

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

West Court – Care Home

November 2018



<p>10:00 Church Service 1st FL Tsawwassen United</p> <p>10:45 Crosswords 1st FL 1:30 Exercises 1st FL 2:45 Tea Social/Mental Aerobics-1st FL 3:45 Movie-Viewer's Choice- 1st FL</p>	<p>10:00 Strength Training 2nd FL 10:00 Reconditioning Exercises 1st FL 11:15 Coffee, Tea & Else 1st FL 1:30 Baking & Tea Social-- 1st FL 2:30 Mahjong with Lois 1st FL 3:00 Art Therapy w/ Julia DPOA 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 1st FL 11:00 Coffee, Tea & Else 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 Hand Massages 1st FL 10:45 News and Views 1st FL 11:15 A Collage of Pictures 1:30 Chicken Soup Stories 2nd FL 2:30 Dynamic Fitness 1st FL 3:00 1-1 visits 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 Trivial Pursuit 11:30 Stretch & Flex 1st FL 1:30 Crosswords - 1st FL 2:30 Calendar Visits 1st FL 3:00 Art Therapy w/ Julia DPOA 3:45 DVD Concerts 5:45 Pokeno 1st FL</p>	<p>10:00 Strength Training 1st FL 10:15 Engaging the Senses 1st FL 10:45 Coffee, Tea & Else 1st FL 12:15 Foodie Friday 1:30 Hangman 1st FL 2:30 Happy Hour 1st FL 3:15 1-1 Visits 3:45 Documentary Hour 1st FL 5:45 Ted Talks: Creativity 1st FL 7:00 Top Movie Picks</p>	<p>10:00 Reconditioning Exercises 1st FL 10:45 Current Events 1st FL 1:30 Mindfulness Practice 1st FL 2:45 Create with Color 1st FL 3:45 Movie: Viewer's Pick 1st FL 5:30 Music with Julia 1st FL</p>
<p>REMEMBRANCE DAY</p> <p>10:00 Reconditioning Exercises 1st FL 11:00 Remembrance Day Service 1st F 2:00 Hot Chocolate Social & Reminiscing 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 Facts & Fun- 1st FL 2:30 Sing a Long with "Vi & Harry" 1st FL 3:00 Art Therapy w/ Julia DPOA 3:45 Series Hour</p>	<p>10:00 Strength Training 1st FL 11:00 Coffee, Tea & Else 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 Brain Quest- 1st FL 7:00 Movie-Viewer's Choice</p>	<p>CARE CONFERENCE</p> <p>10:00 Strength Training 1st FL 10:15 Strolling A-Long 1st FL 10:45 Fun Facts & Trivia 1st FL 11:15 Dynamic Fitness 1:30 Java Music Club 2nd FL 2:30 Word Games 1st FL 3:00 1-1 Visits 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 Banana Grams 11:45 Dynamic Fitness 1st FL 2:00 Concert in Care "Borealis String Quartet" 1st FL 3:00 Art Therapy w/ Julia DPOA 3:45 DVD Concerts 5:45 Netflix – A Plastic Ocean 1st FL</p>	<p>10:00 Strength Training 1st FL 10:15 Engaging the Senses 1st FL 10:45 Coffee, Tea & Else 1st FL 1:30 Rebus Puzzles 1st FL 2:30 Happy Hour 1st FL 3:15 1-1 Visits 3:45 Documentary Hour 1st FL 5:45 Dining In with Annu 1st FL 7:00 Top Movie Picks</p>	<p>10:00 Reconditioning Exercises 1st FL 10:45 Trivial Pursuit 1st FL 1:30 Mindfulness Practice 1st FL 2:45 Balloon Badminton 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 Facts & Fun "Trees" 1st FL 1:30 Exercises 1st FL 2:45 Tea Social & Trivial Pursuit- 1st FL 3:45 Movie-Viewer's Choice- 1st FL 5:45 Piano with Bill 1st FL</p>	<p>10:00 Strength Training 2nd FL 10:00 Reconditioning Exercises 1st FL 11:15 Coffee, Tea & Else 1st FL 1:30 Stories for the Heart -1st FL 2:30 Mahjong with Lois 1st FL 3:00 Art Therapy w/ Julia DPOA 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 1st FL 11:00 Coffee, Tea & Else 1st FL 11:30 Active Games- 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>10:00 Strength Training 1st FL 10:15 Sensory Stimulation 1st FL 10:45 Coffee, Tea and Else 1st FL 11:30 Resident Council Meeting 1st FL 1:30 Inspirational Stories 2nd FL 2:30 Dynamic Fitness 1st FL 3:00 1-1 Visits 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 Hangman 11:30 Prep for Tea 1st FL 1:30 Crosswords - 1st FL 2:30 Rhubarb Tea with Harpist Michelle K 1st FL 3:00 Art Therapy w/ Julia DPOA 3:45 DVD Concerts 5:45 Wikipedia Knows 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 Unscramble 1st FL 2:30 Happy Hour 1st FL 3:15 1-1 Visits 3:45 Documentary Hour 1st FL 5:45 Ted Talks: Express Yourself 1st FL 7:00 Top Movie Picks</p>	<p>10:00 Reconditioning Exercises 1st FL 10:45 Double Meaning Words 1st FL 1:30 Mindfulness Practice 1st FL 2:45 Popcorn Tasting 1st FL 3:45 Movie: Viewer's Pick 1st FL 5:30 Music with Julia 1st FL</p>
<p>10:00 Reconditioning Exercises 1st FL 11:00 Crosswords 2:00 Church Service 1st FL Catholic</p> <p>2:45 Social Hour- 1st FL 3:45 Movie-Viewer's Choice 1st FL</p>	<p>10:00 Strength Training 2nd FL 10:00 Reconditioning Exercises 1st FL 11:15 What's News 1st FL 1:30 Baking-1st FL 2:30 Board Games 1st FL 3:00 Art Therapy w/ Julia DPOA 3:15 1 -1 Visits 1st FL 3:45 Series Hour 6:00 Dance Party with" KinTones" 7:00 Movie-Viewer's Choice</p>	<p>10:00 Strength Training 1st FL 11:00 Coffee, Tea & Else 1st FL 11:30 Noodle Hockey 1:15 Time Together 1st FL 1:30 Group Crossword 1st FL 2:30 Happy Hour 1st FL 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 Coffee/Tea & News 1st FL 11:15 Dynamic Fitness 1st FL 1:30 Java Music Club 2nd FL 2:30 Reader's Haven 1st FL 3:00 1-1 Visits 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 Words in a Word 11:30 Calendar Visits 1st FL 1:30 Crosswords - 1st FL 2:30 Lighting Up Christmas & Karaoke 1st FL 3:00 Art Therapy w/ Julia DPOA 3:45 DVD Concerts 5:45 Jeopardy Trivia</p>	<p>10:00 Strength Training 1st FL 10:15 Engaging the Senses 1st FL 10:45 Coffee, Tea & Else 1st FL 12:15 Foodie Friday 1:30 Family Feud 1st FL 2:30 Happy Hour 1st FL 3:15 1-1 Visits 3:45 Documentary Hour 1st FL 5:45 Just for Laugh Gags 1st FL 7:00 Top Movie Picks</p>	<p>10:00 Reconditioning Exercises 1st FL 10:45 Double Meaning Words 1st FL 1:30 Mindfulness Practice 1st FL 2:45 Popcorn Tasting 1st FL 3:45 Movie: Viewer's Pick 1st FL 5:30 Music with Julia 1st FL</p>