

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Day and Stay Afternoon Programs			12:00 Local News 1:00 February Trivia 1:45 Mini Putt Game 3:00 Puzzling Fun 3:30 Montessori Time 4:00 Ole Exercises	<u>Groundhog Day</u> 12:00 Let's Chat 1:00 Groundhog Facts and Trivia 1:45 Bowling 3:00 Creative Painting 3:30 Montessori Time 4:00 Exercises Groundhog Day	12:00 In the News 1:00 Did You Know...? 1:45 Shuffleboard 3:00 Music Bingo 3:30 Montessori Time 4:00 Let's Move	
5 12:00 Afternoon Discussion 1:00 Do You Hear What I Hear? 1:45 Target Toss 3:00 Let's Read 3:30 Montessori Time 4:00 Fun & Fitness	6 12:00 Let's Chat 1:00 Random Trivia 1:45 Bean Bag Toss 3:00 Finish the Line 3:30 Montessori Time 4:00 Let's Get Moving	7 12:00 What's New 1:00 Take a Guess 1:45 Bowling 3:00 Penny Snatch 3:30 Montessori Time 4:00 Moving to the Beat	8 12:00 Coffee & Discussion 1:00 Trivia Time 1:45 Target Toss 3:00 Finish the Line 3:30 Montessori Time 4:00 Let's Stretch	9 12:00 Let's Talk 1:00 Football Trivia 1:45 Target Toss 3:00 Outburst 3:30 Montessori Time 4:00 Ole Exercises	10 12:00 Group Discussion 1:00 True or False 1:45 Target Toss 3:00 Let's Read 3:30 Montessori Time 4:00 Moving & Grooving	11
12  <u>All About LOVE</u> 12:00 Current Events 1:00 Cupid Trivia 1:45 Shuffleboard 3:00 Making Valentine Cards 3:30 Montessori Time 4:00 Ole Exercises	13 <u>Happy Valentine's Day</u> 12:00 Discussion 1:00 Valentine Trivia 1:45 Bowling 3:00 Let's Read 3:30 Montessori Time 4:00 Dice Roll Exercises Valentine's Day	14 12:00 Local News 1:00 Interactive Trivia 1:45 Target Toss 3:00 The Price is Right 3:30 Montessori Time 4:00 Moving to the Beat	15 12:00 What's New 1:00 Random Trivia 1:45 Bean bag Toss 3:00 Card Bingo 3:30 Montessori Time 4:00 Exercise & Swatter Ball	16 12:00 Current Events 1:00 Trivia Time 1:45 Mini Putt 3:00 Finish the Line 3:30 Montessori Time 4:00 Music in Motion	17 	18
19 	20 <u>Happy Family Day</u> <u>Centre Closed</u> Presidents' Day	21 <u>Mardi Gras/Pancake Day</u> 12:00 What's New 1:00 Mardi Gras Trivia 1:45 Shuffleboard 3:00 Pancake Toss 3:30 Montessori Time 4:00 Easy Stretches Mardi Gras	22 12:00 Coffee & Conversation 1:00 Random Trivia 1:45 Bean Bag Toss 3:00 Let's Read 3:30 Montessori Time 4:00 Exercise Time Ash Wednesday	23 12:00 Local News 1:00 Take a Guess 1:45 Target Toss 3:00 Winter Bingo 3:30 Montessori Time 4:00 Fun & Fitness	24 	25
26 12:00 Exploring the News 1:00 True or False 1:45 Bowling 3:00 What's In The Box 3:30 Montessori Time 4:00 Let's Move	27 12:00 Community Corner 1:00 Trivia Time 1:45 Bowling 3:00 Painting Fun 3:30 Montessori Time 4:00 Music In Motion	28 	 FEBRUARY 2023 			