



# Gladstone Seniors Residence

## February 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Activities may change on daily basis due to weather, cancellations or last minute additions.</p>					<p>1 9:20 Walk the Chapel 9:30 Upper body strength 2:00 Nails</p>	<p>2 10:00 Walk the Chapel  2:00 Enjoy the Library</p>
<p>3 10:00 Walk the Chapel  2:00 Meet a friend the Shuffleboard table</p>	<p>4 9:20 Walk the Chapel 9:30 Upper body strength  2:00 Hangman</p>	<p>5 9:20 Walk the Chapel 9:30 Lower body strength 2:00 Card Corner</p>	<p>6 9:20 Walk the Chapel 9:30 Upper body strength 11:00 Rosary  2:30 Father Louie</p>	<p>7 9:20 Walk the Chapel 9:30 Lower body strength 10:30 Lutheran Church 2:00 Make Pizza's</p>	<p>8 9:20 Walk the Chapel 9:30 Upper body strength 2:00 Card Bingo</p>	<p>9 10:00 Walk the Chapel  3:00 Coffee Group in Dining room</p>
<p>10 10:00 Walk the Chapel  2:00 Meet in the dining room for cards</p>	<p>11 9:20 Walk the Chapel 9:30 Upper body strength  2:00 Sing-a-long with Pearl</p>	<p>12 9:20 Walk the Chapel 9:30 Lower body strength 2:00 Card Corner</p>	<p>13 9:20 Walk the Chapel 9:30 Upper body strength 11:00 Rosary 2:00 Bingo</p>	<p>14 9:20 Walk the Chapel 9:30 Lower body strength 11:00 St Mary's Church 2:00 Valentine's Day Party Wear Red, Pink or White Day</p>	<p>15 International random act of kindness day. 9:20 Walk the Chapel 9:30 Upper body strength 2:00 Sing-a-long with Peter F.</p>	<p>16 10:00 Walk the Chapel  2:00 Meet a friend the Shuffleboard table</p>
<p>17 10:00 Walk the Chapel  3:00 Coffee Group in Dining room</p>	<p>18 </p>	<p>19 9:20 Walk the Chapel 9:30 Lower body strength 2:00 Card Corner</p>	<p>20 9:20 Walk the Chapel 9:30 Upper body strength 11:00 Rosary 2:00 Oystrick Brothers</p>	<p>21 9:20 Walk the Chapel 9:30 Lower body strength 11:00 St Mary's Church 2:00 Nails</p>	<p>22 9:20 Walk the Chapel 9:30 Upper body strength 2:00 Card Bingo</p>	<p>23  10:00 Walk the Chapel  2:00 Meet in the dining room for cards</p>
<p>24 10:00 Walk the Chapel  2:00 Enjoy the Library</p>	<p>25 9:20 Walk the Chapel 9:30 Upper body strength 2:00 Hangman</p>	<p>26 9:20 Walk the Chapel 9:30 Lower body strength 2:00 Birthday Party</p>	<p>27 9:20 Walk the Chapel 9:30 Upper body strength 11:00 Rosary 2:00 Bingo</p>	<p>28 9:20 Walk the Chapel 9:30 Lower body strength 11:00 St Mary's Church 2:00 Sing-a-long with Peter F.</p>		

