

# RAVINES FEBRUARY 2024

Type of Activity: **Blue** - Fitness | **Green** - New | **Red** - Movie/ TV/ Virtual | **Pink** - Special | **Orange** - Game | **Purple** - Concert | Holidays

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 10:15 Weekend Exercise (RRA) 11:00 St. Mary's Catholic Live Stream Mass (RRT) 2:00 Bridge (SSB) 2:15 Movie: The Pale Blue Eye (RRT) 7:15 Movie: The Pale Blue Eye (RRT)	29 10:00 Chair Cardio Exercise (SSA) 10:35 Seated Ball Exercise (RRA) 2:00 BINGO (SSA) 2:30 Throw Away Bingo (RRB) 2:45 Aquafit (SSP) 3:30 Mix & Mingle (SSB)	30 10:00 Moderate Intensity Exercise (SSA) 10:35 Resistance Band Exercise (RRA) 2:00 Craft Club (SSA) 2:00 Euchre (SSB) 2:30 Documentary: Life on Our Planet (RRT) 3:30 Mix & Mingle (RRB)	31 9:30 Tuck Shop (SSL) 10:00 Zumba (SSA) 10:30 Tuck Shop (RRL) 10:35 Seated Exercise (RRA) 2:00 BINGO (SSA) 2:00 Bridge (SSB) 2:30 Aquafit (SSP) 2:30 Game: Bean Bags (RRA) 3:30 Mix & Mingle (SSB)	1 10:00 Chair Cardio Exercise (SSA) 10:35 Resistance Band Exercise (RRA) 2:00 Euchre (SSB) 2:30 Aquafit (SSP) 2:30 Music Hall: John Denver BBC Concert in 1976 (RRT) 3:30 Mix & Mingle (RRB)	2 10:00 Chair Tai Chi (SSA) 10:35 Seated Ball Exercise (RRA) 2:00 BINGO (SSA) 2:00 Bridge (SSB) 3:30 Mix & Mingle (SSB) 3:30 Virtual Hymns Sing (RRT)	3 10:15 Weekend Exercise (SSA) 2:15 Movie: Bank of Dave (RRT) 3:30 Mix & Mingle (RRB) 7:15 Movie: Bank of Dave (RRT)
4 10:15 Weekend Exercise (RRA) 11:00 St. Mary's Catholic Live Stream Mass (RRT) 2:00 Bridge (SSB) 2:15 Movie: The Monuments Men (RRT) 7:15 Movie: The Monuments Men (RRT)	5 10:00 Chair Cardio Exercise (SSA) 10:35 Seated Ball Exercise (RRA) 2:00 BINGO (SSA) 2:30 Wordle (RRT) 2:30 Walker Repair Clinic (RRL) 2:45 Aquafit (SSP) 3:15 Walker Repair Clinic (SSL) 3:30 Mix & Mingle (SSB)	6 8:00 RR Community Breakfast (RRD) 10:00 Moderate Intensity Exercise (SSA) 10:35 Resistance Band Exercise (RRA) 2:00 Craft Club (SSA) 2:00 Euchre (SSB) 2:30 Documentary: Predators-Cheetah (RRT) 3:30 Mix & Mingle (RRB)	7 9:30 Tuck Shop (SSL) 10:00 Zumba (SSA) 10:30 Tuck Shop (RRL) 10:35 Seated Ball Exercise (RRA) 2:00 BINGO (SSA) 2:00 Bridge (SSB) 2:30 Aquafit (SSP) 2:30 Staff WOW Party (RRA) 3:30 Mix & Mingle (SSB)	8 10:00 Chair Cardio Exercise (SSA) 10:35 Resistance Band Exercise (RRA) 2:00 Euchre (SSB) 2:30 Aquafit (SSP) 2:30 Music Hall: Yo-Yo Ma with Calgary Philharmonic Orchestra (RRT) 2:30 Tea Tasting (SSA) 3:30 Mix & Mingle (RRB)	9 10:00 Chair Tai Chi (SSA) 10:35 Seated Ball Exercise (RRA) 2:00 BINGO (SSA) 2:00 Bridge (SSB) 2:00 Sing-along with Keith (RRC) 3:30 Mix & Mingle (SSB) 3:30 Virtual Hymns Sing (RRT)	10 10:15 Weekend Exercise (SSA) 2:15 Movie: Chef (RRT) 3:30 Mix & Mingle (RRB) 7:15 Movie: Chef (RRT)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																												
