

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<h1>West Court – Care Home</h1> <h2>June 2018</h2>						<p>10:00 Strength Training 1<sup>st</sup> FL <b>1</b></p> <p>10:15 Physical Stimulation 1<sup>st</sup> FL</p> <p>10:45 Coffee, Tea &amp; Else 1<sup>st</sup> FL</p> <p>1:30 Words in a Word 1<sup>st</sup> FL</p> <p>2:30 Happy Hour 1<sup>st</sup> FL</p> <p>3:15 1 -1 Visits</p> <p>3:45 Documentary Hour 1<sup>st</sup> FL</p> <p>5:45 How it's Made – Donuts &amp; Desserts 1<sup>st</sup> FL</p> <p>7:00 Top Movie Picks</p>	<p>2</p> <p>10:00 Reconditioning Exercises 1<sup>st</sup> FL</p> <p>10:45 Random Trivia 1<sup>st</sup> FL</p> <p>1:30 Baking &amp; Tea Social 1<sup>st</sup> FL</p> <p>2:45 Knitting Club 1<sup>st</sup> FL</p> <p>3:45 Movie: Viewer's Pick 1<sup>st</sup> FL</p> <p>5:30 <b>Music with Julia 1<sup>st</sup> FL</b></p>
<p>3</p> <p>10:00 Church Service 1<sup>st</sup> FL</p> <p><b>Tsawwassen United</b></p> <p>10:45 Trivial Pursuit- 1<sup>st</sup> FL</p> <p>1:30 Stretches 1<sup>st</sup> FL</p> <p>2:45 Pink Lemonade Social- 1<sup>st</sup> FL</p> <p>3:45 Movie-Viewer's Choice- 1<sup>st</sup> FL</p> <p>5:45 Piano with Bill 1<sup>st</sup> FL</p>	<p>4</p> <p>10:00 Strength Training 2<sup>nd</sup> FL</p> <p>10:00 Reconditioning Exercises 1<sup>st</sup> FL</p> <p>11:15 Coffee, Tea &amp; Else 1<sup>st</sup> FL</p> <p>1:30 Baking/Tea Social- 1<sup>st</sup> FL</p> <p>2:30 Exercises/Games w Maribel</p> <p>2:30 Reader's Haven 1<sup>st</sup> FL</p> <p>3:00 <b>Art Therapy w/ Julia DPOA</b></p> <p>3:15 1 -1 Visits</p> <p>3:45 Series Hour</p> <p>5:45 Sing-A-Long-1<sup>st</sup> FL</p> <p>7:00 Movie-Viewer's Choice</p>	<p>5</p> <p>10:00 Strength Training 2<sup>nd</sup> FL</p> <p>10:00 Reconditioning Exercises 1<sup>st</sup> FL</p> <p>11:30 Bean Bag Toss- 1<sup>st</sup> FL</p> <p>1:30 <b>School Concert- South Point Academy Choir in CC</b></p> <p>2:30 Happy Hour 1<sup>st</sup> FL</p> <p>3:15 Time Together</p> <p>4:00 <b>Music with Julia DPOA</b></p> <p>5:45 Wheel of Fortune- 1<sup>st</sup> FL</p> <p>7:00 Movie-Viewer's Choice</p>	<p>6</p> <p>10:00 Strength Training 1<sup>st</sup> FL</p> <p>10:15 Physical Stimulation 1<sup>st</sup> FL</p> <p>10:45 News &amp; Views 1<sup>st</sup> FL</p> <p>11:30 Picture Books</p> <p>1:30 Spiritual Inspirations- The Healing Power of Music 2<sup>nd</sup> FL</p> <p>2:30 Dynamic Fitness 1<sup>st</sup> FL</p> <p>3:00 One to One Visits</p> <p>3:45 Movie Classics</p> <p>5:45 <b>Dance Party with" Pete Mason"</b></p> <p>7:00 Movie-Viewer's Choice</p>	<p>7</p> <p>10:00 Strength Training 1<sup>st</sup> FL</p> <p>10:40 Piano w/Kelvin</p> <p>11:00 Bus Drive &amp; Luncheon</p> <p>11:30 Dynamic Fitness 1<sup>st</sup> FL</p> <p>2:30 Senior's Forum 1<sup>st</sup> FL</p> <p>3:00 <b>Art Therapy w/ Julia DPOA</b></p> <p>3:45 DVD Concerts</p> <p>5:45 Bingo 1<sup>st</sup> FL</p>	<p>8</p> <p>10:00 Strength Training 1<sup>st</sup> FL</p> <p>10:15 Physical Stimulation 1<sup>st</sup> FL</p> <p>10:45 