

February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1			1 9:15 Exercises: Weights 10:30 Words in Words 2:00 The Great Divide Documentary Cont'd 3:30 Skip Bo	2 9:15 Exercises: Balance & Mobility 10:00 Dominos 11:00 Cornhole 2:30 Volleyball	3 9:15 Exercises: Stretching 10:00 Crokinole 11:00 Connect 4 2:00 BrainTeasers 3:00 Happy Hour - Abbot and Costello Comedy Show	4 Have a great day!
5 10:30 Church Service 4:00 Three Hills Ministerial Service	6 8:00 Mens Breakfast 9:15 Exercises 10:30 Skip Bo 2:00 Bucket Bowling	7 9:15 Exercises: Balance & Mobility 10:30-11:30 IDA Tuck Shop 11:00 Walking Group (indoor) 2:00 PCA Boardgame Cafe	8 9:15 Exercises: Weights 10:30 Manicures 2:00 Campfire sing along	9 9:00 ATB Financial 9:00 Nimble Fingers 10:30 Cribbage 3:00 Robertson Manor vs. GHL Curling Event	10 9:15 Exercises: Stretching 10:30 - 5 Crowns 2:00 - Music Cafe - Live Performers and Coffee 3:30 Open Billiards/Shuffleboard	11 Refuge Ranch Trip Meet at 1:45pm in Lobby
12 10:30 Church Service 4:00 Three Hills Ministerial Service	13 9:15 Exercises 10:30 5 crowns 1:30 - Shuffleboard 2:00 Recreation Therapy Awarness Presentation 3:30 - Brain Teasers	14 Valentines day 9:15 Exercises: Balance & Mobility 10:30-11:30 IDA Tuck Shop 11:00 Walking Group (Indoor) 2:00 Valentines Day with PCA Grade 1 Class	15 9:15 Exercises 10:00 Dominos 11:00 Shuffleboard 2:00 Red Hatters Fashion Show and Tea	16 9:15 Exercises: Balance & Mobility 10:00 Skip Bo 11:00 Corn Hole 2:00 Volleyball 3:00 Open Billiards/Pool	17 9:15 Seated Music Workout 10:00 Crokinole 11:00 Connect 4 2:00 Table Top Curling Game 3:00 Scotties Tournament of Hearts	18 Have a great day! 7:30 Family Day Fireworks at Three Hills Campground
19 10:30 Church Service 4:00 Three Hills Ministerial Service	20 Family Day No Activities	21 FootCare will be here for those who need it 9:15 Exercises: Balance & Mobility 10:30 Words in Words 11:00 Walking Group (indoor) 2:00 BINGO 3:30: Short Stories	22 9:15 Exercises: Weights 10:30 Shuffleboard 2:00 Birthday Tea 3:30 - Great Divide Video Cont'd	23 9:15 Exercises: Balance & Mobility 10:00 Skip Bo 11:00 Connect 4 3:00 - Watercolor Painting 3:00 - Open Billiards/Shuffleboard	24 9:15: Exercises: Stretching 10:00 Crokinole 10:30 Garden Committee Meeting 2:00: Matinee Theater: American Classic Car Documentary	25 Have a great day!
26 10:30 Church Service 4:00 Three Hills Ministerial Service	27 9:15 Exercises: Stretching 10:30 Quiddler 2:00 Arm Chair Travel to Alaska 3:30 Brain Teasers	28 9:15 Exercises: Balance & Mobility 10:00 Scrabble 11:00 Walking Group (indoor) 1:00 - 3:00 The Rack on 3rd Boutique 3:00 - Cribbage				