



February 2019
MONDAY to FRIDAY 10:00 – 3:00

Make today ridiculously amazing!
Call (902) 421-6131 to confirm events.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	4 *Coffee & Conversation 10:30 a.m. *Knitting Circle 1:00 p.m.	5 *Bingo 1:00 p.m.	6 *Storytellers 10:30 a.m.	7 *Functional Fitness 10:30 a.m. *Crib Club 1:00 p.m.	8 *Therapy Dog Visit 10:00 a.m. *Blood Pressure Clinic 10:30-12:00 *Karaoke & Happy Hour! 1:00 p.m.	*Foot Clinic First Wed.
10 HOPES CLINIC 1:30 to 3:30 p.m.	11 *Coffee & Conversation 10:30 a.m. *Knitting Circle 1:00 p.m.	12 *Functional Fitness 10:30 a.m. *Bingo 1:00 p.m.	13 *Storytellers 10:30 a.m. *Technology Class 1:30 p.m.	14 *Valentine Dinner & Dance! Live Band! Call for details!	15	Every Month
	18 Family Day Centre Closed	19 *Functional Fitness 10:30 a.m. *Bingo 1:00 p.m.	20 *Storytellers 10:30 a.m.	21 *Functional Fitness 10:30 a.m. *Crib Club 1:00 p.m.	22 *Therapy Dog Visit 10:00 a.m. *Karaoke & Happy Hour! 1:00 p.m.	
24 HOPES CLINIC 1:30 to 3:30 p.m.	25 *Coffee & Conversation 10:30 a.m. *Knitting Circle 1:00 p.m.	26 *Functional Fitness 10:30 a.m. *Bingo 1:00 p.m.	27 *Storytellers 10:30 a.m.	28 *Functional Fitness 10:30 a.m. *Crib Club 1:00 p.m.		