Coffee, Tea &amp; Else 1<sup>st</sup> FL</p> <p>1:30 Word Mix Up 1<sup>st</sup> FL</p> <p>2:30 Happy Hour 1<sup>st</sup> FL</p> <p>3:15 1 -1 Visits</p> <p>3:45 Documentary Hour 1<sup>st</sup> FL</p> <p>5:45 CyberTime: Music Memories 1<sup>st</sup> FL</p> <p>7:00 Top Movie Picks</p>	<p>9</p> <p>10:00 Reconditioning Exercises 1<sup>st</sup> FL</p> <p>10:45 Trivial Pursuit 1<sup>st</sup> FL</p> <p>2:00 <b>Pop-up Coffee Shop – Iced Coffee Tasting 1<sup>st</sup> FL</b></p> <p>3:00 Chicken Soup Stories in the Garden 1<sup>st</sup> FL</p> <p>3:45 Movie: Viewer's Pick 1<sup>st</sup> FL</p> <p>5:30 <b>Music with Julia 1<sup>st</sup> FL</b></p>	
<p>10</p> <p>10:00 Exercises 1<sup>st</sup> FL</p> <p>11:00 Birds-Facts &amp; Trivia- 1<sup>st</sup> FL</p> <p>2:00 Church Service 1<sup>st</sup> FL</p> <p><b>Anglican Church</b></p> <p>2:45 Iced Tea Social- 1<sup>st</sup> FL</p> <p>3:45 Movie-Viewer's Choice 1<sup>st</sup> FL</p>	<p>11</p> <p>10:00 Strength Training 2<sup>nd</sup> FL</p> <p>10:00 Reconditioning Exercises 1<sup>st</sup> FL</p> <p>11:15 Coffee, Tea &amp; Else 1<sup>st</sup> FL</p> <p>1:30 Reminiscence Game- 1<sup>st</sup> FL</p> <p>2:30 Exercises/Games w Maribel</p> <p>2:30 Group Crossword 1<sup>st</sup> FL</p> <p>3:15 1 -1 Visits</p> <p>3:45 Series Hour</p> <p>4:45 <b>Dining-In with Pat- 1<sup>st</sup> FL</b></p> <p>7:00 Movie-Viewer's Choice</p>	<p>12</p> <p>10:00 Strength Training 2<sup>nd</sup> FL</p> <p>10:00 Reconditioning Exercises 1<sup>st</sup> FL</p> <p>11:30 Balloon Badminton 1<sup>st</sup> FL</p> <p>2:00 <b>Concert In Care in CC</b></p> <p>3:00 Happy Hour 1<sup>st</sup> FL</p> <p>3:15 Time Together</p> <p>4:00 <b>Music with Julia DPOA</b></p> <p>5:45 Brain Quest/Trivial Pursuit- 1<sup>st</sup> FL</p> <p>7:00 Movie-Viewer's Choice</p>	<p>13</p> <p>10:00 Strength Training 1<sup>st</sup> FL</p> <p>10:15 Physical Stimulation 1<sup>st</sup> FL</p> <p>10:45 News &amp; Views 1<sup>st</sup> FL</p> <p>11:30 Dynamic Fitness</p> <p>1:30 Debate &amp; Discuss 2<sup>nd</sup> FL</p> <p>2:30 Reader's Haven</p> <p>3:00 One to One Visits</p> <p>3:45 Movie Classics</p> <p>5:45 Bingo - 1<sup>st</sup> FL</p> <p>7:00 Movie-Viewer's Choice</p>	<p>14</p> <p>10:00 Strength Training 2<sup>nd</sup> FL</p> <p>10:00 Reconditioning Exercise 1<sup>st</sup> FL</p> <p>10:40 Piano w/Kelvin</p> <p>11:00 Word Jumbles</p> <p>11:30 Dynamic Fitness 1<sup>st</sup> FL</p> <p>2:30 <b>Dad's Ice Cream Buffet with Entertainment: Steve &amp; Liz 1<sup>st</sup> FL</b></p> <p>3:00 <b>Art Therapy w/ Julia DPOA</b></p> <p>3:45 DVD Concerts</p> <p>5:45 Sudoku Lesson #4 1<sup>st</sup> FL</p>	<p>15</p> <p>8:45 <b>Father's Day Breakfast</b></p> <p>10:00 Strength Training 1<sup>st</sup> FL</p> <p>11:00 Coffee, Tea &amp; Else 1<sup>st</sup> FL</p> <p>1:30 Double Meaning Words 1<sup>st</sup> FL</p> <p>2:30 Happy Hour 1<sup>st</sup> FL</p> <p>3:15 1 -1 Visits</p> <p>3:45 Documentary Hour 1<sup>st</sup> FL</p> <p>5:45 CyberTime: Let's Laugh 1<sup>st</sup> FL</p> <p>7:00 Top Movie Picks</p>	<p>16</p> <p>10:00 Reconditioning Exercises 1<sup>st</sup> FL</p> <p>10:45 20 Questions 1<sup>st</sup> FL</p> <p>1:30 <b>Experiencing Mindfulness 1<sup>st</sup> FL</b></p> <p>2:45 Garden Walks and Talks 1<sup>st</sup> FL</p> <p>3:45 Movie: Viewer's Pick 1<sup>st</sup> FL</p> <p>5:30 <b>Music with Julia 1<sup>st</sup> FL</b></p>	
