


Recreation Choices February 2017

Heritage Lodge Retirement Residence • Kim Bates, Recreational Director



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:15 Reading Club (SR) 10:00 Catholic Mass (AR) 11:00 Sit & Stretch (AR) 3:00 Family Physio (AR) 6:00 Skip Bo	2 9:00 Family Physio (AR) 10:10 Cool Cat's Club (AR) 11:00 *Hangman (AR) 1:30 Bingo with France (DR) 6:00 Skip Bo	3 9:00 Family Physio (AR) 9:15 Reading Club (SR) 10:30 Resident Forum (AR) 1:00 Music by Len (L) 3:00 Skip Bo 6:00	4 9:45 Rev. Douglas (AR) 1:45 Sing along with Voix*La (DR) 6:00 Skip Bo 7:00 Movie Time (DR)
	5	6	7	8	9	10
1:00 Lawrence Welk (AR) 6:00 Skip Bo 7:00 Lawrence Welk (L)	11:00 Sit & Stretch (AR) 3:00 Family Physio (AR) 6:00 Skip Bo	10:30 Ladies Coffee Club (AR) 1:30 Presbyterian Church (AR) 2:30 Walking Club 6:00 Skip Bo 7:00 Downton Abby (L)	9:15 Reading Club (SR) 10:00 Catholic Mass (AR) 11:00 Sit & Stretch (AR) 1:00 VKH Fiddlers (L) 3:00 Family Physio (AR) 6:00 Skip Bo Library Day	9:00 Family Physio (AR) 10:10 Cool Cat's Club (AR) 11:00 *What's the difference (AR) 1:30 Bingo with France (DR) 6:00 Skip Bo	9:00 Family Physio (AR) 9:15 Reading Club (SR) 3:00 Barbara's Hour (DR) 6:00 Skip Bo	9:45 Rev. Douglas (AR) 6:00 Skip Bo 7:00 Movie Time (DR)
12	13	14	15	16	17	18
1:00 Music by Good Friends (DR) 6:00 Skip Bo 7:00 Lawrence elk (L)	10:15 *Who does it best (AR) 11:00 Sit & Stretch (AR) 3:00 Family Physio (AR) 6:00 Skip Bo	10:00 Crafts with 3 Guardian Angles (AR) 1:00 Music by Virginia (L) 2:30 Walking Club 6:00 Skip Bo 7:00 Downton Abby (L)	9:15 Reading Club (SR) 10:00 Catholic Mass (AR) 11:00 Sit & Stretch (AR) 1:30 United Church (AR) 3:00 Family Physio (AR) 6:00 Skip Bo	9:00 Family Physio (AR) 10:00 Cool Cat's Club (AR) 11:00 *Riddles (AR) 1:30 Bingo with France (DR) 6:00 Skip Bo	9:00 Family Physio (AR) 9:15 Reading Club (SR) 10:15 Sevens (AR) 1:00 Sing along with Raymond (DR) 6:00 Skip Bo	9:45 Rev. Douglas (AR) 1:30 Bingo with Kim (DR) 6:00 Skip Bo 7:00 Movie Time (DR)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19	20	21	22	23	24	25
1:30 Music by The Paquettes (L) 6:00 Skip Bo 7:00 Lawrence Welk (L)	11:00 Sit & Stretch (AR) 3:00 Family Physio (AR) 6:00 Skip Bo	10:30 Resident Forum (AR) 2:30 Walking Club 6:00 Skip Bo 7:00 Downton Abby (L)	9:15 Reading Club (SR) 10:00 Catholic Mass (AR) 11:00 Sit & Stretch (AR) 1:00 VKH Fiddlers (L) 3:00 Family Physio (AR) 6:00 Skip Bo	9:00 Family Physio (AR) 10:00 Cool Cat's Club (AR) 11:00 *4 pics/1 word (AR) 1:30 Bingo with France (DR) 6:00 Skip Bo	9:00 Family Physio (AR) 9:15 Reading Club (SR) 1:00 Therapeutic Paws (AR) 1:30 Anglican Church (AR) 3:00 Barbara's Hour (DR) 6:00 Skip Bo	9:30 Rev. Douglas (AR) 6:00 Skip Bo 7:00 Movie Time (DR)
26	27	28				
1:00 Lawrence Welk (AR) 6:00 Skip Bo 7:00 Lawrence Welk (L)	10:15 Mental Aerobics (AR) 11:00 Sit & Stretch (AR) 3:00 Family Physio (AR) 6:00 Skip Bo	9:45 Ladies Coffee Club (AR) 11:00 *You Tube (AR) 1:30 Birthday Party (DR) 2:30 Walking Club 3:00 Adult Coloring Club (AR) 6:00 Skip Bo 7:00 Downton Abby (L)				
	ROOM LEGEND DR Dining Room AR Activity Room SR Sun Room SDR Small Dining Room HR Hair Salon L Lobby DT Day Trips	CALENDAR LEGEND Special Events Outings * iPad/Apple TV Programs NEW Revera Programs NEW programs offered		