

RECREATION CHOICES

FEBRUARY 2016

THE HEARTLAND, Bonnie Duffell Recreational Director

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	GROUND HOG DAY—2	3	4	5	6
	9:30 Sittersize 1 Rev it Up 10:15 Sittersize 2 Rev it Up 11:00 Handbells Rev it Up 2:15 Balloon Volley Ball Rev it Up 3:30 Ice Cream Social Bistro 4:30 1:1 Visits 6:30 Games night	9:30 Who's Who Shadow Game 9:30 Flex and Balance 1 Rev it Up 10:15 Flex and Balance 2 Rev it Up 11:00 Choir Rev it up 2:15 Furry Forecasting Story Bistro 3:30 Ipad Games Library 5:00 1:1 Visits 7:00 Ground Hog Day Movie Theatre	10:15 Simply Stretch Rev it Up 11:00 New Age Kurling Bistro 1:15 Walmart 1 2:00 Walmart 2 2:30 Can you Picture This? Bistro 4:15 25 Cent Bingo Library 6:30 Crib and Bridge Bistro 7:00 Documentary Human Planet #5 Theatre	10:15 Communion 10:15 Senior Fitness Rev it Up 10:30 Knottin School Visit Bistro 1:00 Aquasize 1:30 Heavenly Hands 4:15 1:1 Visits 7:00 CBC Radio Program Stuart McLean Theatre	9:30 Ballersize 1 10:15 Ballersize 2 10:50 Blue Sky Music 11:00 Tuck Shop 1:15 Urban Poling— Winter Walk Weekend 2:30 Music Hour with Roli Mac 4:00 1:1 Visits 6:30 Popcorn and Movie	9:00 Crossword Puzzles 9:30 Coffee and Current Events Bistro 1:00 Treat and Movie— Okotoks Theatre 4:15 Urban Poling Winter Walk Weekend 7:00 Classic TV Series
7	8	9	10	11	12	13
9:00 Fill in the Blank 9:45 Urban Poling— Winter Walk Weekend 11:00 Penny Bingo Bistro 2:00 Church Service 3:30 Coffee and Chat Bistro 4:00 1:1 Visits	9:30 Sittersize 1 Rev it Up 10:15 Sittersize 2 Rev it Up 11:00 Handbells Rev it Up 2:30 Music with Reg and Friends Library 3:30 Ice Cream Social - Are you a Monkey? Bistro 4:45 Supper Outing— Happy Valley Chinese Restaurant 7:00 Games Night	9:30 Flex and Balance 1 Rev it Up 10:15 Flex and Balance 2 Rev it Up 11:00 Choir Rev it up 2:30 Prem's Chocolate Demonstration Bistro 3:30 Drama Club Rev it up 5:00 1:1 Visits 7:00 Music with Reg Theroux	10:15 Simply Stretch Rev it Up 11:00 Color Your World Rev it Up 1:15 Walmart 1 2:00 Walmart 2 2:30 Star Struck Reminisce Bistro 4:15 25 Cent Bingo Library 6:30 Crib and Bridge Bistro 7:00 Documentary Human Planet #6	9:30 Chaplain Visit 10:15 Communion 10:15 Senior Fitness Rev it Up 10:30 Bible Study 11:00 Knottin School Visit Bistro 1:15 Westmount School Outing 1:30 Heavenly Hands 4:15 1:1 Visits 7:00 Pub Night with Larry Ford	9:30 Ballersize 1 10:15 Ballersize 2 11:00 Tuck Shop 11:00 New Age Kurling Bistro 1:15 Urban Poling 2:30 Music Hour with William Bjorn Library 4:00 1:1 Visits 6:30 Popcorn and Movie "I Walk the Line"— Johnny Cash Story	9:00 Crossword Puzzles 9:30 Coffee and Current Events Bistro 10:00: Yoga Rev it Up 1:15 Urban Poling 2:30 Chess for the Mind/ Piano for The Heart Theatre 7:00 Classic TV Series
14	15	16	17	18	18	19
9:00 Fill in the Blank 9:45 Urban Poling 11:00 Card Bingo Bistro 2:30 Valentines Day Tea 3:30 Coffee and Chat 4:30 1:1 Visits	10:15 Quiong Exercises Rev it Up 11:00 Family Board Games Bistro 2:15 Indoor Baseball Library 3:30 Ice Cream Social 4:15 1:1 Visits	9:30 Flex and Balance 1 Rev it Up 10:15 Flex and Balance 2 Rev it Up 11:00 Choir 2:15 New Age Kurling Tournament Bistro 3:30 Ipad Games Library 5:00 1:1 visits 7:00 Color Your World Rev it Up	10:15 Simply Stretch Rev it Up 11:00 New Age Kurling Bistro 1:15 Walmart 1 2:00 Walmart 2 2:30 Junk Drawer Detective Bistro 4:15 25 Cent Bingo 6:30 Crib/Bridge 7:00 Documentary Human Planet #7	9:30 Chaplain Visit 10:15 Communion 10:15 Senior Fitness Rev it Up 11:00 Knottin School Visit Bistro 1:00 Aquasize 1:30 Heavenly Hands 4:15 1:1 Visits 6:30 Family Ice Cream Social	9:30 Ballersize 1 Rev it Up 10:15 Ballersize 2 Rev it Up 11:00 Tuck Shop 10:50 Blue Sky Music Theatre 1:15 Urban Poling 2:30 50Cent Horse Racing with Bill Webb 4:00 1:1 Visits 6:30 Popcorn and Movie	9:00 Crossword Puzzles 9:30 Coffee and Current Events 10:00 Yoga 1:15 Urban Poling 2:30 Sing-a-long Library 4:15 1:1 Visits 7:00 Classic TV Series

