

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	New Year's Day 1 10:00 Reconditioning Exercises 1 st FL 11:15 New Year's Day Trivia-1 st FL 2:30 Wine & Cheese Social-1 st FL 3:45 Movie-Viewer's Choice	2 10:00 Strength Training 2 nd FL 10:00 Reconditioning Exercises 1 st FL 11:30 Balloon Badminton-1 st FL 1:30 Group Crossword 1 st FL 2:30 Happy Hour – Welcoming the New Year with Vi & Harry 1st FL 4:00 Music with Julia DPOA 5:45 Wheel of Fortune- 1 st FL 7:00 Movie-Viewer's Choice	3 10:00 Strength Training 1 st FL 10:15 Ball Toss 1 st FL 10:45 News & Trivia 1 st FL 11:15 Picture Books 1 st FL 1:30 Ladies Bible Study 2 nd FL 2:30 Dynamic Fitness (Standing) 1 st FL 3:00 One to One Visits 1 st FL 3:45 Movie Classics 5:45 Bingo - 1 st FL 7:00 Movie-Viewer's Choice	4 10:00 Strength Training 2 nd FL 10:00 Reconditioning Exercise 1 st FL 10:40 Piano w/Kelvin 11:00 20 Questions 1 st FL 11:30 Dynamic Fitness (Standing) 1 st FL 1:30 Crosswords - 1 st FL 2:30 Sensory Stimulation 1 st FL 3:00 Art Therapy w/ Julia DPOA 3:45 DVD Concerts 5:45 Jeopardy Trivia 1 st FL	5 10:00 Strength Training 1 st FL 10:15 Physical Stimulation 1 st FL 10:45 Coffee, Tea & Else 1 st FL 1:30 Word Mix Up 1 st FL 2:30 Happy Hour 1 st FL 3:15 One-to-One Visits 1 st FL 3:45 Documentary Hour 1 st FL 5:45 CyberTime: Blast from the Past 7:00 Top Movie Picks	6 10:00 Reconditioning Exercises 1 st FL 10:45 Can You Name 5? 1 st FL 1:30 You Be The Judge 1 st FL 2:30 Piano with Katleena 1 st FL 2:45 Colour Therapy 1 st FL 3:45 Movie: Viewer's Pick 1 st FL 5:30 Music with Julia 1st FL
10:00 Church Service 1 st FL Tsawwassen United 10:45 Brain Quest/Animal Trivia- 1 st FL 1:30 Stretches 1 st FL 2:45 Hot Chocolate Social-1 st FL 3:45 Movie-Viewer's Choice- 1 st FL 5:45 Piano with Bill 1 st FL	7 10:00 Reconditioning Exercises 1 st FL 11:15 Coffee, Tea & Else 1 st FL 1:30 Baking- 1 st FL 2:30 Strength Training 1 st FL 2:45 Reader's Haven 1 st FL 3:00 Art Therapy w/ Julia DPOA 3:15 1 -1 Visits 1 st FL 3:45 Series Hour 5:45 Music Appreciation 1 st FL 7:00 Movie-Viewer's Choice	8 10:00 Strength Training 2 nd FL 10:00 Reconditioning Exercises 1 st FL 11:30 Bean Bag Toss- 1 st FL 1:30 Group Crossword 1 st FL 2:30 Happy Hour 1 st FL 3:15 Pamper Me Room Visit 4:00 Music with Julia DPOA 5:45 Trivial Pursuit- 1 st FL 7:00 Movie-Viewer's Choice	9 10:00 Strength Training 1 st FL 10:15 Ballon Toss 1 st FL 10:45 News and Trivia 1 st FL 11:15 Picture Books 1 st FL 1:30 Ladies Bible Study 2 nd FL 2:30 Dynamic Fitness (Standing) 1 st FL 3:00 1 st FL Let's get Crafty 3:45 Movie Classics 5:45 Bingo - 1 st FL 7:00 Movie-Viewer's Choice	10 10:00 Strength Training 2 nd FL 10:00 Reconditioning