

February 2023 ~ Life Enrichment Calendar Irene Baron Eden Centre ~

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		YELLOW HIGHLIGHTED DAYS INDICATE HOLIDAYS	1 10:30 Stretches and February News 1:30 Hang Man (Song Titles)	2 1:30 Bingo 6pm Happy Hour w/ Guitarist Ernie Dyck	3 10:30 Sit and Dance moves 1:30 Sing-a-long	4 10:30 Manicures 1:30 Shake Loose a Memory
5 10:30 Devotions & Hymns 1:30 Washer Toss	6 10:30 Strengthening Exercises 1:30 Bible Study	7 10:30 Sit and Dance Around the World 1:30 Balloon Volleyball <i>Sally T. B-day</i>	8 1:30 <u>Elder & Family Council Meeting on Ramblin Rose</u> 6pm Hockey Shots	9 10:30 Fun & Fitness 1:30 Ring Toss	10 10:30 Sit and Dance moves 1:30 Spelling Bee <i>Elsie R. & Mary O. B-day</i>	11 10:30 Manicures 1:30 Afternoon Matinee
12 10:30 Devotions & Hymns 2:30 PROVIDENCE CHURCH	13 10:30 Strengthening Exercises 1:30 Bible Study	<i>Happy Valentine's Day</i> 14 10:30 Stretches & All about Chocolate 1:30 Shake Loose a Memory	15 10:30 Chair Yoga 1:30 Group Crossword Puzzle	16  12:00 <u>Chicken Chef Friendship Lunch in Gathering Room</u> Entertainment by Cal Wookey	17 10:30 Sit and Dance moves 1:30 Sing-a-long	18 10:30 Chair Yoga 1:30 Hockey Shots
19 10:30 Devotions & Hymns 1:30 Bean Bag Toss	<u>Louis Riel Day</u> 20 10:30 Strengthening Exercises 1:30 Bible Study	21 10:30 Sit and Dance Around the World 1:30 <u>February Birthday Party w/Guitarist Cal Wookey</u>	22 10:30 Chair Yoga 1:30 Hang Man (Song Titles)	23 10:30 Fitness & February IQ 1:30 Washer Toss	24 10:30 Sit and Dance moves 1:30 Spelling Bee	25 10:30 Chair Yoga 1:30 Bean Bag Toss
26 10:30 Devotions & Hymns 2:30 PROVIDENCE CHURCH	27 10:30 Strengthening Exercises 1:30 Bible Study <i>Peter P. B-day</i>	28 1:30 Ring Toss 6pm <u>Movie Night</u>				

PLEASE SEE THE LIFE ENRICHMENT BOARD ~ ACTIVITIES ARE SUBJECT TO CHANGE DUE TO UNFORSEEN CIRCUMSTANCES