

2020 FEBRUARY ACTIVITIES CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>TT = Trinity Tower KT = King Tower PT = Providence Tower CT = Covenant Tower HT = Hope Tower PeT = Peace Tower HeH = Heritage Hall HaH = Harmony Hall HoH = Horizon Hall KTMR = King Tower Meeting Room GMCP = Grace Manor Chapel</p> <p><i>Italics = Special Events/Bus Trips</i> <u>Underline = Towers Nursing Office</u></p>							<p>1 9:00am PT Coffee Social PTMR 10am HT Coffee Social HT 10am-11:30am KT Coffee Social HoH</p>
<p>2 10am English Service HeH 2pm Coffee Social Tenant Dinning Room 7pm English Service HeH</p>	<p>3 10am Catholic Service HaH 10am PcT Coffee Social HoH 10am Canadian Reformed Bible Study PTMR <u>1-3 Chiropractic Clinic</u> 4-4:45pm LHIN Exercise Class – Stretch n’ Strength GROUP A HeH 7pm Klaverjassen HaH 7pm- Prayer Group PTMR</p>	<p>4 9:30am Bus to Sobeys 9:30am Growing in Grace Bible Study PTMR 9:45am Coffee Social HaH 10am Prayer Group HT Library 10am Catholic Serives GMCP 11am Chair Yoga GMCP 10:30am Fun & Fit I HeH 12:30pm Bridge KTMR <u>B12 Injections:</u> <u>TT/HT/PT: 1:30 to 2:45 p.m. and</u> <u>CT/KT/PT: 2:45 to 3:45 p.m.</u> 2pm CT Coffee Social CT Balcony 2pm Prayer Shawls PTMR 3:30-4:15pm LHIN Exercise Class– Stretch n’ Strength GROUP B HoH 4:30-5:15pm LHIN Exercise Class – Stand Strong HeH 7pm Dutch Hymn Sing HeH</p>	<p>5 9am Busy Hands TTMR 9:30am Heritage Fellowship Bible Study PTMR 9:45am Bus to Superstore CT Entrance 10:30am Chapel Service HaH <i>12pm GM Special Events Tea HoH</i> 1:30pm Art Expression Group TTMR 2pm TT Coffee Social HaH 4-4:45pm LHIN Exercise Class – Sit & Be Fit HeH 7pm Bid Euchre HoH 7pm Chess PTMR</p> 	<p>6 <u>Denturist</u> 1pm Line Dancing HoH <u>1-4pm Hearing Aid Clinic</u> 3:30-4:15pm LHIN Exercise Class – Stretch n’ Strength GROUP A HoH 4:30-5:15pm LHIN Exercise Class –Stand Strong HeH 6:45pm HCH Ktee Euchre Club HoH</p>	<p>7 9:45am Bus to Superstore CT Entrance 10:30am Fun & Fit I HeH 10:30-11:15am – LHIN Exercise Class –Stretch n’ Strength GROUP B HeH balcony <i>1:30pm Book Club PTMR</i> 4-4:45pm LHIN Exercise Class –Sit and Be Fit HoH 7pm Games Night HaH 7pm Games Night KTMR</p>	<p>8 9:30am PT Coffee Social PTMR 10am HT Coffee Social HT 10am-11:30am KT Coffee Social HoH</p>	

<p>9 10:00am English Service HeH 2pm Coffee Social Tenant Dinning Room 7pm English Service HeH</p>	<p>10 10am Catholic Service HaH 10am PcT Coffee Social HoH <u>1-3 Chiropractic Clinic</u> 2pm Bingo HaH 4-4:45pm LHIN Exercise Class – Stretch n’ Strength GROUP A HeH 7pm Klaverjassen HaH 7pm- Prayer Group PTMR</p>	<p>11 9:30am Growing in Grace Bible Study PTMR 9:45am Coffee Social HaH 10am Prayer Group HT Library 10am Catholic Serives GMCP 11am Chair Yoga GMCP 10:30am Fun & Fit I HeH 12:30pm Bridge KTMR 2pm CT Coffee Social CT Balcony 2pm Prayer Shawls PTMR 3:30-4:15pm LHIN Exercise Class– Stretch n’ Strength GROUP B HoH 4:30-5:15pm LHIN Exercise Class – Stand Strong HeH 7pm Dutch Hymn Sing HeH</p>	<p>12 9am Busy Hands TTMR 9:30am Heritage Fellowship Bible Study PTMR 9:45am Bus to Superstore CT Entrance 10-11am KT Bible Study KTMR 10:30am Chapel Service HaH 1:30pm Art Expression Group TTMR 1:30pm Cribbage PTMR 2pm TT Coffee Social HaH 2pm Milk Bag Brigade 4-4:45pm LHIN Exercise Class – Sit & Be Fit HeH 7pm Bid Euchre HoH 7pm Chess PTMR 7pm Men’s Bible Study</p>	<p>13 <u>Denturist</u> <i>9am Bus Trip: Canadian War Plane Muesem CT Entrance</i> 10:30am Movement to Music HoH 1pm Line Dancing HoH <u>1-4pm Hearing Aid Clinic</u> 3:30-4:15pm LHIN Exercise Class – Stretch n’ Strength GROUP A HoH 4:30-5:15pm LHIN Exercise Class –Stand Strong HeH 6:45pm HCH Ktee Euchre Club HoH</p>	<p>14 Valentine’s Day 9:45am Bus to Superstore CT Entrance 10:30am Fun & Fit I HeH 10:30-11:15am – LHIN Exercise Class –Stretch n’ Strength GROUP B HeH balcony 1:30pm Dessert Social HaH 4-4:45pm LHIN Exercise Class –Sit and Be Fit HoH 7pm Games Night HaH 7pm Games Night KTMR </p>	<p>15 9:30am PT Coffee Social PTMR 10am HT Coffee Social HT 10am-11:30am KT Coffee Social HoH</p>
