www.pembrokeactivelivingcentre.com Email: pembrokeactivelivingcentre@cogeco.net

February Daily Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	9 am Ceramics **9:15 a.m.** Functional Mobility Class **10 am** Oil Painting **10:30 am** Line Dancing **1 pm** Zumba Gold	**7:30 a.m.** Darts **9 a.m.** Table Tennis **10 am** Oil Painting **10:15 a.m.** Active Fit 50+ **1 pm** Bridge Cribbage **5 pm** Kripalu Yoga **6:30 pm** Pembroke Duplicate Bridge	**7:30 am** Active Fit 50+ **9:30 am** -Let's get fit -Art Discovery - One on one Computer **1 pm** - Carpet Bowling - Darts	**8:45 a.m.** Active Fit 50+ **10 am** Qi—Gong & Yoga Watercolour Peer group **1 pm** Bid Euchre	**10 am** Hooks, Needles & Patchwork **10 am** Tai Chi **11:30 am** **Active Fit 50+** **1 pm** Bunco	9 a.m. Kripalu Yoga with Lynn

ADDITIONAL February Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	3	4	5	6	7 Active Fitness cancelled for today only	1/8
2/9	**10**	11 10 a.m. Snowshoe	12	13	14 Memoirs 1 p.m.	15
16	17 Family Day Centre closed	18 Oil Painting Cancelled All other scheduled activities resume	19 1:30 p.m. Book Club 5 p.m. Diner's Delight	20	21 Drawing with Friends 1 p.m.	22
23	24	25 10 a.m. Snowshoe	26 1:30 p.m. Chat Cafe	27	28	29