



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>February</h1> 						<p>1 1:30pm Ecuador: The Royal Tour(L) 7:00pm Popcorn & Movie Night - The Notebook (L)</p>
<p>2 Groundhog Day 1:00pm Afternoon Movie - Groundhog Day (L)</p>	<p>3 9:30am Chair Yoga with Nataliya (AR) 10:30am Resident Council Meeting (AR) 7:00pm Movie - Resident Choice (L)</p>	<p>4 9:30am Exercise Video - Cardio & Strength (AR) 6:30pm - Yahtzee & Snackzee (AR)</p>	<p>5 9:00AM to 12:00PM Foot Nurse 9:30am Exrcies Video - l improve Mobility (AR) 3:00pm Jesse Brown Performances</p>	<p>6 9:30am Exercise with Romain (AR) 2:30pm Veterans Coffee (L) 6:30pm Dessert & Documentaries - Mysteries of the Terracotta Warriors (L)</p>	<p>7 9:30am Exercise Video - Cardio & Standing Exercises (AR) 2:30pm Shuffleboard (AR) 3:30pm Happy Hour (L) 7:00pm Bingo (AR)</p>	<p>8 1:30pm Hidden Turkey(L) 7:00pm Popcorn & Movie Night - Mr. Blandings Builds His Dream House(L)</p>
<p>9 1:00pm Afternoon Movie - South Pacific (L)</p>	<p>10 9:30am Chair Yoga with Nataliya (AR) 7:00pm Movie - Resident Choice (L)</p>	<p>11 9:30am Exercise Video - Cardio & Strength (AR) 1:30pm Resident Meeting with Heather & Leadership Team (AR)</p>	<p>12 9:30am Exrcies Video - l improve Mobility (AR) 1:00pm Art with Monique – Paint Along (AR)</p> 	<p>13 9:30am Exercise with Romain (AR) 2:30pm Veterans Coffee (L) 6:30pm Dessert & Documentaries - The Mystery of Marilyn Monroe (L)</p>	<p>14 Valentine's Day 9:30am Exercise Video - Cardio & Standing Exercises (AR) 2:30pm Shuffleboard (AR) 3:30pm Valentines Party Happy Hour & Dinner (L) 7:00pm Bingo (AR)</p>	<p>15 1:30pm Hidden Poland(L) 7:00pm Popcorn & Movie Night - They Won't Believe Me(L)</p> 
<p>16 1:00pm Afternoon Movie - Dance, Girl, Dance (L)</p>	<p>17 9:30am Chair Yoga with Nataliya (AR) 7:00pm Movie - Resident Choice (L)</p>	<p>18 9:30am Exercise Video - Cardio & Strength (AR) 6:30pm Snack & Stack - Jenga (AR)</p>	<p>19 9:30am Exrcies Video - l improve Mobility (AR) 1:30pm Heart Pharmacy - Matters of the Heart</p> 	<p>20 9:30am Exercise with Romain (AR) 2:30pm Veterans Coffee (L) 6:30pm Dessert & Documentaries - Secrets of the Saqqara Tomb (L)</p>	<p>21 9:30am Exercise Video - Cardio & Standing Exercises (AR) 2:30pm Shuffleboard (AR) 3:30pm Happy Hour (L) 7:00pm Bingo (AR)</p> 	<p>22 1:30pm Rwanda: The Royal Tour(L) ★ 5:00pm Victoria Grizzlies Junior Hockey Game outing 7:00pm Popcorn & Movie Night - A Song is Born(L)</p>
<p>23 2:00pm Afternoon Concert by Dorm! (L)</p>	<p>24 9:30am Chair Yoga with Nataliya (AR) 7:00pm Movie - Resident Choice (L)</p>	<p>25 9:30am Exercise Video - Cardio & Strength (AR) 6:30pm - Yahtzee & Snackzee (AR)</p>	<p>26 9:30am Exrcies Video - l improve Mobility (AR)</p>	<p>27 9:30am Exercise with Romain (AR) 3:00pm Resident Birthday Party (L) 6:30pm Dessert & Documentaries - Unknown Cosmic Time Machine (L)</p>	<p>28 9:30am Exercise Video - Cardio & Standing Exercises (AR) 2:30pm Shuffleboard (AR) 3:30pm Happy Hour (L) 7:00pm Bingo (AR)</p>	<p>Location Key AR - Activity Room L - Lounge DR - Dining Room ★ Sign up at the Front Desk</p>