
















Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Irene B.-Feb. 11 <sup>th</sup> Margaret K.-13 <sup>th</sup> Mildred R.-28 <sup>th</sup>	<b>1</b> Wear Winter Sweater/ Scarf, etc. Day!!! 9:30 Exercise-3 <sup>rd</sup> 10:30 Sing a long with Bonnie & Jodi-2 <sup>nd</sup> fl. 2:00 Bean Bag Toss Tournament-2 <sup>nd</sup> fl.	<b>2</b> Groundhog Day!!! 10:00 Mental Aerobics/ Trivia Hour-Rec. Rm. 2:00 Baking-Rec. Rm. 6:30 Senior Spirit Music Pub Night!!!	<b>3</b> 9:30 Exercise-3 <sup>rd</sup> fl. 10:30 Word Games-3 <sup>rd</sup> 1:00 Library Cart 2:00 	<b>4</b> 9:30 Knit & Knatter- Library 10:00 Drum Circle-2 <sup>nd</sup> fl. <u>2:00 pm</u> Coffee/Tea/Recreation Discussion in the Rec. Room 	<b>5</b> 9:30 Exercise-3 <sup>rd</sup> fl. 10:30 Chicken Soup Reading-Rec. Rm. 2:00 Country Friends Band & Ice-Cream Social-2 <sup>nd</sup> fl. 	
<b>7</b> <u>10:30 am</u> Pet Therapy with Cindy & SweepPea-2 <sup>nd</sup> fl. & Continuing Care	<b>8</b> Wear Valleyview Colors Day!!! Blue/Yellow 9:30 Exercise-3 <sup>rd</sup> fl. 10:30 Valentine Craft 2:00 Celebrating Alberta Winter Games- Valleyview Volleyball-2 <sup>nd</sup>	<b>9</b> 10:00 Church Service-3 <sup>rd</sup> 2:00 Baking Valentine Cookies-Rec. Rm. 6:30 Melody & Song Band-2 <sup>nd</sup> fl.	<b>10</b> 9:30 Exercise-3 <sup>rd</sup> fl 10:30 Word Games-3 <sup>rd</sup> fl. 1:00 Library Cart 2:00 	<b>11</b> 9:30 Knit & Knatter- Library 10:00 Lets play Jeopardy-Rec. Rm. 2:00 Monthly Birthday Party-Ray Harris Music	<b>12</b> Wear Red/Pink Day!!! 10:15 Zumba Chair Dance-2 <sup>nd</sup> 2:00 Valentine Tea Party- 2 <sup>nd</sup> fl. Teresa on piano-Love Songs	<b>13</b> 9:30 Care & Share Time 10:00 Music & Movement-2 <sup>nd</sup> fl.  10:30 Songs We Remember-Rec. Rm
<b>14</b> Happy Valentines Day  10:30 am Pet Therapy with Cindy & SweepPea-2 <sup>nd</sup> fl. & Continuing Care	<b>15</b> <h2 style="text-align: center;">Family Day Holiday</h2>	<b>16</b> 10:00 Bible Study-3 <sup>rd</sup> 2:00 Baking-Rec. Rm. 6:30 Visit from Beavers Scouts-2 <sup>nd</sup> floor 	<b>17</b> 9:30 Exercise-3 <sup>rd</sup> fl. 10:30 Word Games-3 <sup>rd</sup> fl. 1:00 Library Cart 2:00 	<b>18</b> 9:30 Knit & Knatter – Library 10:00 Drum Circle-2 <sup>nd</sup> fl. 2:00 Gospel Sing a long 6:30 GX Dance Group- 2 <sup>nd</sup> 	<b>19</b> 9:30 Exercise-3 <sup>rd</sup> fl. 10:30  Current Events- Rec. Rm. 2:00 Musical Band & Ice-Cream Social-2 <sup>nd</sup> floor	<b>20</b> 9:30 Care & Share Time 10:30 Reminisce Time in the Rec. Rm.
<b>21</b> <u>10:30 am</u> Pet Therapy with Cindy & SweepPea-2 <sup>nd</sup> fl. & Continuing Care	<b>22</b> Wear your favorite color! 9:30 Exercise-3 <sup>rd</sup> fl. 10:30 Shuffleboard-4 <sup>th</sup> fl. 2:00 Silver Sage Band- 2 <sup>nd</sup> fl.	<b>23</b> 10:00 Church Service-3 <sup>rd</sup> 2:00 Baking-Rec. Rm. 6:30 Family Circle Band- 2 <sup>nd</sup> fl.	<b>24</b> 9:30 Exercise-3 <sup>rd</sup> fl. 10:30 Word Games-3 <sup>rd</sup> fl. 1:00 Library Cart 2:00 	<b>25</b> 9:30 Knit & Knatter- Library 10:00 RC Mass-3 <sup>rd</sup> fl. 2:00 Hat Harmonette Singers-2 <sup>nd</sup> fl. 3:30 FIRE DRILL	<b>26</b> 9:30 Exercise-3 <sup>rd</sup> fl. 10:30 Reminisce "Good Old Days"-Games & More  2:00 We Three Music & Ice-Cream Social-2 <sup>nd</sup>	<b>27</b> 9:30 Care & Share  10:00 Music & Movement 10:30 Scattergories Game-Rec. Rm.
<b>28</b> <u>10:30 am</u> Pet Therapy with Cindy & SweepPea-2 <sup>nd</sup> fl. & Continuing Care	<b>29</b> Leap Year!!! Wear your pajamas day 9:30 Exercise-3 <sup>rd</sup> 10:30 Leap Year Trivia & More-Rec. Rm. 2:00 Leap Year Food Demo in the Rec. Rm.	<h1>Assisted Living February 2016</h1> <h2>Recreation Therapy Month</h2> 