	SUN	MON	TUE	WED	THU	FRI	SAT
1 E 20	31	Day Bus Trip!!!	10:30 Yoga HS ² 1:45 BINGO LB 3:30 Valentines Crafts TS	3 10:30 Golf TS 1:45 Alderwood Café HS/UK	4 10:15 Knitting LB 11:15 Exercise LB 2:00 Church HS/UK	Bill MacInnis 5 10:30 Valentines Day Crafts BD/BI 2:00 Book Mobile All Units	
		Madeline Ryan 8 10:15 Knitting/ Valentines Day Crafts UK/HS 11:15 Exercise UK 1:45 Music/Dancercise BI/BD	10:30 Yoga UK 1:45 Valentines BINGO TS 3:30 1:1BI	10 10:30 Golf UK 1:45 Beach Party BD/Bl	10:15 Cupid's Love Darts (Nerf style) TS 11:15 Exercise TS 2:00 Church Mary Jo BD		13 Cards
	Valentines Day	Pauline Founier 15 Heritage Day	10:30 Yoga LB 1:45 BINGO BD	Ash Wednesday 17 10:30 Resident Council 1:45 Painting HS	18 10:15 Knitting BD 11:15 Exercise BD 2:00 Church TS	19 10:30 Wii Games HS 2:00 Alderwood Café LB/TS	Coffee and News
\$ 5		11:15 Exercise UK	10·30 Yoga BD	10:30 Bowling BD/BI	25 10:15 Knitting TS 11:15 Exercise TS 2:00 Church Mary Jo LB	26 10:15 Scattegories UK/HS 1:30 Birthday Party Music and Cake	Dave Ivey 27 Crafts and creations
	Feb 17 Ash Wednesday	Heritage day in 2021 will honour Edward Francis Arab. Edward was the grandson of some of the first Lebanese immigrants to Halifax. He graduated from Dalhousie University law school and practised until he enlisted in the army.				ALYSSA ROCKWELL RECREATION DIRECTOR ALDERWOOD BOX 218 BADDECK NOVA SCOTIA B0E1B0 PHONE: 902.295.2644 EXT 226 FAX: 902.295.3445 RECREATION@ALDERWOODBADDECK.CA	