

February

Seniors Drop-In

Monday	Wednesday	Friday
 <p><i>“Though February is short, It is filled with love and sweet surprises.”</i></p>		<p>1</p> <p>10:30 Music with Vinnie & Stu</p> <p>12:00 Lunch</p>
<p>4</p> <p>9:15 Agility</p> <p>10:00 Knitting</p> <p>12:00 Lunch</p> <p>It's Chinese New Year's Eve!</p>	<p>6</p> <p>10:00 Wellness Drop-In *check your blood pressure and weight</p> <p>12:00 Lunch</p>	<p>8</p> <p>10:30 Music with Stu & Vinnie</p> <p>12:00 Lunch</p>
<p>11</p> <p>9:15 Agility</p> <p>10:00 Knitting</p> <p>12:00 Lunch</p>	<p>13</p> <p>10:00 Craft painted tote bag</p> <p>12:00 Valentine Lunch *reserve your spot!</p> 	<p>15</p> <p>National Flag of Canada Day!</p>  <p>10:30 Music with Vinnie & Stu</p> <p>12:00 Lunch</p>
<p>18</p> <p>9:15 Agility</p> <p>10:00 Knitting</p> <p>12:00 Lunch</p>	<p>20</p> <p>10:00 Wellness Drop-In *check your blood pressure and weight</p> <p>12:00 Lunch</p>	<p>22</p> <p>10:30 Music with Stu & Vinnie</p> <p>12:00 Birthday Lunch</p>
<p>25</p> <p>9:15 Agility</p> <p>10:00 Knitting</p> <p>12:00 Lunch</p>	<p>27 Pink Shirt Day Stomp out bullying</p> <p>10:00 BINGO!</p> <p>12:00 Lunch</p>	

**Seniors Drop-In takes place at Saddlemountain Place,
Monday, Wednesday and Friday 9:00 am – 1:30 pm.**