

February 2020 Kensington Cottage Active Living Calendar



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|---|---|--|--|---|
| <p>National Therapeutic Recreation Month February 1-28</p> <p>Live Well. Be Healthy. Beyond Expectations</p> | | | | | | <p>1</p> <p>9:30 Sit n Be Fit 1:30 Spa For You</p> |
| <p>2 Ground Hog Day</p> | <p>3</p> <p>9:30 Sit n Be Fit 1:30 Letter Scramble 2:30 Sing A long</p> | <p>4</p> <p>9:30 Mental Aerobics 9:30 Men's Club 1:30 Baking 3:00 Tea Time</p> | <p>5</p> <p>9:30 Sit n be Fit 1:30 Volleyball 3:00 Seasonal Decorating</p> | <p>6</p> <p>10:00 Crafts 1:30 Washer Toss 2:30 Pet Visits with Neal And Sherman 6:00 Baking</p> | <p>7</p> <p>9:30 Balloon Ball 1:30 Ice Cream Social 2:00 Hymn Sing No Dan</p> | <p>8</p> <p>9:30 Sit n Be Fit 1:30 Spa For You</p> |
| <p>9</p> | <p>10</p> <p>9:30 Sit n Be Fit 1:30 Virtual Reality 2:30 Name that Tune</p> | <p>11</p> <p>9:30 Mental Aerobics 9:30 Men's Club 2:00 Monthly Birthday Party with Northern Heart</p> | <p>12</p> <p>9:30 Sit n be Fit 1:30 Crossword Puzzles 3:00 Volleyball</p> | <p>13</p> <p>10:00 Crafts 1:30 Curling 2:30 Pet Visits with Neal And Sherman 6:00 Baking</p> | <p>14 Valentine's Day</p> <p>10:00 Valentin's Day Social with Little Genius Daycare 2:00 Entertainment with Bruce</p> | <p>15</p> <p>No Pam</p> |

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|-----|--|--|--|---|---|--|
| 16 | 17 Family Day 9:30 Sit n Be Fit 1:30 Letter Scramble 2:30 Sing A long No Dan | 18 9:30 Mental Aerobics 9:30 Men's Club 1:30 Baking 3:00 Tea Time | 19 9:30 Sit n be Fit 2:00 Entertainment with Kay DaSilva | 20 10:00 Crafts 1:30 Washer Toss 2:30 Pet Visits with Neal And Sherman 6:00 Baking | 21 9:30 Balloon Ball 1:30 Ice Cream Social 2:00 Hymn Sing | 22 9:30 Sit n Be Fit 3:00 Spa for you |
| 23 | 24 9:30 Sit n Be Fit 1:30 Virtual Reality 2:30 Name That Tune 6:30 Entertainment With ColleenLazoruk No Dan | 25 9:30 Mental Aerobics 1:30 Baking 3:00 Tea Time No Dan | 26 9:30 Sit n be Fit 3:00 Hawaii Party No Dan | 27 10:00 Crafts 1:30 Curling 2:30 Pet Visits with Neal And Sherman 6:00 Baking No Dan | 28 9:30 Balloon Ball 1:30 Ice Cream Social 2:00 Hymn Sing No Dan | 29 Leap Day 2020 No Pam |
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