<p style="text-align: right;"><b>11</b></p> <p>10:15 Weekend Exercise (RRA)  11:00 St. Mary's Catholic Live Stream Mass (RRT)  2:00 Bridge (SSB)  2:15 Movie: The Proposal (RRT)  2:30 Interdenominational Church Service with Pastor Pauline Williams (RRC)  7:15 Movie: The Proposal (RRT)</p>	<p style="text-align: right;"><b>12</b></p> <p>10:00 Chair Cardio Exercise (SSA)  10:35 Seated Ball Exercise (RRA)  11:00 RR Residents Chit Chat with GM (RRT)  2:00 BINGO (SSA)  2:30 Hangman (RRT)  2:45 Aquafit (SSP)  3:30 Mix &amp; Mingle (SSB)</p>	<p style="text-align: right;"><b>13</b></p> <p>10:00 Vendor: My Closet (RRL)  10:00 Moderate Intensity Exercise (SSA)  10:35 Resistance Band Exercise (RRA)  2:00 Craft Club (SSA)  2:00 Euchre (SSB)  2:30 Documentary: Predators-Lion (RRT)  2:30 Jewelry Making Workshop (SSA)  3:30 Mix &amp; Mingle (RRB)</p>	<p style="text-align: right;"><b>14</b></p> <p>9:30 Tuck Shop (SSL)  10:00 Zumba (SSA)  10:30 Tuck Shop (RRL)  10:35 Seated Ball Exercise (RRA)  2:00 BINGO (SSA)  2:00 Bridge (SSB)  2:30 Aquafit (SSP)  3:30 Mix &amp; Mingle (SSB)  7:00 Happy Valentine's Day - Live Music with Andre and Maria (RRA)</p>	<p style="text-align: right;"><b>15</b></p> <p>10:00 Chair Cardio Exercise (SSA)  10:35 Resistance Band Exercise (RRA)  2:00 Euchre (SSB)  2:30 Aquafit (SSP)  2:30 Game: Don't Hurt My Heart (SSA)  2:30 Music Hall: Sir TOM JONES Solo &amp; Duet (RRT)  3:30 Mix &amp; Mingle (RRB)</p>	<p style="text-align: right;"><b>16</b></p> <p>10:00 Chair Tai Chi (SSA)  10:35 SS Resident Council Meeting (RRT)  10:35 Seated Ball Exercise (RRA)  2:00 BINGO (SSA)  2:00 Bridge (SSB)  2:30 Mind Painting (RRT)  3:30 Mix &amp; Mingle (SSB)  3:30 Virtual Hymns Sing (RRT)</p>	<p style="text-align: right;"><b>17</b></p> <p>10:15 Weekend Exercise (SSA)  2:15 Movie: Pretty Woman (RRT)  3:30 Mix &amp; Mingle (RRB)  7:15 Movie: Pretty Woman (RRT)</p>																												
<p style="text-align: right;"><b>18</b></p> <p>10:15 Weekend Exercise (RRA)  11:00 St. Mary's Catholic Live Stream Mass (RRT)  2:00 Bridge (SSB)  2:15 Movie: The Family Man (RRT)  7:15 Movie: The Family Man (RRT)</p>	<p style="text-align: right;"><b>19</b></p> <p style="text-align: center;"><b>Family Day</b></p> <p>10:00 Chair Cardio Exercise (SSA)  10:35 Seated Ball Exercise (RRA)  2:00 BINGO (SSA)  2:30 Throw Away Bingo (RRB)  2:45 Aquafit (SSP)  3:30 Mix &amp; Mingle (SSB)</p>	<p style="text-align: right;"><b>20</b></p> <p>10:00 Moderate Intensity Exercise (SSA)  10:35 Resistance Band Exercise (RRA)  2:00 Craft Club (SSA)  2:00 Euchre (SSB)  2:30 Documentary: Predators-Puma (RRT)  2:30 SS Afternoon Tea with Management (SSA)  3:30 Mix &amp; Mingle (RRB)</p>	<p style="text-align: right;"><b>21</b></p> <p>9:30 Tuck Shop (SSL)  10:00 Zumba (SSA)  10:30 Tuck Shop (RRL)  10:35 Seated Ball Exercise (RRA)  2:00 BINGO (SSA)  2:00 Bridge (SSB)  2:30 Aquafit (SSP)  2:30 Game: Table Curling (RRA)  3:30 Mix &amp; Mingle (SSB)</p>	<p style="text-align: