

CHINOOK VILLAGE PROGRAM CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>It is our policy to conduct resident activities as scheduled. If a calendar modification is necessary, every attempt will be made to post any changes in advance</p>				1	2	3
				9:30 Bible Study (3) 10:30 Mental Aerobics (2) 2:00 Games (2L) 6:30 Band (4) "AVJ"	9:30 Sit n' Be Fit (2) 10:30 Balloon Tennis (2) 2:00 Meet & Greet Coffee Party (2) Groundhog Day	
4	5	6	7	8	9	10
2:30 Chapel (4)	9:30 Sit n' Be Fit (2) 10:00 Coffee and Chat (2) 10:30 Walking (2) 2:00 Afternoon Chores (2) 6:30 Hymn Sing (4)	9:30 Chair Yoga (3) 2:00 Stitch & Knit (4L)	9:30 Sit n' Be Fit (2) 10:00 Coffee and Chat (2) 10:00 Sign up for Pamper and Polish (2) 10:30 Cryptograms (2) 2:00 Pamper and Polish (2)	9:30 Bible Study (3) 10:30 Mental Aerobics (2) 2:00 Games (2L) 6:30 Band (4) "Silver Sage"	9:30 Sit n' Be Fit (2) 10:30 Olympic Ring Toss (2) 2:00 Question and Answers with Linda (T) Winter Olympics Begin	
11	12	13	14	15	16	17
2:30 Chapel (4)	9:30 Sit n' Be Fit (2) 10:00 Coffee and Chat (2) 10:30 Walking (2) 2:00 Afternoon Chores (2)	9:30 Chair Yoga (3) 10:30 Valentine's Day Trivia (2) 1:00 B12/Blood Pressure Clinic (4) 2:00 Birthday Party (T) "Dick and the Gals"	9:30 Sit n' Be Fit (2) 10:00 Coffee and Chat (2) 10:30 Musical Memories (2) 2:00 Valentine's Day Craft (2) Valentine's Day	9:30 Bible Study (3) 10:30 Mental Aerobics (2) 2:00 Games (2L) 6:30 Olympics on TV and Ice Cream (3)	9:30 Sit n' Be Fit (2) 10:30 Word Puzzles (2) 11:30 Outing to Medicine Hat Buffet (6) Chinese New Year Begins	
18	19	20	21	22	23	24
2:30 Chapel (4)	Family Day	9:30 Chair Yoga (3) 10:30 Walking (2) 1:30 Afternoon Chores (2) 2:00 Stitch & Knit (4L)	9:30 Sit n' Be Fit (2) 10:00 Coffee and Chat (2) 10:30 Sudoku (2) 2:00 Resident Council Meeting (2)	9:30 Bible Study (3) 10:30 Mental Aerobics (2) 2:00 Games (2L) 6:30 Band (T) "The Buckets"	9:30 Sit n' Be Fit (2) 10:30 Balloon Tennis (2) 2:00 Bingo (T)	
25	26	27	28			
2:30 Chapel (4)	9:30 Sit n' Be Fit (2) 10:00 Coffee and Chat (2) 10:30 Walking (2) 2:00 Afternoon Chores (2)	9:30 Chair Yoga (3) 12:00 Men's Luncheon (2) 2:00 Shuffleboard (3) 2:00 Stitch & Knit (4L)	9:30 Sit n' Be Fit (2) 10:00 Coffee and Chat (2) 10:30 Visit from St. Patrick's Preschool (2) 2:00 Pen Pal Program (2) 10:00-2:00 Personal Touch Fashions (2)		<p style="text-align: center;">LEGEND</p> (2) 2 nd Floor, Activity Rm. (3) 3 rd Floor, Lounge (4) 4 th Floor, Chapel (6) Main Entrance 6	<p style="text-align: center;">LEGEND</p> (C) Clinic (2L) 2 nd Floor Dining Lounge (L) Lane Lounge (T) Terrace Room (CS) Corner Store