

February 2016

Arbourside Court

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 10:00 Painting With Ellen 1:30 Video Memories 2:45 Put Up Valentines Decorations	2 10:15 Exercise 11:00 Carpet Bowling 1:30 Walk & Roll 3:00 Readings	3 9:30 Casino 2:30 Reno Keno 7: 00 Bingo	4 10:15 Exercise 11:00 Carpet Bowling 2:30 Tai Chi 7:30 Red Skelton Show	5 10:15 Mntl Aerobics 11:45 Lido 4 Chinese Food 1:30 Noodle Hockey 2:30 Happy Hour	6 10:15 Exercise 11:00 Carpet Bowling 2:00 Sandbag Toss 7:00 Bingo
7 10:15 Sandbag Toss 1:00 Communion 1:30 Mental Aerobics 2:30 Church	8 	9 10:15 Exercise 11:00 Carpet Bowling 1:30 Walk & Roll 3:00 Readings	10 10:00 Translink Presentation — HandyDart Changes 2:30 Reno Keno 7: 00 Bingo	11 10:15 Exercise 11:00 Carpet Bowling 2:30 Tai Chi	12 10:15 Mntl Aerobics 10:30 Communion 11:45 Lunch at Swiss Chalet 1:30 Noodle Hockey 2:30 Happy Hour with Carl Ragan	13 10:15 Exercise 11:00 Carpet Bowling 2:00 Sandbag Toss 7:00 Bingo
14 Valentine's Day 10:15 Sandbag Toss 1:30 Mental Aerobics 2:30 Church	15 Video Memories 1:30 Take Down Valentines 3:15 Sandbag Toss	16 10:15 Exercise 11:00 Carpet Bowling 1:30 Walk & Roll 3:00 Readings	17 9:30 Casino 10:00 Hearing Aid 2:30 Reno Keno 7: 00 Bingo	18 10:15 Exercise 11:00 Carpet Bowling 1:30 Heart Health—Pharmasave 2:30 Tai Chi	19 10:15 Mntl Aerobics 9:30 Antique Mall — Fort Langley 1:30 Noodle Hockey 2:30 Happy Hour	20 10:15 Exercise 11:00 Carpet Bowling 2:00 Sandbag Toss 7:00 Bingo
21 10:15 Sandbag Toss 1:30 Mental Aerobics 2:30 Church	22 10:00 Central City Mall 1:30 Video Memories 3:15 Sandbag Toss	23 10:15 Exercise 11:00 Carpet Bowling 1:30 Walk & Roll 3:00 Readings	24 9:30 Casino 2:30 Birthday Party w/ Barry Powel 7: 00 Bingo	25 10:15 Exercise 11:00 Carpet Bowling 2:30 Tai Chi	26 9:45 Bus Tour Harrison Hot Springs—Lunch at Old Settler Pub 2:30 Happy Hour	27 10:15 Exercise 11:00 Carpet Bowling 2:00 Sandbag Toss 7:00 Bingo
28 10:15 Sandbag Toss 1:00 Communion 1:30 Mental Aerobics 2:30 Church	29 10:45 C-Lovers 1:30 Video Memories 3:15 Sandbag Toss					