

(Please note that changes may occur. Check your weekly program)

## February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:30 Excursion to Mtl. Casino <b>2:00-Art w/ Gilda (3<sup>rd</sup> fl.)</b> 2:00-Watercolors w Marcia 2:30-Tea 3 <sup>rd</sup> 3:00-Tea 4:30 Cocktail Hour 7:45 Bingo	2 10:00-Exercise-3rd 11:00-Exercise 2:00-thomas More 2:30-Tea 3 <sup>rd</sup> <b>3:00 Tea &amp; Music w Mitchell Field</b> 7:30-French Movie	3 10:00 Bowling 3 <sup>rd</sup> 11:00 Wii Bowling 2:00-Tai Chi w Sandra 2:30 Tea 3rd 3:00 Tea 4:30 Cocktail Hour-library 7:45 Movie	4 11:00-Exercise video 2:30 Tea 3rd 3:00 Tea
5 11:00 Yoga Video 2:30 Tea 3rd <b>3:00 -Tea &amp; Music w Paul Cassidy</b>	6 10:00 Activity 3rd 11:00 Knitting Club-Library 2:00 Joe Schwartz Lecture <b>2:00 Yoga w/ Carole Gagnon</b> 2:30 Tea 3rd 3:30 Late Tea 4:00 Bingo 3 <sup>rd</sup>	7 10:00 Exercise 3rd 11:00 Exercise 2 :00 Shopping at The Bay 2:30 Tea 3:30 Late Tea 4:00 Activity 3rd 7:45 Movie Classic	8 10:00 Games-3rd 11:00-Current Events <b>2:00-Art w/ Gilda (3<sup>rd</sup> fl.)</b> 2:00-Watercolors w Marcia 2:30-Tea 3:00-Tea 3:30-Sing-a-Long 4:30 Cocktail Hour 7:45 Bingo	9 10:00-Exercise-3rd 11:00-Exercise 2:00-thomas More 2:30-Tea 3 <sup>rd</sup> 3:00 Tea 7:30-French Movie	10 10:00-Bowling-3rd 11:00-'Wii' bowling 2:00-Tai Chi w Sandra 2:30 Tea 3rd 3:00 -Tea 4:30-Cocktail Hour-library 7:45 Movie	11 11:00-Exercise Video 2:30 Tea 3rd 3:00 Tea
12 11:00-Yoga Video 2:30 Tea 3rd 3:00-Tea	13 10:00 Activity 3rd 11:00 Knitting Club -Library <b>2:00 Yoga w/ Carole Gagnon</b> 2:30 3 <sup>rd</sup> fl. Tea 3:00 Tea <b>3:30 Music Appreciation w/ George Wall</b>	14 10:00 Exercise 3rd 11:00 Exercise 2:00 Prepping for V-Day 2:30 Tea 3rd 3:00 Tea 7:30pm-Recital <i>Valentine's Day</i>	15 Heart and Stroke Foundation-kiosk 10:00-Games-3 <sup>rd</sup> 11:00-Acting Workshop <b>2:00-Art w/ Gilda (3<sup>rd</sup> fl.)</b> 2:00-Watercolors w Marcia 2:30 -Tea 3:00 Tea 4:30 Cocktail Hour 7:45 Bingo	16 10:00 Exercise 3rd 11:00 Exercise 2:00 Thomas More <b>2:30-Birthday w Gerry Baum</b> 2:30 Tea 3:00 Tea 7:45 French Movie	17 10:00 Bowling 3 <sup>rd</sup> 11:00-'Wii' bowling 2 :00-Tai Chi w Sandra 2:30-Tea 3 <sup>rd</sup> <b>3:00-Tea &amp; Music with Nancy Theriault</b> 4:30-Cocktail Hour-library 7:45 Movie	18 11:00-Exercise video 2:30 Tea 3rd 3:00 Tea
19 11:00 Yoga Video 2:30 Tea 3rd <b>3:00 Tea &amp; Music w Vladimir Krassov</b>	20 10:00 Activity 3rd 11:00 Knitting Club-Library <b>2:00 Yoga w/ Carole Gagnon</b> 2:30 3 <sup>rd</sup> fl. Tea 3:00 Coffee Surprise 3:30pm Bingo 3 <sup>rd</sup>	21 10:00 Exercise 3rd 11:00 Exercise 2:00 Shopping Alexis Nihon 2:30-Tea 3:30 Late Tea 7:45 Movie Classic	22 10:00-Games-3rd 11:00-Bean Bag game <b>2:00-Art with Gilda (3<sup>rd</sup> fl.)</b> 2:00-Watercolors w Marcia 2:30 -Tea 3rd 3:00 Tea 3:30 Sing-a-long 4:30 Cocktail Hour 7:45-Bingo	23 10:00 Exercise 3rd 11:00 Exercise 2:00-Thomas More 2:30 Tea 3rd <b>3:00-B-Day w/ Greg Inniss</b> 7:30-French Movie	24 10:00-Bowling-3rd 11:00-'Wii' bowling 2:00-Tai Chi w Sandra 2:30 Tea 3rd 3:00 -Tea 4:30-Cocktail Hour-library 7:45 Movie	25 11:00-Exercise video 2:30 Tea 3rd 3:00 Tea
26 11:00 Yoga Video 2:30 Tea 3rd 3:00 Tea	27 10:00 Activity 3rd 11:00 Knitting Club-Library <b>2:00 Yoga w/ Carole Gagnon</b> 2:30 Tea 3rd 3:00 Tea 3:30pm Bingo 3rd	28 10:00 Exercise 3rd 11:00 Exercise 2:30 Tea 3 <sup>rd</sup> <b>3:00-Tea &amp; Music w Linda Benoy</b> 3:30 Activity 3 <sup>rd</sup> 7:45 Movie Classic	29 10:00-Games-3rd 11:00-Discussions group 2:00-Watercolors w Marcia <b>2:00-Art with Gilda (3<sup>rd</sup> fl.)</b> 2:30 -Tea 3rd 3:00 Tea 4:30 Cocktail Hour 7:45-Bingo			