


Valentines Day FEBRUARY 2012 International Friendship

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Being deeply loved by someone gives you strength, while loving someone deeply gives you courage. - Lao Tzu</p> <p>Love that is true never grows old - <i>Elben Bano</i></p>		<p>Monthly Caregiver Meeting 1</p> <p>10:45 Bocce Ball or Baking 11:45 Strength, Flex & Balance 1:30 Drive to Iona Beach or Book Club or Tai Chi</p>	<p>2</p> <p>10:45 Laughter Yoga or Aromatherapy & Massage 11:45 Strength, Flex & Balance 1:30 Balloon Badminton or <i>Harlequin</i> Book Club</p>	<p>Black History Month 3</p> <p>10:45 Story of Rosa Parks or Valentine Art & Crafts 11:45 Strength, Flex & Balance 1:30 Drive to Richmond or Secret Sippers</p>
<p>6</p> <p>10:30 Swim Program 10:45 Seated Soccer</p> <p>1:00 Artsway Concert with YiQing Tang pianist 1:45 Strength, Flex & Balance</p>	<p>7</p> <p>10:45 Wellness Group on ♥ Heart & Stroke or REACH Game 11:45 Strength, Flex & Balance 1:30 B-I-N-G-O or Valentine Craft</p>	<p>Black History Month 8</p> <p>10:45 Book Club or Drive/Lunch at the IHOP</p> <p>1:45 Strength, Flex & Balance 1:30 Music with Eudora or Tai Chi</p>	<p>9</p> <p>10:45 Drive to Downtown or Baking</p> <p>1:30 Strength, Flex & Balance</p> <p>2:00 Soup for the Soul 2:15 Music & Juice</p>	<p>10</p> <p>10:45 Drive to QE Park or IMAX Under the Sea 11:45 Strength, Flex & Balance</p> <p>1:30 A Friendship Poem 1:45 Sue & Steve Entertainment</p>
<p>Hairdresser in 13</p> <p>10:30 Swim Program 10:45 Valentine Trivia 11:15 Lorraine Smith</p> <p>1:30 Strength, Flex & Balance 2:00 Greatest Love Songs</p>	<p>Hairdresser in 14</p> <p>10:45 St Valentines Day: Facts, Fiction & Myths or Baking Valentine Hearts 11:45 Strength, Flex & Balance 1:30 Balloon Badminton or Friendship Circle</p>	<p>15</p> <p>10:45 Gentle Yoga or Baking 11:45 Strength, Flex & Balance</p> <p>1:30 Black History 'Heroes' or Tai Chi</p>	<p>16</p> <p>10:45 Laughter Yoga or Table Top Talk 11:45 Strength, Flex & Balance</p> <p>1:30 Drive to The Dykes or Seated Soccer</p>	<p>17</p> <p>10:45 Winter Escapes or Penny Ante 11:45 Strength, Flex & Balance</p> <p>1:30 Drive to Richmond or Noodles Hockey</p>
<p>20</p> <p>10:30 Swim Program 10:45 Musical Morning or Wagging Tails 11:45 Strength, Flex & Balance 1:30 Bocce Ball or REACH Game</p>	<p>Mardi Gras & Shrove Tuesday 21</p> <p>10:45 'Mardi Gras' or Making Pancakes 11:45 Strength, Flex & Balance 1:30 Giant X Word or <i>Harlequin</i> Book Club</p>	<p>22</p> <p>STEP OUT TO ABC RESTAURANT WHITE ROCK</p>		<p>23</p> <p>10:45 Music with the Victrola or Giant X Word 11:45 Strength, Flex & Balance</p> <p>1:30 BINGO or Penny Ante</p>
<p>Hairdresser in 27</p> <p>10:30 Swim Program 10:45 Drive to Richmond or DVD: Polar Bears 11:45 Strength, Flex & Balance</p> <p>1:30 Noodles Hockey or Crafters Corner</p>	<p>Hairdresser in 28</p> <p>10:45 Drive & Lunch at Dave's or Seated Soccer 11:45 Strength, Flex & Balance</p> <p>1:30 National Geographic Video or Memories are Golden</p>	<p>29</p> <p>10:45 Ring Toss or Baking 11:45 Strength, Flex & Balance 1:30 Wellness Group on ♥ Heart & Stroke or Tai Chi</p>	<p>February is Friendship Month</p> <p>"Scatter seeds of kindness everywhere you go; Scatter bits of courtesy; watch them grow and grow. Gather buds of friendship; keep them till full-blown; You will find more happiness than you have ever known. - Amy R Raabe</p>	

