

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



February 2019

River Ridge Retirement Village

Independent Living

Heart Health Day 1
Wear red!

7:00 Coffee
12:00 Stretches
3:00 **February Birthday Party**

2
10:30 Morning social

Groundhog Day

3

7:00 Coffee social
12:00 Bodies in motion
2:00 Bingo

4

7:00 Coffee
11:15 St Basil
Communion service
12:00 *Get up and move*

5

Beauty Shop 10:30 6

7:00 Coffee social
12:00 *Move it or Lose it*
2:15 Dining service meeting
3:00 Bingo

7

7:00 *Spill the Beans* coffee hour
12:00 Exercise group
2:00 Bible study

8

7:00 Coffee hour
12:00 Stretches
3:00 **Musical Memories** Happy Hour

9

10:30 Morning social

Chinese New Year

10

7:00 Coffee Social
12:00 Bodies in Motion
2:00 Bingo

11

7:00 Morning coffee
11:15 St Basil
Communion service
12:00 *Get up and move*
4:30 **M. Schaeffer** ♪
accordion

12

Beauty Shop 10:30 13

7:00 Coffee social
12:00 *Move it or Lose it*
2:30 Bingo

14

7:00 *Spill the Beans* coffee hour
12:00 *Get up and move*
2:00 Bible study
3:00 **Valentine Party!**

Valentine's Day

15

7:00 Coffee hour
12:00 Stretches
3:00 Prize Bingo

16

10:30 Morning social

17

7:00 Coffee social
12:00 *Bodies in motion*
2:00 Bingo

18

7:00 Morning coffee
11:15 St Basil
Communion service
12:00 *Get up and move*

19

Beauty Shop 10:30 20

7:00 Coffee social
12:00 *Move it or Lose it*
2:30 Creative canvas

21

7:00 *Spill the Beans* coffee hour
12:00 *Get up and move*
2:00 Bible study

22

7:00 Coffee hour
12:00 Stretches
3:00 **Getting to Know You** Happy Hour

23

10:30 Morning social

Presidents' Day (US)

24

7:00 Coffee social
12:00 Bodies in motion
2:00 Bingo

25

7:00 Morning coffee
11:15 St Basil
Communion service
12:00 *Get up and move*

26

Beauty Shop 10:30 27

7:00 Coffee social
12:00 *Move it or Lose it*
2:30 Bingo

28

7:00 *Spill the Beans* coffee hour
12:00 *Get up and Move*
2:00 Bible study



Beautiful MINDSET,
Beautiful DAY!