

February 2023

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | | | | | |
|--------|--|---------|--|---|---|----------|--|----|---|----|----|
| | | | 9-11 Telerehab (Sign Up Required) 1 Decorate for Valentine's Day 2 Happy Hour | Groundhog Day 10 Exercise 11 Library Program 1 Bingo 2:30 50/50 | 10 Chair Yoga 1 Mall Shopping and Coffee 2:30 Valentine's Masquerade Craft 4 Catholic Church Service | | | | | | |
| 5 | 10 Exercise 11 Silver Sneakers 1 Bingo 2:30 50/50 | 6 | 10 Exercise 11 Resident Meeting 1-3 Craft with Lynn | 7 | 10 Hand Strength Exercise 11 Jenga 2 Happy Hour and Armchair Travel: England | 8 | 10 Exercise 11 Library Program 1 Bingo 2:30 50/50 | 9 | 10 Chair Yoga 11:30 Lunch at The Big Horn 2 Movie Matinee 4 Catholic Church Service | 10 | 11 |
| 12 | 10 Exercise 11 Silver Sneakers 1 Bingo 2:30 50/50 | 13 | Valentine's Day 10 Exercise 11 Pet Social 2 Valentine's Day Masquerade Party | 14 | 9-11 Telerehab (Sign Up Required) 2 Happy Hour: Scotland | 15 | 10 Exercise 11 Library Program 1 Bingo 2:30 50/50 | 16 | 10 Chair Yoga 1 Mall Shopping and Coffee 2 Movie Matinee 4 Catholic Church Service | 17 | 18 |
| 19 | Stat Holiday No Admin Staff | 20 | 10 Exercise 11 Hand Massage 1-3 Craft with Lynn | 21 | Pink T-Shirt Day (Anti-Bullying Day) 9-11 Telerehab (Sign Up Required) 2 Happy Hour (Wear Pink and Receive a Gift) | 22 | 10 Exercise 11 Library Program 1 Bingo 2:30 50/50 | 23 | 10 Chair Yoga 11:30 Lunch at the Grande Cache Hotel 3 Pet Social 4 Catholic Church Service | 24 | 25 |
| 26 | 10 Exercise 11 Silver Sneakers 1 Bingo 2:30 50/50 | 27 | Marissa Away 10 Exercise 11 Ladder Ball 1 Hand Massage 2 Yahtzee | 28 | | | | | | | |

Calendar Subject to Change: Updates will be posted on the whiteboard