

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

West Court - Care Home February 2018



<p>10:00 Church Service 1st FL Tsawwassen United</p> <p>10:45 Facts and Fun (Trees)- 1st FL 1:30 Stretches-1st FL 2:30 Social Hour- 1st FL 3:45 Movie-Viewer's Choice- 1st FL 5:45 Piano with Bill 1st FL</p>	<p>10:00 Reconditioning Exercises 1st FL 11:15 Coffee, Tea & Else 1st FL 1:30 Baking-1st FL 2:30 Strength Training 1st FL 2:45 Pamper Me Room Visit 1st FL 3:00 Art Therapy w/ Julia 1st FL 3:15 1 -1 Visits 1st FL 3:45 Series Hour 5:45 Music Appreciation 1st FL 7:00 Movie-Viewer's Choice</p>	<p>10:00 Strength Training 2nd FL 10:00 Reconditioning Exercises 1st FL 11:30 Bean Bag Toss 1st FL 1:30 Group Crossword 1st FL 2:30 Happy Hour 1st FL 3:15 Time Together 4:00 Music with Julia DPOA 5:45 Wheel of Fortune- 1st FL 7:00 Movie-Viewer's Choice</p>	<p>10:00 Strength Training 1st FL 10:15 Balloon Toss 1st FL 10:45 News and Trivia 1st FL 11:15 Dynamic Fitness (Standing) 1st FL 1:30 Ladies Bible Study 2nd FL 2:30 Reader's Haven 1st FL 3:00 Active Games 1st FL 3:45 Movie Classics 5:45 Bingo - 1st FL 7:00 Movie-Viewer's Choice</p>	<p>10:00 Strength Training 2nd FL 10:00 Reconditioning Exercise 1st FL 10:40 Piano w/Kelvin 11:00 Chatterbox 11:30 Dynamic Fitness (Standing) 1st FL 2:00 Concert In Care 1st FL 3:00 Art Therapy w/ Julia DPOA 3:45 DVD Concerts 5:45 Wheel of Fortune 1st FL</p>	<p>10:00 Strength Training 1st FL 10:15 Physical Stimulation 1st FL 10:45 Coffee, Tea & Else 1st FL 1:30 Word Jumbles 1st FL 2:30 Happy Hour with "Peter Montgomery" 1st FL 3:45 Documentary Hour 1st FL 5:45 CyberTime: Music Memories 1st FL 7:00 Top Movie Picks</p>	<p>10:00 Reconditioning Exercises 1st FL 10:45 Game of Knowledge 1st FL 1:30 Twenty Questions 1st FL 2:30 Piano with Katleena 1st FL 2:45 Colour Therapy 1st FL 3:45 Movie: Viewer's Pick 1st FL 5:30 Music with Julia 1st FL</p>
<p>10:00 Church Service 1st FL South Delta Baptist</p> <p>10:45 Brain Quest-1st FL 1:30 Stretches 1st FL 2:45 Hot Chocolate Social- 1st FL 3:45 Movie-Viewer's Choice- 1st FL 5:45 Piano with Bill 1st FL</p>	<p>10:00 Reconditioning Exercises 1st FL 11:15 Coffee, Tea & Else 1st FL 1:30 Chicken Soup Stories 1st FL 2:30 Strength Training 1st FL 2:45 Reader's Haven 1st FL 3:00 Art Therapy w/ Julia 1st FL 3:15 1 -1 Visits 1st FL 3:45 Series Hour 4:45 Dining-In with Pat 1st FL 7:00 Movie-Viewer's Choice</p>	<p>10:00 Strength Training 2nd FL 10:00 Reconditioning Exercises 1st FL 11:30 Balloon Badminton- 1st FL 1:30 Group Crossword 1st FL 2:30 Happy Hour 1st FL 3:15 Time Together 4:00 Music with Julia DPOA 5:45 Wheel of Fortune- 1st FL 7:00 Movie-Viewer's Choice</p>	<p>10:00 Strength Training 1st FL 10:15 Balloon Toss 1st FL 10:45 Poetry Readings 11:30 Resident Council Meeting 1st FL 1:30 Ladies Bible Study 2nd FL 2:30 Dynamic Fitness (Standing) 1st FL 3:00 Manicures and Hand Massage 1st FL 3:45 Movie Classics 6:00 Dance Party with "Linda Lujan"</p>	<p>10:00 Strength Training 2nd FL 10:00 Reconditioning Exercise 1st FL 10:40 Piano w/Kelvin 11:00 Random Trivia 11:30 Dynamic Fitness 1st FL 1:30 Crosswords - 1st FL 2:30 Chinese Tea 1st FL 3:00 Art Therapy w/ Julia DPOA 3:45 DVD Concerts 5:45 Bingo 1st FL</p>	<p>10:00 Strength Training 1st FL 10:15 Physical Stimulation 1st FL 10:45 Coffee, Tea & Else 1st FL 1:30 Unscramble Me 1st FL 2:30 Happy Hour 1st FL 3:15 One to One Visits 3:45 Documentary Hour 1st FL 5:45 CyberTime: Explore The World 1st FL 7:00 Top Movie Picks</p>	<p>10:00 Reconditioning Exercises 1st FL 10:45 Trivial Pursuit 1st FL 1:30 Baking and Tea Social 1st FL 2:30 Piano with Katleena 1st FL 3:45 Movie: Viewer's Pick 1st FL 5:30 Music with Julia 1st FL</p>
