






February 2025

Active Living Recreation Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						9:00 Your Wellness Walk Indoor Program 1 1:00 Interdenominational Church Service 1:30 Saturday Afternoon "Bingo" Caller: Guy 6:00 Saturday Night Cards Bridge & Cribbage
Groundhog Day 2 9:00 Your Wellness Walk Indoor Program 11:00 Sunday Morning Cafe & Chat Barista Tyler 5:00 Sunday Afternoon Netflix Movie "Viewer's Choice" 6:00 Bridge & Cribbage	9:00 Your Wellness Walk Indoor Program 3 10:30 Staying Alive Exercises Instructor Brenda 11:00 10 Tips To Beat The Winter Blues 2:00 Garneau Hall Wheel Of Fortune "Host Eric"	9:00 Your Wellness Walk Indoor Program 4 10:30 Seated Yoga Class Instructor Brenda 11:00 Breathing & Meditation Class "Breath Is Life" 1:30 Tuesday Afternoon "Bingo" Caller: Brenda	9:00 Your Wellness Walk Indoor Program 5 10:30 Keep Fit Exercise Class Instructor Brenda 11:45 Lunar New Year Lunch "Year Of The Snake" 1:30 Let The Games Begin! "Skip-Bo & Scrabble"	10:30 Fit 4 Life Exercises Instructor Brenda 6 1:00 Roman Catholic Mass "Father Varghese" 1:30 GH Memorial Service Father Varghese 2:00 We Will Remember You Slideshow & Coffee	9:00 Your Wellness Walk Indoor Program 7 10:30 Fit 4 Life Exercises Instructor Kelsey 11:00 Trivia & Quizzes 1:30 "Great West Canada Country" Band 3:30 Haley's Heart Health Talk	9:00 Your Wellness Walk Indoor Program 8 1:00 Interdenominational Church Service 1:30 Saturday Afternoon "Bingo" Caller: Guy 6:00 Saturday Night Cards Bridge & Cribbage
9:00 Your Wellness Walk Indoor Program 9 11:00 Sunday Morning Cafe & Chat Barista Tyler 4:00 2025 New Orleans LIX Super Bowl Party! 6:00 Sunday Night Cards Bridge & Cribbage	9:00 Your Wellness Walk Indoor Program 10 10:30 Staying Alive Exercises Instructor Brenda 11:00 10 Tips To Beat The Winter Blues 2:00 The Brenda Edmonds Show "Linda Ogilvie"	9:00 Your Wellness Walk Indoor Program 11 10:00 Coffee Talk Reverend Danielle Key 11:00 Train Your Brain With Mental Aerobics 1:30 Tuesday Afternoon "Bingo" Caller: Brenda	9:00 Your Wellness Walk Indoor Program 12 10:30 Keep Fit Exercise Class Instructor Brenda 11:00 Brenda's Current Events News & Views 1:30 Let The Games Begin! "Skip-Bo & Scrabble"	9:00 Your Wellness Walk Indoor Program 13 10:15 Cambridge Daycare Chinese New Years! 1:30 Evelyn's Roman Catholic Holy Communion 2:00 Birthday Party Singer "Mary Stinchcomb"	9:00 Your Wellness Walk Indoor Program 14 10:30 Fit 4 Life Exercises Instructor Kelsey 3:30 "Valentine's Day Sing-Along with Haley" 5:00 Festive Valentine's Day Theme Dinner	9:00 Your Wellness Walk Indoor Program 15 1:00 Interdenominational Church Service 1:30 Saturday Afternoon "Bingo" Caller: Guy 6:00 Saturday Night Cards Bridge & Cribbage
9:00 Your Wellness Walk Indoor Program 16 11:00 Sunday Morning Cafe & Chat Barista Tyler 5:00 Sunday Afternoon Netflix Movie "Viewer's Choice" 6:00 Sunday Night Cards Bridge & Cribbage	 17	9:00 Your Wellness Walk Indoor Program 18 10:30 Seated Yoga Class Instructor Brenda 11:00 Breathing & Meditation Class "Breath Is Life" 1:30 Tuesday Afternoon "Bingo" Caller: Brenda	9:00 Your Wellness Walk Indoor Program 19 10:30 Keep Fit Exercise Class Instructor Brenda 11:00 Brenda's Current Events News & Views 1:30 Let The Games Begin! "Skip-Bo & Scrabble"	9:00 Your Wellness Walk Indoor Program 20 10:30 Fit 4 Life Exercises Instructor Brenda 1:30 Evelyn's Roman Catholic Holy Communion 5:45 Singer/Actress Mila Mendez "Variety Show"	9:00 Your Wellness Walk Indoor Program 21 10:30 Fit 4 Life Exercises Instructor Kelsey 11:00 Train Your Brain Winter Trivia & Quizzes 3:30 Haley's "Knitting Club & Marlen's Loom Class"	9:00 Your Wellness Walk Indoor Program 22 1:00 Interdenominational Church Service 1:30 Saturday Afternoon "Bingo" Caller: Guy 6:00 Saturday Night Cards Bridge & Cribbage
9:00 Your Wellness Walk Indoor Program 23 11:00 Sunday Morning Cafe & Chat Barista Tyler 5:00 Sunday Afternoon Netflix Movie "Viewer's Choice" 6:00 Sunday Night Cards Bridge & Cribbage	9:00 Your Wellness Walk Indoor Program 24 10:30 Staying Alive Exercises Instructor Brenda 11:00 10 Tips To Beat The Winter Blues 2:00 "Festive Sardine & Seacutritie" Social	9:00 Your Wellness Walk Indoor Program 25 10:00 Coffee Talk Reverend Danielle Key 11:00 Train Your Brain With Mental Aerobics 1:30 Tuesday Afternoon "Bingo" Caller: Brenda	9:00 Your Wellness Walk Indoor Program 26 10:30 Keep Fit Exercise Class Instructor Brenda 11:00 Brenda's Current Events News & Views 1:30 Let The Games Begin! "Skip-Bo & Scrabble"	9:00 EPL Book Exchange 27 9:00 Your Wellness Walk 10:30 Fit 4 Life Exercises Instructor Brenda 1:30 Evelyn's Roman Catholic Holy Communion 2:00 Reminscing "Retro Vinyl Record Day & Social"	9:00 Your Wellness Walk Indoor Program 28 10:30 Fit 4 Life Exercises Instructor Kelsey 11:00 Train Your Brain Winter Trivia & Quizzes 5:45 An Evening With Singer "Colleen Lazoruk"	