









February 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Get Crackin' H3 Individual Exercises 10:30 Sit N' Be Fit 1:30 BOARDS & GAMES	2 Get Crackin' H4 Individual Exercises 10:00 Catholic Mass 1:30 BOARDS & GAMES	3 Individual Exercises 10:30 Sit N' Be Fit 1:30 BINGO 	4
5	6 Get Crackin' H1 Individual Exercises 10:30 Sit N' Be Fit 1:30 CARDS & GAMES 	7 Get Crackin' H2 Group Exercises H1/H2 10:00 Bakin' 1:30 <i>Birthday Party H1</i>	8 Get Crackin' H3 Individual Exercises 10:30 Sit N' Be Fit 1:30 <i>"The Old Timers"</i>	9 Get Crackin' H4 Individual Exercises 10:00 Crosswords 1:30 <i>Canteen</i>	10 Individual Exercises 10:30 Sit N' Be Fit 1:30 BINGO 	11 
12 	13 Get Crackin' H1 Individual Exercises 10:30 Sit N' Be Fit 1:30 KAISER CHAMPIONSHIP	14 1:30 "HM's Staff Choir" 05:00 Couples Valentine's Supper	15 Get Crackin' H3 Individual Exercises 10:00 Bakin' 10:30 Sit N' Be Fit 1:30 <i>Birthday Party H2</i>	16 Get Crackin' H4 Individual Exercises Group Exercises H3/H4 1:30 <i>Wine Makin'</i>	17 Individual Exercises 10:30 Sit N' Be Fit 1:30 BINGO 	18
19 	20 NO RECREATION	21 Get Crackin' H2 Group Exercises H1/H2 1:30 <i>Movie Afternoon</i> 1:30 <i>Wine Bottlin'</i>	22 Get Crackin' H3 Individual Exercises 10:30 Sit N' Be Fit 1:30 Walmart Shopping	23 Get Crackin' H4 Individual Exercises 10:00 Crosswords 1:30 <i>Birthday Party H3</i>	24 Individual Exercises 10:30 Sit N' Be Fit 1:30 BINGO 	25
26	27 Get Crackin' H1 Individual Exercises 10:30 Sit N' Be Fit 11:00 WELLNESS H1 12:30 WELLNESS H2 1:30 CARDS & GAMES	28 Get Crackin' H2 Group Exercises H3/H4 11:00 WELLNESS H3 12:30 WELLNESS H4 1:30 <i>"HM's Resident Choir"</i>	Jo-Ann Blanchard Feb. 6th, 1937 Margaret Martens Feb. 10th, 1931 Peter Prystupa Feb. 17th, 1934 Alice Pidwerbeski Feb. 29th, 1924		