<p>10:00 Exercises 1st FL 11:00 Trivial Pursuit- 1st FL 2:00 Church Service 1st FL Anglican Church 2:45 Tea Social- 1st FL 3:45 Movie-Viewer's Choice 1st FL</p>	<p>Family Day 10:00 Reconditioning Exercises 1st FL 11:00 Family Day Reminiscing-1st FL 2:15 Hot Chocolate Social 1st FL 3:00 Art Therapy w/ Julia 1st FL 3:45-Movie -Viewer's Choice</p>	<p>10:00 Strength Training 2nd FL 10:00 Reconditioning Exercises 1st FL 11:30 Bowling- 1st FL 1:30 Group Crossword 1st FL 2:30 Happy Hour 1st FL 3:15 Time Together 4:00 Music with Julia DPOA 5:45 Mental Aerobics- 1st FL 7:00 Movie-Viewer's Choice</p>	<p>Happy Valentine's Day 10:00 Strength Training 1st FL 10:15 Balloon Toss 1st FL 10:45 News and Trivia 1st FL 11:15 Dynamic Fitness (Standing) 1st FL 1:30 Ladies Bible Study 2nd FL 2:30 Valentine's Social 1st FL 3:45 Movie Classics 5:45 Bingo - 1st FL 7:00 Movie-Viewer's Choice</p>	<p>10:00 Strength Training 2nd FL 10:00 Reconditioning Exercise 1st FL 10:40 Piano w/Kelvin 11:00 Brain Quest 11:30 Dynamic Fitness 1st FL 1:30 Crosswords - 1st FL 2:45 Reader's Haven 1st FL 3:00 Art Therapy w/ Julia DPOA 3:45 DVD Concerts 5:45 That's Right That's Wrong 1st FL</p>	<p>Chinese New Year Begins 10:00 Strength Training 1st FL 10:15 Physical Stimulation 1st FL 10:45 All About Chinese New Year 1st FL 1:30 Words in a Word 1st FL 2:30 Happy Hour 1st FL 3:15 One to One Visits 3:45 Documentary Hour 1st FL 5:45 CyberTime: Music Memories 1st FL 7:00 Top Movie Picks</p>	<p>10:00 Reconditioning Exercises 1st FL 10:45 DIY: Suet for the Birds 1st FL 1:30 6 Card Bingo 1st FL 2:30 Piano with Katleena 1st FL 2:45 Colour Therapy 1st FL 3:45 Movie: Viewer's Pick 1st FL 5:30 Music with Julia 1st FL</p>
<p>Winter Olympics Ends 10:00 Exercises-1st FL 11:00 Mental Aerobics/Olympic Update 2:00 Church Service 1st FL Catholic 2:45 Tea Social- 1st FL 3:45 Movie-Viewer's Choice 1st FL</p>	<p>10:00 Reconditioning Exercises 1st FL 11:15 Coffee, Tea & Else 1st FL 1:30 Baking- 1st FL 2:30 Strength Training 1st FL 2:45 Reader's Haven 1st FL 3:00 Art Therapy w/ Julia 1st FL 3:15 1 -1 Visits 1st FL 3:45 Series Hour 5:45 Sing-A-Long- 1st FL 7:00 Movie-Viewer's Choice</p>	<p>10:00 Strength Training 2nd FL 10:00 Reconditioning Exercises 1st FL 11:30 Bean Bag Toss- 1st FL 1:30 Group Crossword 1st FL 2:30 Happy Hour 1st FL 3:15 Time Together 4:00 Music with Julia DPOA 5:45 Animal/Bird Trivia- 1st FL 7:00 Movie-Viewer's Choice</p>	<p>10:00 Strength Training 1st FL 10:15 Balloon Toss 1st FL 10:45 News and Trivia 1st FL 11:15 Dynamic Fitness 1st FL 1:30 Ladies Bible Study 2nd FL 2:30 Calendar Visits 1st FL 3:00 Arm Chair Travels to London and British Chocolate Tasting 1st FL 3:45 Movie Classics 5:45 Bingo - 1st FL 7:00 Movie-Viewer's Choice</p>			