<p>17</p> <p><b>Happy Father's Day</b></p> <p>10:00 Church Service 1<sup>st</sup> FL</p> <p><b>South Delta Baptist</b></p> <p>10:30 <b>Art Therapy w/ Julia DPOA</b></p> <p>10:45 Facts &amp; Fun-Trees- 1<sup>st</sup> FL</p> <p>1:30 Stretches 1<sup>st</sup> FL</p> <p>2:30 <b>Father's Day- Root Beer Floats Social</b></p> <p>3:45 Movie-Viewer's Choice- 1<sup>st</sup> FL</p> <p>5:45 Piano with Bill 1<sup>st</sup> FL</p>	<p>18</p> <p>10:00 Strength Training 2<sup>nd</sup> FL</p> <p>10:00 Reconditioning Exercises 1<sup>st</sup> FL</p> <p>11:15 Coffee, Tea &amp; Else 1<sup>st</sup> FL</p> <p>1:30 Baking/Tea Social 1<sup>st</sup> FL</p> <p>2:30 Exercises/Games w Maribel</p> <p>2:30 Pamper Me Room Visits</p> <p>3:00 <b>Art Therapy w/ Julia DPOA</b></p> <p>3:15 1 -1 Visits</p> <p>3:45 Series Hour</p> <p>5:45 Music Appreciation- 1<sup>st</sup> FL</p> <p>7:00 Movie-Viewer's Choice</p>	<p>19</p> <p>10:00 Strength Training 2<sup>nd</sup> FL</p> <p>10:00 Reconditioning Exercises 1<sup>st</sup> FL</p> <p>11:30 Bowling- 1<sup>st</sup> FL</p> <p>1:30 Group Crossword 1<sup>st</sup> FL</p> <p>2:30 Happy Hour 1<sup>st</sup> FL</p> <p>3:15 Time Together</p> <p>4:00 <b>Music with Julia DPOA</b></p> <p>5:45 Wheel of Fortune-1<sup>st</sup> FL</p> <p>7:00 Movie-Viewer's Choice</p>	<p>20</p> <p>10:00 Strength Training 1<sup>st</sup> FL</p> <p>10:30 Scenic Drive</p> <p>11:30 World News From The Net 1<sup>st</sup> FL</p> <p>1:30 <b>Grey Haven Bird Sanctuary 1<sup>st</sup> FL</b></p> <p>2:30 Dynamic Fitness 1<sup>st</sup> FL</p> <p>3:00 One to One Visits</p> <p>3:45 Movie Classics</p> <p>5:45 Bingo - 1<sup>st</sup> FL</p> <p>7:00 Movie-Viewer's Choice</p>	<p>21</p> <p>10:00 Strength Training 2<sup>nd</sup> FL</p> <p>10:00 Reconditioning Exercise 1<sup>st</sup> FL</p> <p>10:40 Piano w/Kelvin</p> <p>11:00 Game of Knowledge</p> <p>11:30 Dynamic Fitness 1<sup>st</sup> FL</p> <p>1:30 Crosswords - 1<sup>st</sup> FL</p> <p>2:30 <b>Sing-A-Long with Vi &amp; Harry 1<sup>st</sup> FL</b></p> <p>3:00 <b>Art Therapy w/ Julia DPOA</b></p> <p>3:45 DVD Concerts</p> <p>5:45 Ask Google 1<sup>st</sup> FL</p>	<p>22</p> <p>10:00 Strength Training 1<sup>st</sup> FL</p> <p>10:15 Physical Stimulation 1<sup>st</sup> FL</p> <p>10:45 Coffee, Tea &amp; Else 1<sup>st</sup> FL</p> <p>1:30 Guess the Word 1<sup>st</sup> FL</p> <p>2:30 Happy Hour 1<sup>st</sup> FL</p> <p>3:15 1 -1 Visits</p> <p>3:45 Documentary Hour 1<sup>st</sup> FL</p> <p>5:45 CyberTime: Music Memories 1<sup>st</sup> FL</p> <p>7:00 Top Movie Picks</p>	<p>23</p> <p>10:00 Reconditioning Exercises 1<sup>st</sup> FL</p> <p>10:45 Brain Quest 1<sup>st</sup> FL</p> <p>1:30 Baking &amp; Tea Social 1<sup>st</sup> FL</p> <p>2:45 Bean Bag Toss and Music 1<sup>st</sup> FL</p> <p>3:45 Movie: Viewer's Pick 1<sup>st</sup> FL</p> <p>5:30 <b>Music with Julia 1<sup>st</sup> FL</b></p>	
