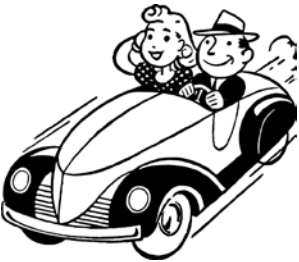



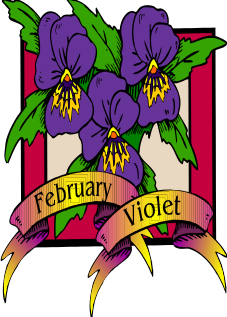


# Heritage HOUSE

## February, 2018

*Love Bears All Things  
Believes All Things  
Hopes All Things  
Endures All Things  
Love Never Fails*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: center;"><b>ZODIAC</b></p> <p style="text-align: center;"><b>Aquarius</b> Jan. 21 – Feb. 19</p> <p style="text-align: center;"><b>Pisces</b> Feb. 20 – Mar. 20</p>		<p><b>FEBRUARY BIRTHDAYS</b></p> <p><b>10<sup>th</sup> Hannah 27<sup>th</sup> Lydia 28<sup>th</sup> Larry</b></p> <p>Key: (LH) = Laurier House</p>		<p style="text-align: right;">1</p> <p>10:45 St. Thomas Anglican Church</p> <p>2:00 Bingo (LH) 2:15 Knitting Club 3:30 Exercises</p> <p>7:00 Pub Night (LH)</p>	<p style="text-align: right;">2</p> <p><i>Groundhog Day</i></p> <p>10:30 Exercises</p> <p>11:00 Today's Topic – Groundhog Day</p> <p>1:30 iPad Games</p> <p>2:30 Social</p>	<p style="text-align: right;">3</p> <p>10:30 Baking</p> <p><i>1:30 Mountain Sapphire Entertainers</i></p> <p>2:30 Social</p>
<p style="text-align: right;">4</p> 	<p style="text-align: right;">5</p> <p>10:30 Today's Topics</p> <p><i>11:00 Bingo with Holy Spirit Grade 4's</i></p> <p>1:30 Name That Tune</p> <p>2:30 Smoothie Social</p> <p>3:30 Exercises</p>	<p style="text-align: right;">6</p> <p>10:15 Protestant Communion (LH)</p> <p>10:30 Today's Topics 10:30 Pablo Bath</p> <p>11:00 Social 11:00 Relaxing Moments</p> <p>1:30 Manicures</p> <p>3:30 Exercises</p>	<p style="text-align: right;">7</p> <p>10:30 Music with Margie</p> <p>1:30 Active Games</p> <p>2:30 Friendly Visits</p> <p>3:30 Exercises</p> <p>6:30 BINGO</p>	<p style="text-align: right;">8</p> <p>10:45 Hymn Sing</p> <p>2:00 Bingo (LH)</p> <p>2:15 Plinko 3:15 Harp Relaxation 3:30 Exercises 4:00 Love Songs on the Harp</p> <p>7:00 Pub Night (LH)</p>	<p style="text-align: right;">9</p> <p><i>Winter Olympics Opening Feb. 9<sup>th</sup>-25<sup>th</sup></i></p> <p>10:30 Exercises</p> <p>11:00 Olympic Art Class</p> <p><i>1:30 Entertainment with the Wildrose Fiddlers</i></p> <p>2:30 Flame Building</p> <p>3:30 Trivia</p>	<p style="text-align: right;">10</p> 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>11</p> <p>10:30 Shine On Manicures</p> <p>2:00 The Park Church</p>	<p>12</p> <p>10:30 Today's Topics 11:00 Relaxing Moments</p> <p>1:45 Making Valentines Cards with Holy Spirit grade 4's</p> <p>2:45 Men's Group 2:45 Smoothie Social 3:30 Exercises</p>	<p>13</p> <p>10:30 Active Games -Curling</p> <p>1:30 "Walmart" Bus Trip</p> <p>1:30 Tabletop Exercise 2:30 Manicures 3:30 Exercises</p> <p>6:45 Valentines with the Park Church Boys &amp; Girls Club</p>	<p>14</p> <p><b>DRESS RED</b> <i>Valentine's Day</i></p> <p>10:30 Valentines Baking</p> <p>1:30 Valentine's Dance with Jacinta</p> <p>2:30 Valentines Hangman</p>	<p>15</p> <p>10:45 OLPH Roman Catholic Mass</p> <p>2:00 Bingo (LH) 2:15 Olympic Story Building 3:30 Exercises</p> <p>7:00 Pub Night (LH)</p>	<p>16</p> <p><i>Chinese New Year</i></p> <p>10:30 Exercises 11:00 Today's Topics - Chinese New Year</p> <p>1:30 Tabletop Exercise 3:00 Chinese Tea for Chinese New Year. "Chinese Bakery, Year of the Dog"</p>	<p>17</p> <p>10:30 Baking Pretzels</p> <p>1:30 Music with Randy &amp; Rai</p> <p>2:30 Oilers Hockey Beer and Pretzel Social</p> <p>3:30 Friendly Visits</p>
<p>18</p> <p>3:00 St. John's Lutheran Church</p>	<p>19</p> <p><i>Family Day</i></p>	<p>20</p> <p>10:30 Today's Topics</p> <p>11:30 Lunch Club "Korean"</p> <p>1:30 Travel Club "South Korea"</p> <p>3:30 Exercises</p>	<p>21</p> <p>10:30 No Bake Cookies</p> <p>11:30 Coffee/Tea/Cookie Social</p> <p>1:30 Strathcona Library Book Mobile</p> <p>1:30 CCS Winter Olympics</p> <p>2:30 Pablo Bath</p>	<p>22</p> <p>10:45 United Church</p> <p>2:00 Bingo (LH)</p> <p>2:15 Knitting Club 3:15 Harp Relaxation 3:30 Exercises 4:15 Drumming Circle</p> <p>7:00 Pub Night (LH)</p>	<p>23</p> <p>10:30 Songs and Visiting with Ecole Pere Kenneth Kearns Kindergarten</p> <p>1:30 Olympic Closing Games (minute to win it)</p> <p>3:00 Bingo 4:30 Exercises</p>	<p>24</p> 
<p>25</p> <p>2:00 Heartland Alliance Church</p> <p><i>Official Winter Olympics Closing Ceremonies</i></p>	<p>26</p> <p>10:30 "Tim Horton's" Bus Trip</p> <p>10:30 Resident/Family Council Meeting</p> <p>1:45 Games Day with Glen Allan Grade 4's</p> <p>2:45 Friendly Visits 3:30 Exercises</p>	<p>27</p> <p>10:30 Fishbowl Questions 11:00 Manicures</p> <p>1:30 Relaxing Moments 2:30 Smoothie Social 4:00 Exercises</p>	<p>28</p> <p>10:30 Foxes and Hounds Ukulele Band</p> <p>1:30 Friendly Visits 3:30 Exercises 4:30 Social</p> <p>6:30 Canadian Ging Wu Kung Fu Lion Dance &amp; Martial Arts Demo</p>	<p>Please be advised that the monthly calendar is subject to <b>last minute changes</b>. If you have any questions, please contact Recreation @ 780-417-4330 or <a href="mailto:heather.rozak@capitalcare.net">heather.rozak@capitalcare.net</a></p> <p>Visit CapitalCare on Facebook</p>		