Exercise 1 st FL 10:40 Piano w/Kelvin 11:00 Brain Quest 1 st FL 11:30 Dynamic Fitness (Standing) 1 st FL 2:30 Ukrainian Food Tasting 1st FL 3:00 Art Therapy w/ Julia DPOA 3:45 DVD Concerts 5:45 Wheel of Fortune 1 st FL	11 Celebrating Ukrainian Christmas 12 10:00 Strength Training 1 st FL 10:15 Physical Stimulation 1 st FL 10:45 All About Ukrainian Xmas 1st FL 2:30 Celebrating with Slava Alexandrov & Dancer 1st FL 3:15 One-to-One Visits 1 st FL 3:45 Documentary Hour 1 st FL 5:45 CyberTime: Superhero Special 7:00 Top Movie Pics	13 10:00 Reconditioning Exercises 1 st FL 10:45 Random Trivia 1 st FL 1:30 Baking & Tea Social 1 st FL 2:30 Piano with Katleena 1 st FL 2:45 Fireside Stories & Chat 1 st FL 3:45 Movie: Viewer's Pick 1 st FL 5:30 Music with Julia 1st FL
10:00 Exercises 1 st FL 11:00 Crosswords- 1 st FL 2:00 Church Service 1 st FL Anglican Church 2:45 Tea Social- 1 st FL 3:45 Movie-Viewer's Choice 1 st FL	14 10:00 Reconditioning Exercises 1 st FL 11:15 Coffee, Tea & Else 1 st FL 1:30 Chicken Soup Stories-1 st FL 2:30 Strength Training 1 st FL 2:30 Reader's Haven 1 st FL 3:00 Art Therapy w/ Julia DPOA 3:15 1 -1 Visits 1 st FL 3:45 Series Hour 4:45 Dining-In @ Pat 1st FL 7:00 Movie-Viewer's Choice	15 10:00 Strength Training 2 nd FL 10:00 Reconditioning Exercises 1 st FL 11:30 Bowling- 1 st FL 1:30 Group Crossword 1 st FL 2:30 Happy Hour 1 st FL 3:15 Time Together 4:00 Music with Julia DPOA 5:45 Word Within A Word- 1 st FL 7:00 Movie-Viewer's Choice	16 Care Conferences 17 10:00 Strength Training 1 st FL 10:15 Balloon Toss 1 st FL 10:45 News and Trivia 1 st FL 11:30 Dynamic Fitness (Standing) 1 st FL 1:30 Ladies Bible Study 2 nd FL 3:00 Manicures 2 nd FL 3:45 Movie Classics 5:45 Bingo - 1 st FL 7:00 Movie-Viewer's Choice	18 10:00 Strength Training 2 nd FL 10:00 Reconditioning Exercise 1 st FL 10:40 Piano w/Kelvin 11:30 Dynamic Fitness (Standing) 1 st FL 2:00 Pop Up Coffee Shop 1st FL 2:30 Sensory Stimulation 3:00 Art Therapy w/ Julia DPOA 3:45 DVD Concerts 5:45 Pokeno 1 st FL	19 10:00 Strength Training 1 st FL 10:15 Physical Stimulation 1 st FL 10:45 Coffee, Tea & Else 1 st FL 1:30 Hangman 1 st FL 2:30 Happy Hour 1 st FL 3:15 One-to-One Visits 1 st FL 3:45 Documentary Hour 1 st FL 5:45 CyberTime: Music Memories 1 st FL 7:00 Top Movie Picks	20 10:00 Reconditioning Exercises 1 st FL 10:45 Chatterbox 1 st FL 1:30 6 Card Bingo 1 st FL 2:30 Piano with Katleena 1 st FL 2:45 Colour Therapy 1 st FL 3:45 Movie: Viewer's Pick 1 st FL 5:30 Music with Julia 1st FL
