

RECREATION CHOICES

FEBRUARY 2016

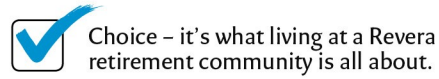
The Bentley, Recreational Manager - Melissa Schmidt

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	9:30a Upper Body Stretches 10am Exercises 10am Old Fashion Foods Dinner Trivia 2pm Ten Cent Bingo 3pm High Tea 7pm Whist	Community Living Pick-Up Day 9:30a BMO & CIBC Banks 9:30a Lower Body Stretches 10am Exercises 1:30p Sobey's 1:30p The Bentley Library Book Exchange 1:30p Presentation: Pain Management for Arthritis 7pm Twiliters	9am Southland Mall Walking 9:30a Upper Body Stretches 10am Exercises 1:15p Cornwall Centre 2pm Walmart East 3pm Wii Games 7pm Bridge	9:30a Catholic Church 9:30a Lower Body Stretches 10am Exercises 10:30 Puzzles & Coffee Chinese Food Buffet 3pm Pool Club 5pm Chinese Food Supper (1 Seating) 7pm Chinese Dancers	*Wear Red Day for Heart & Stroke* 9am Southland Mall Walking 9:30a Sit & Be Fit Exercises 10am Exercises 2pm Bunco 3pm Happy Hour 7pm Movie & Popcorn	10am Tai Chi 1:15p Southland Mall 1:15p Chapters 2pm Walmart South 2pm Ten Cent Bingo 3pm Ice Cream Treats 7pm Card & Board Games
7	Chinese New Year 8	Shrove Tuesday 9	10	11	12	13
9:30a St. Anne's Catholic Church 9:30a Hillsdale Baptist Church 10am Wesley United Church 10am Our Savior's Lutheran Church 10am All Saints' Anglican Church 3pm Hot Chocolate 7pm Pool Club	9:30a Upper Body Stretches 10am Exercises 10:30 Puzzles & Coffee Dinner Trivia 2pm Ten Cent Bingo 3pm High Tea 7pm Whist	9:30a TD & Scotia Banks 9:30a Lower Body Stretches 10am Exercises 11am Anglican Church 1pm The Nut Man 1:30p The Bentley Library Book Exchange 2pm Presentation: Forgiveness 2pm Catholic Women's Group 7pm Regina Heritage Fiddlers	9am Southland Mall Walking 9:30a Upper Body Stretches 10am Exercises 1:15p Sears Bargain Centre 2pm Northgate Mall 3pm Wii Games 7pm Bridge	9:30a Lower Body Stretches 10am Exercises 10:30 Prairie Heart Mobility Walker Clinic 11am United Church 1:30p Independent Grocery 2pm Shuffleboard 7pm Cash Bingo *Melissa off in the afternoon*	9am Southland Mall Walking 9:30a Sit & Be Fit Exercises 10am Exercises 10:30 Puzzles & Coffee 2pm Valentine's Day Party 2pm Joe Bernhardt 7pm Movie & Popcorn	10am Tai Chi 1:15p Southland Mall 1:45p Dollarama 2pm Ten Cent Bingo 2:30p Winners 3pm Ice Cream Treats 7pm Card & Board Games
St. Valentine's 14	Family Day 15	16	17	18	19	20
9:30a St. Anne's Catholic Church 9:30a Hillsdale Baptist Church 10am Wesley United Church 10am Our Savior's Lutheran Church 10am All Saints' Anglican Church 2pm Valentine's Day Tea 7pm Alison Luff	10:30 Puzzles & Coffee 10:30 Pool Club 2pm Ten Cent Bingo 3pm Hot Chocolate 7pm Whist *Melissa Off*	9:30a Conexus Bank 9:30a Lower Body Stretches 10am Exercises Dinner Trivia 1:30p Public Library 2pm The Bentley Library Book Exchange 7pm Mel Hughes	9am Southland Mall Walking 9:30a Upper Body Stretches 10am Exercises 1:30p Safeway 2pm Shuffleboard 3:30p Spelling Bee 7pm Bridge	9:30a Catholic Church 9:30a Lower Body Stretches 10am Exercises 1:15p Walmart South 2pm Walmart South 3pm Wii Games 7pm Cash Bingo	9am Southland Mall Walking 9:30a Sit & Be Fit Exercises 10am Exercises 11:15 Out For Lunch - The Lakeshore 1:30p Trivial Pursuit 3pm Happy Hour 7pm Movie & Popcorn	10am Tai Chi 1:15p Southland Mall 1:15p Chapters 2pm Giant Tiger 2pm Ten Cent Bingo 3pm Ice Cream Treats 7pm Card & Board Games

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	22	23	24	25	26	27
<p>9:30a St. Anne's Catholic Church</p> <p>9:30a Hillsdale Baptist Church</p> <p>10am Wesley United Church</p> <p>10am Our Savior's Lutheran Church</p> <p>10am All Saints' Anglican Church</p> <p>3pm Hot Chocolate</p> <p>7pm Hillsdale Baptist Church</p>	<p>9:30a Upper Body Stretches</p> <p>10am Exercises</p> <p>10:30 Puzzles & Coffee</p> <p>Dinner Trivia</p> <p>2pm Ten Cent Bingo</p> <p>3pm High Tea</p> <p>7pm Irish Dancers</p>	<p>9:30a Royal Bank</p> <p>9:30a Lower Body Stretches</p> <p>10am Exercises</p> <p>1:30p The Bentley Library</p> <p>Book Exchange</p> <p>2pm Shuffleboard</p> <p>2pm Blood Pressure Clinic</p> <p>7pm Cribbage</p>	<p>9am Southland Mall</p> <p>Walking</p> <p>9:30a Upper Body Stretches</p> <p>10am Exercises</p> <p>1:15p Dollarama</p> <p>2pm Southland Mall</p> <p>3pm Wii Games</p> <p>7pm Bridge</p>	<p>9:30a Lower Body Stretches</p> <p>10am Exercises</p> <p>10:30 Puzzles & Coffee</p> <p>1:30p Shopper's Drug Mart</p> <p>2:30p Birthday Cake</p> <p>3:30p Pool Club</p> <p>7pm Harmony 2 Go</p>	<p>9am Southland Mall</p> <p>Walking</p> <p>9:30a Sit & Be Fit Exercises</p> <p>10am Exercises</p> <p>1:30p Casino</p> <p>2pm Presentation: Stages of Alzheimer's Disease</p> <p>3pm Happy Hour</p> <p>7pm Movie & Popcorn</p>	<p>10am Tai Chi</p> <p>1:15p Southland Mall</p> <p>2pm London Drugs</p> <p>2pm Ten Cent Bingo</p> <p>2:45p Staples</p> <p>3pm Ice Cream Treats</p> <p>7pm Card & Board Games</p>
28	29					
<p>9:30a St. Anne's Catholic Church</p> <p>9:30a Hillsdale Baptist Church</p> <p>10am Wesley United Church</p> <p>10am Our Savior's Lutheran Church</p> <p>10am All Saints' Anglican Church</p> <p>3pm Hot Chocolate</p> <p>7pm Hymn Sing with Pat & Laura Shaw</p>	<p>9:30a Upper Body Stretches</p> <p>10am Exercises</p> <p>10:30 Puzzles & Coffee</p> <p>Dinner Trivia</p> <p>2pm Ten Cent Bingo</p> <p>3pm High Tea</p> <p>7pm Whist</p>					