

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



09:00 Daily News 1  
09:30 Seated Yoga  
10:15 Snack  
10:30 Slow Cooker Meal  
12:00 Lunch Prep/Lunch  
01:00 Drum Fit  
02:00 Snack  
02:30 Life Skills  
03:30 Games

Chinese New Year  
(Year of the Tiger)

09:00 Daily News 2  
09:30 Zumba  
10:15 Snack  
10:30 Meet up/ Social  
12:00 Lunch Prep/Lunch  
12:45 Sewing Creations  
02:00 Snack  
02:15 Book Club  
03:30 Journal Me  
5:00 Cricut Craft night

Groundhog Day

09:00 Daily News 3  
09:30 Tai Chi  
10:15 Snack  
10:30 Slow Cooker Meal  
12:00 Lunch Prep/ Lunch  
01:00 Gym  
02:15 Snack  
02:45 Winter Walk  
03:00 Mind Teasers

09:00 Daily News 4  
09:30 Dance Off  
10:45 Baking  
12:00 Lunch Prep/Lunch  
12:30 Megan's Art Program  
01:30 Volunteering at the Library  
02:45 Meal Planning  
03:45 Journal Me  
6:30 Movie Night



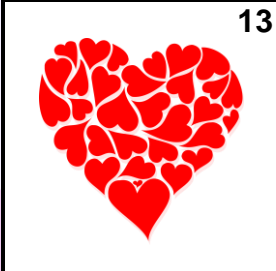
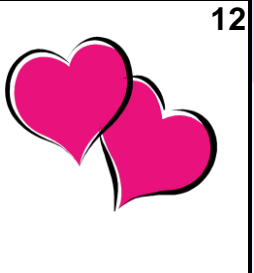
09:00 Daily News 6  
09:30 Swimming 7  
12:00 Lunch Prep/ Lunch  
12:45 Grocery Shopping  
02:30 Snack  
02:45 Healthy Habits:  
Creating Routine  
03:30 Kahoot  
6:30 Horseraces

09:00 Daily News 8  
09:30 Seated Yoga  
10:15 Snack  
10:30 Slow Cooker Meal  
12:00 Lunch Prep/Lunch  
01:00 Body Percussions  
02:00 Snack  
02:30 Life Skills  
03:30 Reading

09:00 Daily News 9  
09:30 Zumba  
10:15 Snack  
10:30 Green Thumb  
12:00 Lunch Prep/Lunch  
12:45 Sewing Creations  
02:00 Snack  
02:15 Book Club  
03:30 Journal Me  
6:30 Karaoke Night

09:00 Daily News 10  
09:30 Tai Chi  
10:15 Snack  
10:30 Slow Cooker Meal  
12:00 Lunch Prep/ Lunch  
01:00 Gym  
02:15 Snack  
02:45 Winter Walk  
03:00 Mind Teasers

09:00 Daily News 11  
09:30 Dance Off  
10:45 Baking  
12:00 Lunch Prep/Lunch  
12:30 Megan's Art Program  
01:30 Volunteering at the Library  
02:45 Meal Planning  
03:45 Journal Me  
5:30 Supper at Mikes



09:00 Daily News 13  
09:30 Swimming  
12:00 Lunch Prep/ Lunch  
12:45 Grocery Shopping  
02:30 Snack  
02:45 Healthy Habits:  
Creating Routine  
03:30 Kahoot  
6:30 Name That Tune

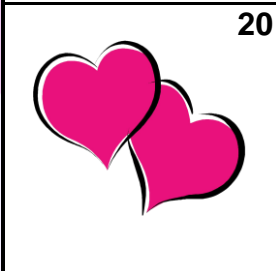
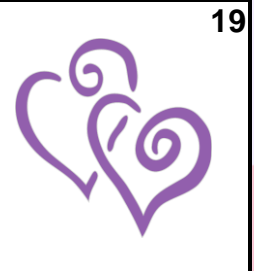
Valentine's Day

09:00 Daily News 14  
09:30 Seated Yoga  
10:15 Snack  
10:30 Slow Cooker Meal  
12:00 Lunch Prep/Lunch  
01:00 Boom Whackers  
02:00 Snack  
02:30 Life Skills  
03:30 Games

09:00 Daily News 15  
09:30 Zumba  
10:15 Snack  
10:30 Meet up/ Social  
12:00 Lunch Prep/Lunch  
12:45 Sewing Creations  
02:00 Snack  
02:15 Book Club  
03:30 Journal Me  
6:30 Let's Cook

09:00 Daily News 16  
09:30 Tai Chi  
10:15 Snack  
10:30 Slow Cooker Meal  
12:00 Lunch Prep/ Lunch  
01:00 Gym  
02:15 Snack  
02:45 Winter Walk  
03:00 Mind Teasers

09:00 Daily News 17  
09:30 Dance Off  
10:45 Baking  
12:00 Lunch Prep/Lunch  
12:30 Megan's Art Program  
01:30 Volunteering at the Library  
02:45 Meal Planning  
03:45 Journal Me  
6:30 Air Hockey Night in Canada



09:00 Daily News 20  
09:30 Swimming  
12:00 Lunch Prep/ Lunch  
12:45 Grocery Shopping  
02:30 Snack  
02:45 Healthy Habits:  
Creating Routine  
03:30 Kahoot  
6:30 Green Thumb-getting ready for spring.

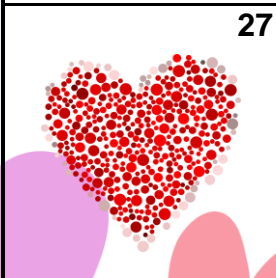
**Family Day**  
  
**No Programs**  
Presidents' Day (US)

09:00 Grocery Shopping 22  
10:15 Snack  
10:30 Slow Cooker Meal  
12:00 Lunch Prep/Lunch  
01:00 Drum Fit  
02:00 Snack  
02:30 Life Skills  
03:30 Reading  
6:30 Parent Night-Heart Math

09:00 Daily News 23  
09:30 Zumba  
10:15 Snack  
10:30 Green Thumb  
12:00 Lunch Prep/Lunch  
12:45 Sewing Creations  
02:00 Snack  
02:15 Book Club  
03:30 Journal Me  
6:30 Karaoke Night

09:00 Daily News 24  
09:30 Tai Chi  
10:15 Snack  
10:30 Slow Cooker Meal  
12:00 Lunch Prep/ Lunch  
01:00 Gym  
02:15 Snack  
02:45 Winter Walk  
03:00 Mind Teasers  
6:30 Pizza Flames Night

09:00 Daily News 25  
09:30 Dance Off  
10:45 Baking  
12:00 Lunch Prep/Lunch  
12:30 Megan's Art Program  
01:30 Volunteering at the Library  
02:45 Meal Planning  
03:45 Journal Me  
6:30 Casino Night



09:00 Daily News 27  
09:30 Swimming  
12:00 Lunch Prep/ Lunch  
12:45 Grocery Shopping  
02:30 Snack  
02:45 Healthy Habits:  
Creating Routine  
03:30 Kahoot  
6:30 Green Thumb-getting ready for spring.

**February 2022**

**Connect Leisure Services ~ 403-324-6786 ~ connectrec.ca**