

February 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
\$= Cost Associated with Event *= Sign-up Required for Event All events/programs happen in Selkirk Multi-Purpose Room unless noted otherwise.						1
2	3 9:00 Functional Fitness \$ 10:00 Chair Fitness \$	4 10:00 Self-Management BC- Chronic Conditions Workshop*	5 9:00 Functional Fitness \$ 10:00 Chair Fitness \$	6 1:30 Hymns & Praise with Darlene	7 10:00 Hybrid Fitness \$ 2:00 Piano with Donna Gates * \$	8
9 2:30 Sunday Service Provided by Cornerstone Christian Reformed Church	10 9:00 Functional Fitness \$ 10:00 Chair Fitness \$ 1:00 Acrylic Painting Class (Summit Dining Room) * \$	11 10:00 Self-Management BC- Chronic Conditions Workshop* 1:30 Movie Matinee- Andre Rieu Love is all Around	12 9:00 Functional Fitness \$ 10:00 Chair Fitness \$	13 9:00 Valentines Community Breakfast (Summit Dining Room) * \$ 10:00 Pet Therapy Dogs Visit 1:30 Hymns & Praise with Darlene	14 VALENTINE'S DAY 10:00 Hybrid Fitness \$ 2:00 Musical Entertainment by Elsie Giesbrecht *	15
16	17 FAMILY DAY <i>Note: There will be no fitness classes today due to the Statutory Holiday</i>	18 10:00 Self-Management BC- Chronic Conditions Workshop* 2:00 Classical Piano with Jessica *\$	19 9:00 Functional Fitness \$ 10:00 Chair Fitness \$ 11:30 Catholic Mass Provided by St. Mary's Parish	20 1:30 Hymns & Praise with Darlene	21 10:00 Hybrid Fitness \$ 2:00 Rebalance Rehab Education Session- Heart Health	22
23 2:30 Sunday Service Provided by River of Life Church	24 9:00 Functional Fitness \$ 10:00 Chair Fitness \$ 2:00 Trivia Competition *	25 10:00 Self-Management BC- Chronic Conditions Workshop* 2:00 Winter Social (Summit Dining Room) * \$	26 9:00 Functional Fitness \$ 10:00 Chair Fitness \$	27 Amplifon Hearing Aid Clean and Check Clinic * By Appointment Only* (Cheam Meeting Room) 10:00 Pet Therapy Dogs Visit 1:30 Hymns & Praise with Darlene	28 10:00 Hybrid Fitness \$ 1:30 Movie Matinee- Sound of Hope: The Story of Possum Trot	