













## February 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> Get Crackin' H4 09:30 Group Exercise 10:00 Catholic Church 1:30 Karaoke Afternoon	<b>2</b> Individual Exercise 10:30 Sit N' Be Fit 1:30 BINGO 	<b>3</b> 
<b>4</b> 	<b>5</b> Get Crackin' H1 Individual Exercise 10:30 Sit N' Be Fit 1:30 Hangman 1:30 Dominoes	<b>6</b> Get Crackin' H2 09:30 Group Exercise 10:00 United Church H3 1:30 kaiser H2/H4 1:30 Cribbage H3	<b>7</b> Get Crackin' H3 Individual Exercise 10:30 Sit N' Be Fit H3 11:00 Bakin' H3 1:30 Birthday Party H3 	<b>8</b> Get Crackin' H4 09:30 Group Exercise 10:00 Anglican Church 1:30 Canadian Trivia	<b>9</b> Individual Exercise 10:30 Sit N' Be Fit 1:30 BINGO 	<b>10</b> 
<b>11</b> 	<b>12</b> Get Crackin' H1 Individual Exercise 10:30 Sit N' Be Fit 1:30 Cards & Games 	<b>13</b> Get Crackin' H2 09:30 Group Exercise 1:30 Valentine's Day Celebration "Doug Silvester"	<b>14</b> Get Crackin' H3 Individual Exercise 10:30 Crossword H2 1:30 SkipBo 5:00 Couples Valentine Supper	<b>15</b> Get Crackin' H4 09:30 Group Exercise 10:30 Crossword H3 11:00 Bakin' H2 1:30 Birthday Party H2 	<b>16</b> Individual Exercise 10:30 Sit N' Be Fit 1:30 BINGO 	<b>17</b> 
<b>18</b> 	<b>19</b> No Recreation	<b>20</b> Get Crackin' H2 09:30 Group Exercise 10:30 Crossword 1:30 Kaiser 1:30 Cribbage	<b>21</b> Get Crackin' H3 Individual Exercise 10:30 Sit N' Be Fit 1:30 Entertainment "Joan & wilf Rice"	<b>22</b> Get Crackin' H4 09:30 Group Exercise 10:30 Crossword 11:00 Bakin' 1:30 Birthday Party H4 	<b>23</b> Individual Exercise 10:30 Sit N' Be Fit 1:30 BINGO 	<b>24</b> 
<b>25</b> 	<b>26</b> Get Crackin' H1 Individual Exercise 10:30 Sit N' Be Fit 1:30 Alice P. 100 <sup>th</sup> Birthday Party	<b>27</b> Get Crackin' H2 09:30 Group Exercise 11:00 WELLNESS H1 12:30 WELLNESS H2 1:30 Canteen	<b>28</b> Get Crackin' H3 Individual Exercise 10:30 Sit N' Be Fit 11:00 WELLNESS H3 12:30 WELLNESS H4 1:30 Movie Afternoon	<b>29</b> Get Crackin' H4 09:30 Group Exercise 10:30 Crossword 1:30 Cards & Games 	<b>Happy Birthday</b> Joan Bunce Feb 8, 1937 Margaret Martens Feb 10, 1931 Peter Prystupa Feb 17, 1934 Jacob Weinberger Feb 19, 1947 Alice Pidwerbeski Feb 29, 1924	