<p>24</p> <p>10:00 Exercises</p> <p>11:00 Crosswords-1<sup>st</sup> FL</p> <p>2:00 Church Service 1<sup>st</sup> FL</p> <p><b>Catholic</b></p> <p>2:45 Lemonade Social 1<sup>st</sup> FL</p> <p>3:45 Movie-Viewer's Choice 1<sup>st</sup> FL</p>	<p>25</p> <p>10:00 Strength Training 2<sup>nd</sup> FL</p> <p>10:00 Reconditioning Exercises 1<sup>st</sup> FL</p> <p>11:15 Coffee, Tea &amp; Else 1<sup>st</sup> FL</p> <p>1:30 Pictures From The Past- 1<sup>st</sup> FL</p> <p>2:30 Exercises/Games w Maribel</p> <p>2:30 Reader's Haven 1<sup>st</sup> FL</p> <p>3:00 <b>Art Therapy w/ Julia DPOA</b></p> <p>3:15 1 -1 Visits</p> <p>3:45 Series Hour</p> <p>5:45 Musical Concert- 1<sup>st</sup> FL</p> <p>7:00 Movie-Viewer's Choice</p>	<p>26</p> <p>10:00 Strength Training 2<sup>nd</sup> FL</p> <p>10:00 Reconditioning Exercises 1<sup>st</sup> FL</p> <p>11:30 Outdoor Garden Walk- 1<sup>st</sup> FL</p> <p>1:30 Group Crossword 1<sup>st</sup> FL</p> <p>2:30 Happy Hour 1<sup>st</sup> FL</p> <p>3:15 Time Together</p> <p>4:00 <b>Music with Julia DPOA</b></p> <p>5:45 Word within a Word -1<sup>st</sup> FL</p> <p>7:00 Movie-Viewer's Choice</p>	<p>27</p> <p>10:00 Strength Training 1<sup>st</sup> FL</p> <p>10:15 Sensory Time 1<sup>st</sup> FL</p> <p>10:45 News &amp; Views 1<sup>st</sup> FL</p> <p>11:30 <b>Resident Council Meeting 1<sup>st</sup> FL</b></p> <p>1:30 Spiritual Inspirations 2<sup>nd</sup> FL</p> <p>2:30 Dynamic Fitness 1<sup>st</sup> FL</p> <p>3:00 One to One Visits</p> <p>3:45 Movie Classics</p> <p>5:45 Bingo - 1<sup>st</sup> FL</p> <p>7:00 Movie-Viewer's Choice</p>	<p>28</p> <p>10:00 Strength Training 2<sup>nd</sup> FL</p> <p>10:00 Reconditioning Exercise 1<sup>st</sup> FL</p> <p>10:30 Scenic Drive</p> <p>10:40 Piano w/Kelvin</p> <p>11:30 Dynamic Fitness 1<sup>st</sup> FL</p> <p>1:30 Crosswords - 1<sup>st</sup> FL</p> <p>2:30 Senior's Forum 1<sup>st</sup> FL</p> <p>3:00 <b>Art Therapy w/ Julia DPOA</b></p> <p>3:45 DVD Concerts</p> <p>5:45 Pokeno 1<sup>st</sup> FL</p>	<p>29</p> <p>10:00 Strength Training 1<sup>st</sup> FL</p> <p>10:15 Physical Stimulation 1<sup>st</sup> FL</p> <p>10:45 Coffee, Tea &amp; Else 1<sup>st</sup> FL</p> <p>1:45 <b>Canada Day Celebration in CC</b></p> <p>3:45 Documentary Hour 1<sup>st</sup> FL</p> <p>5:45 CyberTime: Oh Canada! 1<sup>st</sup> FL</p> <p>7:00 Top Movie Picks</p>	<p>30</p> <p>10:00 Reconditioning Exercises 1<sup>st</sup> FL</p> <p>10:45 Exploring Canada Facts &amp; Trivia 1<sup>st</sup> FL</p> <p>1:30 Maple Leaf Craft 1<sup>st</sup> FL</p> <p>2:30 <b>Happy Hour 1<sup>st</sup> FL</b></p> <p>3:45 Movie: Viewer's Pick 1<sup>st</sup> FL</p> <p>5:30 <b>Music with Julia 1<sup>st</sup> FL</b></p>	