

# RECREATION CHOICES

FEBRUARY 2016

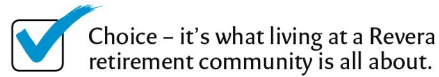
## Parkwood Manor Tania Blake

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<p><b>Sign up for February trips on Friday January 29 any time after 9:00am at the front desk</b></p>	<p>9:00 Nails by Diane-TR 9:30 Bands, Balls, Balance-WC 12:30 Visit with Oliver FSL <b>2:00 Coquitlam Centre</b> 2:30 Tai Chi-WC 2:00 Scrabble-RD 2:00 Tile Rummy-RD 6:45 Cribbage-GB 7:00 Bingo-RD 7:00 Miss. Fisher Murder Mysteries-TR</p>	<p><b>GROUNDHOG DAY</b> 9:30-3:00 Dr. Appointments 9:30 Sit and Fit- WC <b>2:30 Mardi Gras with Peter Paulus-DR</b> 3:30 Happy Hour -GB 4:00 Horse Races-GB 7:00 Sequence-RD 7:30 Hymn Sing-DR</p>	<p>9:30 Get Fit with Val- WC <b>11:00 Sushi Food Restaurant Outing</b> 2:00 Tile Rummy-RD 2:00 Wii Bowling-TR 3:00 Mexican Train- RD 7:00 Sequence-RD 7:00 Netflix Surprise Movie-TR</p>	<p>9:30 Sit &amp; Fit-WC <b>10:30 Save on Foods</b> 12:30 Visit with Buddy-FSL 1:30 Blood Pressure Clinic-TR 2:15 Yoga Sing-along with Chris-FSL 3:30 Happy Hour with Ivana- GB <b>7:30 Entertainment by Brian Gimbel-DR</b></p>	<p>9:30 Bands, Balls, Balance- WC 10:00 Ipad 101-RD 10:30 Current Events-RD 2:30 Sailboats-FSL 7:00 Bingo -RD 7:00 Scrabble-GB 7:00 Women's Movie-TR</p>	<p>9:30 Sit &amp; Fit-WC 10:00 Eucharist Service-PDR 10:30 4 Pics 1 word-TR 1:30 Ipad 101-RD 2:00 Bridge-TR <b>2:30 Come and Learn Sequence and Mexican Train with Deb-RD</b> 3:30 Knitting-TR 7:00 Showtime Movie-TR BUTCH CASSIDY THE SUNDANCE KID</p>
<b>7</b>	<b>FAMILY DAY 8</b>	<b>SHROVE TUESDAY 9</b>	<b>10</b>	<b>11</b>	<b>WEAR RED DAY 12</b>	<b>13</b>
<p><b>SUPERBOWL SUNDAY-TR</b> 10:30 Coffee Talk-GB 1:30 Rummoli-RD 2:30 Church Service-DR 3:30 Knitting-FSL 3:30 Whist-RD 7:00 Bingo with Joe-RD 7:00 Showtime Movie-TR - CAPTAIN PHILLIPS</p>	<p><b>CHINESE NEW YEAR STARTS YEAR OF THE MONKEY</b> 9:30 Tai Chi-WC 10:30 Knitting-TR 11:00 Sofia's Design-FSL 12:30 Visit with Oliver FSL 2:00 Scrabble-RD 2:00 Tile Rummy-RD 6:45 Cribbage-GB 7:00 Bingo-RD 7:00 Miss. Fisher Murder Mysteries -TR</p>	<p><b>Pancake Day &amp; Heart Day</b> 9:30-3:00 Dr. Appointments 9:30 Sit and Fit- WC <b>2:30 Heart Health by the Heart and Stroke Association-DR</b> 3:30 Happy Hour-GB 4:00 Horse Races-GB 7:00 Sequence-RD 7:00 Touring England-TR</p>	<p>9:30 Get Fit with Val- WC <b>10:30 Science World Outing</b> 2:00 Tile Rummy-RD 2:00 Wii Bowling-TR 3:00 Mexican Train-RD 7:00 Sequence-RD 7:00 Netflix Surprise Movie-TR</p>	<p><b>CHOCOLATE DAY</b> 9:30 Sit &amp; Fit-WC <b>10:30 Safeway</b> 2:15 Yoga Sing-along with Chris-FSL 3:30 Happy Hour with Ivana- GB 7:00 Sequence-RD 7:00 Horse Races-GB</p>	<p>9:30 Bands, Balls, Balance- WC 10:00 Ipad 101-RD <b>10:00-2:00 Singing Telegrams</b> <b>2:30 Valentine Tea entertainment by Clearly Classic-DR</b> 7:00 Bingo -RD 7:00 Scrabble-GB 7:00 Women's Movie-TR</p>	<p>9:30 Let's Dance- WC 10:30 You Be the Judge-GB <b>11:15 Movie Pick Meeting-RD</b> 1:30 Ipad 101-RD 2:00 Bridge-TR <b>2:30 Happy Hour with Kim-GB</b> 3:30 Knitting-TR 7:00 Showtime Movie -TR CUT BULLOU</p>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<p><b>HAPPY VALENTINE'S DAY WEAR PINK/ WHITE DAY</b> 10:30 Coffee Talk-GB 1:30 Rummoli-RD 3:30 Knitting-FSL 3:30 Horse Races with Karen-GB 7:00 Showtime Movie -TR - TBA</p>	<p>9:30 Bands, Balls, Balance-WC 10:30 Knitting-TR 12:30 Visit with Oliver -FSL <b>2:00 Coquitlam Centre</b> 2:30 Tai Chi-WC 2:00 Scrabble-RD 2:00 Tile Rummy-RD 6:45 Cribbage-GB 7:00 Bingo-RD 7:00 Miss. Fisher Murder Mysteries-TR</p>	<p>9:30-3:00 Dr. Appointments 9:30 Sit and Fit- WC <b>10:30 New Resident meeting-GB</b> <b>2:30 Ken Playing the Piano-DR</b> 3:30 Happy Hour-GB 4:00 Happy Hour-GB 7:30 Hymn Sing-DR</p>	<p>9:30 Get Fit with Val- WC <b>11:00 Cockney Kings Restaurant Outing</b> 2:00 Tile Rummy-RD <b>2:30 Gentleman's Group-: PoCo Heritage Society CPR Steam Trains-TR</b> 3:00 Mexican Train-RD 7:00 Sequence-RD 7:00 Netflix Surprise Movie-TR</p>	<p>9:30 Sit &amp; Fit-WC 10:00 Church Service-TR <b>10:30 Save on Foods</b> 2:15 Yoga Sing-along with Chris-FSL 3:30 Happy Hour with Ivana- GB 7:00 Sequence-RD <b>7:30 Queen of Hearts Social- True Blue entertains-DR</b></p>	<p>9:30 Bands, Balls, Balance- WC 10:00 Ipad 101-RD 10:30 Current Events-GB <b>2:30 Healing for Grieving with Mary-DR</b> 7:00 Bingo -RD 7:00 Scrabble-GB 7:00 Women's Movie-TR</p>	<p>9:30 Sit &amp; Fit-WC 10:30 You be the Judge-GB 1:30 Ipad 101-RD 2:00 Bridge-TR <b>2:30 High Tea-GB</b> 3:30 Knitting-TR 7:00 Board Game-RD 7:00 Showtime Movie -TR DR.ZHIVAGO PART 1</p>

