


February Daily Activities

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--|--|---|---|--|--|
| | 9 am Ceramics* 10 am Oil Painting 10:30 am Line Dancing 1 pm -Darts | 7:30 a.m. Darts 9 am Table Tennis 10 am Oil Painting 10:15 a.m. Active Fitness 50+ 1 pm Bridge Cribbage 5 pm Kripalu Yoga 6:30 pm Pembroke Duplicate Bridge | 7:30 am Active Fitness 50+ 9:30 am - computer 1-on-1 -Let's get fit -Art Discovery 1 pm 6 hand Euchre | 8:45 a.m. Active Fitness 50+ 10 am Watercolours Qi-Gong 10:30 am Yoga 1 pm Bid Euchre | 8:30 am Active Fitness 50+ 9 am Hooks, Needles & Patchwork 10 am Tai Chi 1 pm Bunco | Saturday Kripalu Yoga with Lynn 9—10:30 a.m. |

ADDITIONAL February ACTIVITIES

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|-----------------------------------|--|--|--|----------------------------|-----|
| * Ceramics has been postponed for February. | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 1 pm– Memoirs | 9 |
| 10 | 11 | 12 10 am Snowshoe Day Laurentian Valley | 13 | 14  | 15 12:30 pm— Drawing | 16 |
| 17 | 18 Centre closed Family Day | 19 No oil painting | 20 130 pm Book Club | 21 | 22 | 23 |
| 24 1:30 pm Movie Matinee | 25 10 am Shaw Woods | 26 | 27 1:30 pm Chat Café 5:30 pm Diner's Delight | 28 | | |