



FEBRUARY **2020**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 4.00pm Mass
	3 9:15 am Exercise 10:15 am Exercise&Fun 11:00 am novel reading 2.00 pm Bingo 	4 9:15am Spa sensation 10.15 amYOGA 11:00am Novel Reading 2:00 pm DARTS	5 9.15 am Exercise 11:00am Novel Reading 2:00pm Craft 4:00pm Mass	6 10.15am EXERCISE 2:00pm Bingo 	7 9:15 am Sing Along 10:15 am ZUMBA Exercise & Fun 2:00pm Happy Hour	8 4.00pm Mass
	10 9:15 am Aromatherapy 10:15 am Brain Gym Exercise & Fun 2.00 pm Musical ball	11 9:15 am Exercise 10:15am Laughter Yoga 11:00 am Novel Reading 2:00pm Ring Tossing	12 9.15 am Exercise 11:00am Novel Reading 2:00 pm Baking 4:00pm Mass	13 10:15am Brain Gym 2:00 pm Bingo 	14 11.15 am 1:1Sensory.S 10.15 am Brain Gym Exercise & Fun 2.00 pm Happy Hour 	15 4.00pm Mass
	17 	18 9:15am Spa sensation 10.15 am YOGA 11:00 am Novel Reading 2:00 pm Bowling	19 10:15am Brain Gym 11:00am Novel Reading 2:00pm Crafts 4:00pm Mass	20 10:15am Spa Sensation 2:00 pm Bingo 	21 9:15 am Sing Along 10.15 am ZUMBA Exercise & Fun 2:00pm Big Birthday Party	22 4.00pm Mass
	24 9:15 am Exercise 10:15am Brain Gym Exercise & Fun 2:00 pm Jeopardy	25 9:15 am Exercise 10:15am Laughter Yoga 11:00 am Novel Reading 2:00 pm CROWN AND	26 10:15 am Brain Gym 2:00 pm Craft 4:00 pm Mass	27 10:15 am EXERCISE 2:00 pm BINGO 	28 11.15 am 1:1Sensory.S 10:15 am Brain Gym Exercise & Fun 2:00pm RESIDENT COUNCIL	29 4.00pm Mass



Manoir du Lac Calendar of Activities