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<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
10:30 Coffee Talk -GB 1:30 Rummoli-RD 3:30 Knitting-FSL 3:30 Whist-RD 7:00 Bingo with Joe-RD 7:00 Showtime Movie-TR - DR. ZHIVAGO PART 2	9:30 Tai Chi-WC 10:00 Connect Hearing-WC 10:30 Knitting-TR 12:30 Visit with Oliver FSL <b>2:00 Coquitlam Centre</b> 2:00 Scrabble-RD 2:00 Tile Rummy-RD 6:45 Cribbage-GB 7:00 Bingo-RD <b>7:30 Evening Entertainment by Old Friends-DR</b>	9:30-3:00 Dr. Appointments 9:30 Sit and Fit- WC 11:00 Jewelry by Linda-FSL <b>11:30 VIP lunch with Bryan-DR</b> <b>2:30 Parkwood Choir Starts DR</b> 3:30 Happy Hour-GB 4:00 Horse Races-GB <b>7:30 England, Scotland, and Wales Travel Log with the Suede Dogs-DR</b>	9:30 Get Fit with Val- WC 10:30 LifeCare-FSL <b>11:30 Birthday Lunch -DR</b> 2:00 Wii Bowling-TR 2:00 Tile Rummy-RD 3:00 Mexican Train-RD 7:00 Sequence-RD 7:00 Netflix Surprise Movie-TR	9:30 Sit & Fit-WC <b>10:30 Safeway</b> 12:30 Visit with Buddy-FSL 2:15 Yoga Sing-along with Chris-FSL 3:30 Happy Hour with Ivana- GB 7:00 Sequence-RD 7:00 Horse Races-GB	9:30 Bands, Balls, Balance- WC 10:00 Ipad 101-RD 10:30 Current Events-RD <b>2:30 High Tea-GB</b> 7:00 Bingo -RD 7:00 Scrabble-GB 7:00 Women's Movie-TR	9:30 Sit & Fit-WC 10:30 Bean Bag Toss -FSL 1:30 Ipad 101-RD 2:00 Bridge-TR 2:30 Sailboats-FSL 3:30 Knitting-TR 7:00 Showtime Movie -TR CHARIOTS OF FIRE
<b>28</b>	<b>HUG DAY!! LEAP DAY 29</b>					
10:30 Coffee Talk-GB 1:30 Rummoli-RD 3:30 Knitting-FSL 3:30 Whist-RD 3:30 Horse Races with Karen-GB 7:00 Bingo with Joe-RD 7:00 Showtime Movie—TR CROCODILE DUNDEE	9:30 Bands, Balls, Balance-WC 10:30 Knitting-TR 12:30 Visit with Oliver FSL <b>2:00 Coquitlam Centre</b> 2:00 Scrabble-RD 2:00 Tile Rummy-RD 2:30 Tai Chi-WC 6:45 Cribbage-GB 7:00 Bingo-RD 7:00 Miss. Fisher Murder Mysteries-TR					
			<b>Room Legend</b> DR- DINING ROOM FSL- FIRESIDE LOUNGE PDR- PRIVATE DINING ROOM GB-GARDEN BISTRO RD- READER'S DEN TR- THEATRE ROOM WC-WELLNESS ROOM			