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	22	23	24	25	26	27
9:00 Fill in the Blank 9:45 Urban Poling 11:00 Penny Bingo Bistro 2:00 Church Service Library 3:30 Coffee and Chat Bistro 4:15 1:1 Visits	9:30 Sittersize 1 Rev it Up 10:15 Sittersize 2 Rev it Up 11:00 Wellness Presentation Theatre 2:15 Wii bowling 3:30 "Book of Awesome" Ice Cream Social Rev it up 4:30 1:1 Visits 7:00 Games Night Bistro	9:30 Flex and Balance 1 Rev it Up 10:15 Flex and Balance 2 Rev it Up 11:00 Choir 2:30 Zumba 3:30 Drama Club Rev it up 5:00 1:1 Visits 7:00 Tree Decorating – Rev it Up Room	10:15 Senior Fitness Rev it Up 11:00 Reading Program Westmount Grade 6 Students 1:15 Dollarama 3:15 Resident Forum Library 4:30 1:1 Visits 6:30 Crib/Bridge 7:00 Documentary Human Planet #8 Theatre	9:30 Chaplain Visit 10:00 Catholic Communion 10:15 Senior Fitness 10:30 Bible Study 11:00 Knottin School Visit 1:00 Aquasize 1:30 Heavenly Hands Rev it up 4:15 1:1 Visits 6:30 Family Ice Cream Social 7:00 CBC Radio Program Stuart McLean Theatre	9:30 Ballersize 1 Rev it Up 10:15 Ballersize 2 Rev it Up 11:00 New Age Kurling Bistro 11:00 Tuck Shop 1:15 Urban Poling 2:30 Music Hour and Birthday Bash with Dale Bell 6:30 Popcorn and Movie	9:00 Crossword Puzzles 9:30 Coffee and Current Events Bistro 10:00 Yoga Rev it Up 1:15 Urban Poling 2:30 Chess For The Mind/ Piano For The Heart Library 4:30 1:1 Visits 7:00 Classic TV Series
28	29					
9:00 Fill in the Blank 9:45 Urban Poling 11:00 Card Bingo Bistro 2:30 Holland Travelogue and Regional Treat 3:30 Coffee and Chat Bistro 4:15 1:1 Visits	9:30 Sittersize 1 Rev it Up 10:15 Sittersize 2 Rev it Up 11:00 Volley Ball Rev It Up 3:00 Welcome to New Residents Music with Jeff Fidor 3:30 Ice Cream Parlor Bistro 4:30 1:1 Visits 7:00 Games Night Bistro					