10:00 Church Service 1 st FL South Delta Baptist 10:45 Trivial Pursuit-1 st FL 1:30 Stretches 1 st FL 2:45 Hot Chocolate Social - 1 st FL 3:45 Movie-Viewer's Choice- 1 st FL 5:45 Piano with Bill 1 st FL	21 10:00 Reconditioning Exercises 1 st FL 11:15 Coffee, Tea & Else 1 st FL 1:30 Baking-1 st FL 2:30 Strength Training 1 st FL 2:30 Reader's Haven 1 st FL 3:00 Art Therapy w/ Julia DPOA 3:15 1 -1 Visits 1 st FL 3:45 Series Hour 6:00 Dance Party with "The Kin Tones" 1st FL 7:00 Movie-Viewer's Choice	22 10:00 Strength Training 2 nd FL 10:00 Reconditioning Exercises 1 st FL 11:30 Balloon Badminton- 1 st FL 1:30 Group Crossword 1 st FL 2:30 Happy Hour with "Pete Mason" 1st FL 4:00 Music with Julia DPOA 5:45 Wheel of Fortune 1 st FL 7:00 Movie-Viewer's Choice	23 10:00 Strength Training 1 st FL 10:15 Balloon Toss 1 st FL 10:45 News and Trivia 1 st FL 11:30 Resident Council Meeting 1st FL 1:30 Ladies Bible Study 2 nd FL 2:30 Dynamic Fitness 1 st FL 3:00 Active Games 1 st FL 3:45 Movie Classics 1 st FL 5:45 Bingo - 1 st FL 7:00 Movie-Viewer's Choice	24 Robbie Burn's Day 25 10:00 Strength Training 2 nd FL 10:00 Reconditioning Exercise 1 st FL 10:40 Piano w/Kelvin 11:30 Robbie Burns & The Scottish 2:30 Scottish Tea 1st FL 3:00 Art Therapy w/ Julia DPOA 3:45 DVD Concerts 5:45 Travelling Scotland 1 st FL	26 10:00 Strength Training 1 st FL 10:15 Physical Stimulation 1 st FL 10:45 Coffee, Tea & Else 1 st FL 1:30 Words in a Word 1 st FL 2:30 Happy Hour 1 st FL 3:15 One-to-One Visits 1 st FL 3:45 Documentary Hour 1 st FL 5:45 CyberTime: Let's Laugh 1 st FL 7:00 Top Movie Picks	27 10:00 Reconditioning Exercises 1 st FL 10:45 Scattagories 1 st FL 1:30 Baking & Tea Social 1 st FL 2:30 Piano with Katleena 1 st FL 2:45 Fireside Stories & Chat 1 st FL 3:45 Movie: Viewer's Pick 1 st FL 5:30 Music with Julia 1st FL
10:00 Exercises 11:00 Facts and Fun-1 st FL 2:00 Church Service 1 st FL Catholic 2:45 Tea Social- 1 st FL 3:45 Movie-Viewer's Choice 1 st FL	28 10:00 Reconditioning Exercises 1 st FL 11:15 Coffee, Tea & Else 1 st FL 1:30 Reminiscence Game- 1 st FL 2:30 Strength Training 1 st FL 2:30 Reader's Haven 1 st FL 3:00 Art Therapy w/ Julia DPOA 3:15 1 -1 Visits 1 st FL 3:45 Series Hour 5:45 Name That Tune- 1 st FL 7:00 Movie-Viewer's Choice	29 10:00 Strength Training 2 nd FL 10:00 Reconditioning Exercises 1 st FL 11:30 Bean Bag Toss- 1 st FL 1:30 Group Crossword 1 st FL 2:30 Happy Hour 1 st FL 3:15 Pamper Me Room Visit 1 st FL 4:00 Music with Julia DPOA 5:45 Word Jumble/Mental Aerobics 7:00 Movie-Viewer's Choice	30 10:00 Strength Training 1 st FL 10:15 Balloon Toss 1 st FL 10:45 News and Views 1 st FL 11:15 Sensory Stimulation 1:30 Ladies Bible Study 2 nd FL 2:30 Dynamic Fitness 1 st FL 3:00 One to One Visits 1 st FL 3:45 Movie Classics 5:45 Bingo 1 st FL 7:00 Movie-Viewer's Choice	31 West Court- Care Home January 2018		