro] 6:30 🎮 Horse Racing [Activity Room] 6:30 🧠 Scrabble [Fireplace Lounge]	25 9:00 🌿 Daily Fit [Wellness Centre] 9:00 🧠 Resident Council Meeting [Private Dining Room] 10:00 🌿 Go 4 Life Walk n' Talk [Wellness Centre] 10:00 🌿 Seated Yoga [Wellness Centre] 10:30 🎨 Colouring & Company [Activity Room] 1:00 🧠 Knitters for Needy [Activity Room] 1:30 🎮 Choice Games with Chrystina [Fireplace Lounge] 1:30 🎵 Ukulele Circle [Wellness Centre] 3:00 🌿 Sit & Be Fit [Wellness Centre] 7:15 😊 Entertainment Night: Let's Sing with Laraine and Lorna [Dining Room]	26 9:00 🌿 Daily Fit [Wellness Centre] 10:00 🧠 Resident Discussion [Dining Room] 12:00 🧠 Resident Birthday Lunch by Invite Only [Bistro] 1:15 🧠 Bridge Club [Games Room] 1:15 ☀️ Java Music Club [Garden Lounge] 1:15 🎨 Lecture - Meet Me At The Museum Of Modern Art [Activity Room] 1:30 Quiddler - With Strathcona Students [Fireplace Lounge] 2:00 🎨 Painting w/Alex - The Museum of Modern Art [Activity Room] 2:15 🎮 Education Session: Super Foods [Bistro] 3:15 😊 Piano Prelude with Dara Yours [Dining Room] 6:30 🎮 Cribbage [Games Room]	27 9:00 🌿 Daily Fit [Wellness Centre] 9:30 🚗 Shopping/Banking: Promenade 10:00 🧠 Health Education [Wild Rose Room] 10:15 🚗 Outing: Sundre & District Museum: Wildlife and Pioneer Village exhibitions and Lunch at Original T's 1:00 🎮 Canasta & Choice Games [Fireplace Lounge] 1:00 🛒 Seamstress [Garden Lounge] 1:15 🧠 Tech Talk - Help with Technology [Library] 2:00 🧠 Fit Minds [Activity Room] 2:00 🌿 Shuffleboard [Games Room] 3:00 🌿 Sit & Be Fit [Wellness Centre] 6:30 🧠 Whist [Games Room] 7:00 🧠 Bingo-Resident Run [Activity Room]	28 9:00 🌿 Daily Fit [Wellness Centre] 10:00 🌿 Aqua Fit [Swimming Pool] 10:00 🌿 Go 4 Life Walk n' Talk [Wellness Centre] 10:00 🚗 Outing: Elbow River Casino 1:00 🧠 Bingo [Activity Room] 1:30 😊 Mindful Meditation [Wild Rose Room] 3:00 🎮 Happy Hour [Bistro] 6:30 🎮 Cribbage [Games Room] 7:00 😊 Movie Night [Wild Rose Room] 7:00 🍷 Sandwich Making for the Needy with Calgary Wellness and Unity Society [Activity Room]	29 9:00 🌿 Weekend Exercises [Wellness Centre] 10:00 🌿 Ping Pong [Wellness Centre] 10:45 🌿 Water Walking [Swimming Pool] 1:15 🧠 Bridge Club [Games Room] 1:30 🌿 Sit & Be Fit [Wellness Centre] 2:30 🧠 Lighthearted Trivia [Activity Room] 6:15 🎮 Canasta [Fireplace Lounge] 7:00 😊 Movie Night [Wild Rose Room]



Tidbits
Birthstone: Amethyst
Flower: Violet

What's Lucky This Month!
Lucky Colors: Purple
Lucky Days: Wednesday
Lucky Numbers: 6 & 11
Lucky Letters: H & K



Outings

6: Lunch at Olive Garden and Bowling for Seniors
 7: Lunch at Earl's Kitchen & Bar
 10: Country Drive
 13: Maclab Bistro Banff & tour of Kinnear Center
 14: Valentines Lunch at Boston Pizza

Outings Continued

20: Movie Matinee at Shawnessy Theatre and Lunch at Hudson's Tap House
 24: Country Drive
 27: Sundre & District Museum and Lunch
 28: Elbow River Casino