right;"><b>22</b></p> <p>10:00 Chair Cardio Exercise (SSA)  10:35 Resistance Band Exercise (RRA)  2:00 Euchre (SSB)  2:30 Aquafit (SSP)  2:30 Music Hall: Alexandra Streliski-Live Piano Concert (RRT)  5:00 Birthday &amp; Anniversary Dinner (RSD)</p>	<p style="text-align: right;"><b>23</b></p> <p>10:00 Chair Tai Chi (SSA)  10:35 Seated Ball Exercise (RRA)  2:00 BINGO (SSA)  2:00 Bridge (SSB)  2:30 Book Club Meeting (RRA)  3:30 Mix &amp; Mingle (SSB)  3:30 Virtual Hymns Sing (RRT)</p>	<p style="text-align: right;"><b>24</b></p> <p>10:15 Weekend Exercise (SSA)  2:15 Movie: The Secret: Dare to Dream (RRT)  3:30 Mix &amp; Mingle (RRB)  7:15 Movie: The Secret: Dare to Dream (RRT)</p>																												
<p style="text-align: right;"><b>25</b></p> <p>10:15 Weekend Exercise (RRA)  11:00 St. Mary's Catholic Live Stream Mass (RRT)  2:00 Bridge (SSB)  2:15 Movie: The Nanny Diaries (RRT)  2:30 The Metropolitan Bible Church Service (RRC)  7:15 Movie: The Nanny Diaries (RRT)</p>	<p style="text-align: right;"><b>26</b></p> <p>10:00 Chair Cardio Exercise (SSA)  10:35 Seated Ball Exercise (RRA)  2:00 BINGO (SSA)  2:30 Presentation: Vision Loss Rehabilitation (RRT)  2:45 Aquafit (SSP)  3:30 Mix &amp; Mingle (SSB)</p>	<p style="text-align: right;"><b>27</b></p> <p>10:00 Moderate Intensity Exercise (SSA)  10:35 Resistance Band Exercise (RRA)  2:00 Craft Club (SSA)  2:00 Euchre (SSB)  2:30 Documentary: Predators-Polar Bear (RRT)  3:30 Mix &amp; Mingle (RRB)</p>	<p style="text-align: right;"><b>28</b></p> <p>9:30 Tuck Shop (SSL)  10:00 Zumba (SSA)  10:30 Tuck Shop (RRL)  10:35 Seated Ball Exercise (RRA)  2:00 BINGO (SSA)  2:00 Bridge (SSB)  2:30 Aquafit (SSP)  3:30 Mix &amp; Mingle (SSB)</p>	<p style="text-align: right;"><b>29</b></p> <p>10:00 Chair Cardio Exercise (SSA)  10:35 Resistance Band Exercise (RRA)  2:00 Euchre (SSB)  2:30 Aquafit (SSP)  2:30 Game: Three Movers (SSA)  2:30 Music Hall: Uplifting Handpan Meditation (RRT)  3:30 Mix &amp; Mingle (RRB)</p>	<h3>Location Code</h3> <table border="1"> <tr> <td>RRB</td> <td>RR Bistro</td> <td>SSB</td> <td>SS Bistro</td> </tr> <tr> <td>RRD</td> <td>RR Dining Room</td> <td>SSD</td> <td>SS Dining Room</td> </tr> <tr> <td>RRG</td> <td>RR Game Room</td> <td>SLI</td> <td>SS Library</td> </tr> <tr> <td>RLI</td> <td>RR Library</td> <td>SSL</td> <td>SS Lobby</td> </tr> <tr> <td>RRL</td> <td>RR Lobby</td> <td>SSP</td> <td>SS Pool</td> </tr> <tr> <td>RRT</td> <td>RR Theatre</td> <td>PKL</td> <td>Front Parking Lot</td> </tr> <tr> <td>RBV</td> <td>Backyard</td> <td>RSD</td> <td>RR &amp; SS Dining Room</td> </tr> </table>		RRB	RR Bistro	SSB	SS Bistro	RRD	RR Dining Room	SSD	SS Dining Room	RRG	RR Game Room	SLI	SS Library	RLI	RR Library	SSL	SS Lobby	RRL	RR Lobby	SSP	SS Pool	RRT	RR Theatre	PKL	Front Parking Lot	RBV	Backyard	RSD	RR & SS Dining Room
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