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| 1 <u>10:30</u> – Fun and Fitness <u>2:30</u> – Nurturing the Spirit | 2 <u>10:30</u> – Mass <u>2:00</u> – Shake Loose a Memory <u>7:00</u> – Music with Rosenort Choir | 3 <u>2:00</u> – Bingo  | 4 <u>10:00</u> – Sunday Mass  | 5 <u>10:30</u> – Mind-full Monday  <u>2:00</u> – Choir | 6 <u>10:30</u> – Art for Everyone <u>2:00</u> – Decorating <u>2:30</u> – Exercise | 7 <u>10:30</u> – Inter-church Service <u>2:00</u> – Bird Bingo <u>6:30</u> – Northwinds Concert Band |
| 8 <u>10:30</u> – Fun and Fitness <u>2:30</u> – Nurturing the Spirit | 9 <u>10:30</u> – Mass <u>1:05</u> – Art with Mulvey  | 10 <u>2:00</u> – Bingo  | 11 <u>10:00</u> – Sunday Mass  | 12 <u>10:30</u> – Mind-full Monday  <u>2:00</u> – Choir | 13 <u>2:30</u> – Exercise <u>6:30</u> – Table Bowling | 14  <u>10:30</u> – Inter-church Service <u>2:00</u> – Valentine's Tea and Trivia |
| 15 <u>10:30</u> – Fun and Fitness <u>2:00</u> – Horticulture <u>3:00</u> – Nurturing the Spirit | 16 <u>10:30</u> – Mass <u>2:00</u> – Word Game with Jayne | 17 <u>2:00</u> – Bingo  | 18 <u>10:00</u> – Sunday Mass  | 19 LOUIS RIEL DAY  | 20 <u>10:30</u> – Art for Everyone <u>2:30</u> – Exercise <u>6:30</u> – Ping Pong Cups | 21 <u>10:30</u> – Inter-church Service <u>2:00</u> – Music with Cal |
| 22 <u>10:30</u> – Fun and Fitness <u>2:30</u> – Nurturing the Spirit | 23 <u>10:30</u> – Mass <u>2:00</u> – Crossword Puzzle  | 24 <u>2:00</u> – Bingo  | 25 <u>10:00</u> – Sunday Mass  | 26 <u>2:00</u> – Choir  | 27 <u>10:15</u> – Memory Beats <u>2:15</u> – Birthday Party <u>6:30</u> – Musical Quartet | 28 <u>10:30</u> – Inter-church Service <u>2:00</u> – Baking  |
| Note: "Music & Memory" and "Art by the Bedside" provided for individual residents on a referral basis Individual recreation provided on a daily basis  | | | | | | |