

**CHARLESWOOD
ADULT DAY
CLUB
FEBRUARY 2019**

10:00 - 10:30
Morning Coffee Muffins

10:45 - 11:15
Theme News and Views

11:15 - 12:00
Physical Fitness

12:00 - 12:20
Walk a Lap

12:20 - 1:00
Recreation



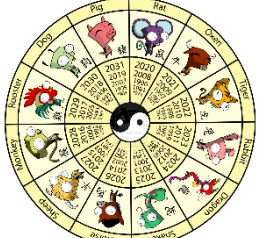
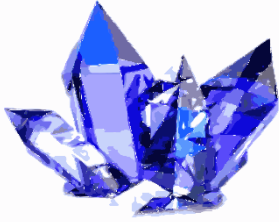


1:00 - 1:45
Lunch

1:45 - 2:15
Rest and Relaxation

2:15 - 3:15
Mental Fitness Programs

3:15 - 3:30
Sharing Circle and Refreshments

3:30
Departure

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
THE STARS ARE OUT IN FEBRUARY				
				WINTER BLAHS 1 A.M. WINTER TRIVIA P.M. SHUFFLEBOARD
CHINESE NEW YEAR 4 A.M. WORD SEARCH P.M. HOCKEY	CHINESE NEW YEAR 5 A.M. WORD SEARCH P.M. A&O PRESENTATION – FALL PREVENTION	CHINESE NEW YEAR 6 A.M. WORD SEARCH P.M. HOCKEY	CHINESE NEW YEAR 7 A.M. WORD SEARCH P.M. A&O PRESENTATION – FALL PREVENTION	CHINESE NEW YEAR 8 A.M. WORD SEARCH P.M. HOCKEY
VALENTINES DAY 11 A.M. CUPIDS ARROW P.M. HOCKEY	VALENTINES DAY 12 A.M. CUPIDS ARROW P.M. HOCKEY	VALENTINES DAY 13 A.M. CUPIDS ARROW P.M. HOCKEY	VALENTINES DAY 14 A.M. CUPIDS ARROW P.M. HOCKEY 	VALENTINES DAY 15 A.M. CUPIDS ARROW P.M. HOCKEY
LOUIS RIEL DAY NO DAY CLUB 18	ASTROLOGY 19 A.M. OUTBURST  P.M. CURLING	ASTROLOGY 20 A.M. DAYCARE VISIT P.M. CURLING	ASTROLOGY 21 A.M. OUTBURST P.M. CURLING	ASTROLOGY 22 A.M. INTERGENERATION MUSIC THERAPY P.M. CURLING
CRYSTALS AND ROCKS 25 A.M. PRESENTATION ON CRYSTALS P.M. CURLING	CRYSTALS AND ROCKS 26 A.M. PRESENTATION ON CRYSTALS P.M. CURLING	CRYSTALS AND ROCKS 27 A.M. PRESENTATION ON CRYSTALS P.M. CURLING	CRYSTALS AND ROCKS 28 A.M. PRESENTATION ON CRYSTALS P.M. CURLING	