<p>16 10:00am English Service HeH 2pm Coffee Social HaH 7pm English Service HeH</p>	<p>17 Family Day 10am Catholic Service HaH 10am PcT Coffee Social HoH 10am Canadian Reformed Bible Study PTMR <u>1-3 Chiropractic Clinic</u> 4-4:45pm LHIN Exercise Class – Stretch n’ Strength GROUP A HeH 7pm Klaverjassen HaH 7pm- Prayer Group PTMR</p> 	<p>18 9:30am Bus to Sobeys 9:30am Growing in Grace Bible Study PTMR 9:45am Coffee Social HaH 10am Prayer Group HT Library 10am Catholic Serives GMCP 11am Chair Yoga GMCP 10:30am Fun & Fit I HeH 12:30pm Bridge KTMR <u>1-3pm Mobility Maintenance Clinic</u> 2pm CT Coffee Social CT Balcony 2pm Prayer Shawls PTMR 3:30-4:15pm LHIN Exercise Class– Stretch n’ Strength GROUP B HoH 4:30-5:15pm LHIN Exercise Class – Stand Strong HeH 7pm <i>Movie Night: God of Wonders HeH</i></p>	<p>19 <i>9am Bus Trip: Ikea CT Entrance</i> 9am Busy Hands TTMR 9:30am Heritage Fellowship Bible Study PTMR 9:45am Bus to Superstore CT Entrance 10-11am KT Bible Study KTMR 10:30am Chapel Service HaH 1:30pm Art Expression Group TTMR 1:30pm Cribbage PTMR 2pm TT Coffee Social HaH 4-4:45pm LHIN Exercise Class – Sit & Be Fit HeH 7pm Bid Euchre HoH 7pm Chess PTMR 7pm Men’s Bible Study</p>	<p>20 <u>Denturist</u> 10am Line Dancing HaH <u>1-4pm Hearing Aid Clinic</u> 3:30-4:15pm LHIN Exercise Class – Stretch n’ Strength GROUP A HoH 4:30-5:15pm LHIN Exercise Class –Stand Strong HeH 6:45pm HCH Ktee Euchre Club HoH 7pm Dutch Hymn Sing HaH</p>	<p>21 9:45am Bus to Superstore CT Entrance 10:30am Fun & Fit I HeH 10:30-11:15am – LHIN Exercise Class –Stretch n’ Strength GROUP B HeH balcony 4-4:45pm LHIN Exercise Class –Sit and Be Fit HoH 7pm Games Night HaH 7pm Games Night KTMR</p>	<p>22 9:30am PT Coffee Social PTMR 10am HT Coffee Social HT 10am-11:30am KT Coffee Social HoH</p>
<p>23 10:00am English Service HeH 2pm Coffee Social HaH 7pm English Service HeH</p> 	<p>24 10am Catholic Service HaH 10am PcT Coffee Social HoH <u>1-3 Chiropractic Clinic</u> 2pm Bingo HaH 4-4:45pm LHIN Exercise Class – Stretch n’ Strength GROUP A HeH 7pm Klaverjassen HaH 7pm- Prayer Group PTMR</p>	<p>25 9:30am Growing in Grace Bible Study PTMR 9:45am Coffee Social HaH 10am Prayer Group HT Library 10am Catholic Serives GMCP 11am Chair Yoga GMCP 10:30am Fun & Fit I HeH 12:30pm Bridge KTMR <u>1:30pm Parkinson Support Group HaH</u> 2pm CT Coffee Social CT Balcony 2pm Prayer Shawls PTMR 3:30-4:15pm LHIN Exercise Class– Stretch n’ Strength GROUP B HoH 4:30-5:15pm LHIN Exercise Class – Stand Strong HeH</p>	<p>26 9am Busy Hands TTMR 9:30am Heritage Fellowship Bible Study PTMR 9:45am Bus to Superstore CT Entrance 10-11am KT Bible Study KTMR 10:30am Chapel Service HaH 1:30pm Art Expression Group TTMR 1:30pm Cribbage PTMR <i>2pm Birthday Party HeH</i> 4-4:45pm LHIN Exercise Class – Sit & Be Fit HeH 7pm Bid Euchre HoH 7pm Chess PTMR 7pm Men’s Bible Study</p>	<p>27 <u>Denturist</u> 10am Line Dancing HaH 10:30am Movement to Music HoH <u>1-4pm Hearing Aid Clinic</u> 3:30-4:15pm LHIN Exercise Class – Stretch n’ Strength GROUP A HoH 4:30-5:15pm LHIN Exercise Class –Stand Strong HeH 6:45pm HCH Ktee Euchre Club HoH 7pm Dutch Hymn Sing HaH</p>	<p>28 9:45am Bus to Superstore CT Entrance 10:30am Fun & Fit I HeH 10:30-11:15am – LHIN Exercise Class –Stretch n’ Strength GROUP B HeH balcony 4-4:45pm LHIN Exercise Class –Sit and Be Fit HoH 7pm Games Night HaH 7pm Games Night KTMR</p>	<p>29 9:30am PT Coffee Social PTMR 10am HT Coffee Social HT 10am-11:30am KT Coffee Social HoH</p>