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| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|--|---|---|---|
|  |  | <i>I love the way your atoms are put together!</i> |  | 1 10:15 Exercise 11:00 Carpet Bowling 1:30 Reno Keno 2:30 Tai Chi | 2 10:00 Pop-Up Card Making with Lil – Part 1 1:30 Noodle Hcky 2:30 Happy Hours | 3 10:15 Exercise 11:00 Carpet Bowling 2:00 Left Right Center 7:00 Bingo |
| 4 10:15 Sandbag Toss 1:00 Communion 1:30 Mental Aerobics 2:30 Church | 5 10:15 Bowling at Scottsdale Lanes 2:30 Video Memories 3:30 Resonate with Joy 3:45 Left Right Center | 6 Massage 9:30 Eddie the Dog 10:15 Exercise 11:00 Carpet Bowling 1:30 Walk & Roll 3:00 Readings 4:00 Bocci Ball | 7 9:30 Painting All Day 4:00 Relax Colouring 7:00 Bingo | 8 10:15 Exercise 11:00 Carpet Bowling 1:30 Reno Keno 2:30 Tai Chi | 9 10:00 Pop-Up Card Making with Lil – Pt 2 10:30 Communion 11:30 Lunch at the Espresso Café 1:30 Noodle Hcky 2:30 Happy Hours | 10 10:15 Exercise 11:00 Carpet Bowling 2:00 Left Right Center 7:00 Bingo |
| 11 10:15 Sandbag Toss 1:30 Mental Aerobics 2:30 Church | 12 BC FAMILY DAY  | 13 Massage 9:30 Eddie the Dog 10:15 Exercise 11:00 Carpet Bowling 1:30 Walk & Roll 3:00 Readings 4:00 Bocci Ball | 14 Valentine's Day 10:00 Valentine Train at Bear Creek Park 2:30 Birthday Party with Barry Powel 7:00 Bingo  | 15 10:15 Exercise 11:00 Carpet Bowling 1:30 Reno Keno 2:30 Tai Chi | 16 9:30 Mental Aerobics 1:30 Noodle Hcky 2:30 Happy Hours | 17 10:15 Exercise 11:00 Carpet Bowling 2:00 Left Right Center 7:00 Bingo |
| 18 10:15 Sandbag Toss 1:00 Communion 1:30 Mental Aerobics 2:30 Church | 19 10:15 Bowling at Scottsdale Lanes 2:00 Video Memories 3:30 Resonate with Joy 3:45 Left Right Center | 20 Massage 9:30 Eddie the Dog 10:15 Exercise 11:00 Carpet Bowling 1:30 Walk & Roll 3:00 Readings 4:00 Bocci Ball | 21 9:00 Absolute Hearing 10:00 Health Corner with Brigita 1:30 Sandbag Toss 2:45 Coffee Klatch 7:00 Bingo | 22 10:15 Exercise 11:00 Carpet Bowling 1:30 Reno Keno 2:30 Tai Chi | 23 10:15 Mental Aerobics 11:00 Lunch at Red Rose Restaurant 1:30 Noodle Hcky 2:30 Happy Hour with Carl | 24 10:15 Exercise 11:00 Carpet Bowling 2:00 Left Right Center 7:00 Bingo |
| 25 10:15 Sandbag Toss 1:00 Communion 1:30 Mental Aerobics 2:30 Church | 26 11:00 Fashion Closet - Heather 2:00 Video Memories 3:30 Left Right Center 3:30 Resonate with Joy | 27 Massage 9:30 Eddie the Dog 10:15 Exercise 11:00 Carpet Bowling 1:30 Walk & Roll 3:00 Readings 4:00 Bocci Ball | 28` 10:00 Massage Presentation - Chonna 11:15 C-Lovers 1:30 Sandbag Toss 2:45 Relaxation Colouring 7:00 Bingo | <i>Roses are red Violets purple You're as sweet as maple syruple</i> |  |  |