


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>West Court – Care Home</h1> <h1>February 2019</h1>					<p>10:00 Strength Training 1st FL 10:15 Physical Stimulation 1st FL 10:45 Coffee 1st FL 1:30 Reminiscing- 1st FL 2:30 Happy Hour 1st FL 3:15 1-1 Visits 3:45 Documentary Hour 1st FL 5:45 Wheel of Fortune- 1st FL 7:00 Top Movie Picks</p>	<p>10:00 Reconditioning Exercises 1st FL 10:45 Facts & Fun / -Current Events-1st FL 1:30 Baking-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 Tsawwassen United 10:45 Exercises 1st FL 1:30 Crosswords 3:00 Sing – Along 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 Coloring and Mindfulness 1st FL 2:30 Reader's Haven 1st FL 3:00 Art Therapy w/ Julia DPOA 3:15 1 -1 Visits 1st FL 3:45 Series Hour 5:45 Smoothie Tasters 1st FL 7:00 Movie-Viewer's Choice</p>	<p>Start of Chinese New Year 10:00 Strength Training 1st FL 11:00 Coffee, Tea & Else 1st FL 11:30 Balloon Toss 1st FL 2:00 Concert in Care 1st FL 3:00 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>10:00 Strength Training 1st FL 10:15 Physical Stimulation 1st FL 10:45 Coffee/ Tea & Else 1st FL 11:15 Dynamic Fitness 1st FL 1:30 Java Music Club 2nd FL 2:30 Letters to Students 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 You be The Judge-1st FL 11:30 Dynamic Fitness 1st FL 2:30 Chinese New Year Tea & Art Viewing 1st FL 3:00 Art Therapy w/ Julia DPOA 3:45 DVD Concerts 5:45 Traveling China 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 Picture Book Trivia- 1st FL 2:30 Happy Hour 1st FL 3:15 1-1 Visits 3:45 Documentary Hour 1st FL 4:45 Dining-In with Pat-1st FL 7:00 Top Movie Picks</p>	<p>10:00 Reconditioning Exercises 1st FL 10:45 Brain Quest 1st FL 2:30 Mindfulness Moments 1st FL 3:45 Movie: Viewer's Pick 1st FL 5:30 Music with Julia 1st FL</p>
<p>10:00 Exercises 1st FL 10:40 Hymn Sing 1st FL 10:45 Morning Chat 1st FL 1:30 Crosswords 1st FL 3:00 Reminiscing 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 Curling 1st FL 2:30 Sing-A-Long With Vi & Harry 1st FL 3:00 Art Therapy w/ Julia DPOA 3:15 1 -1 Visits 1st FL 3:45 Series Hour 5:45 Popcorn Tasting 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 Noodle hockey 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 Trivial Pursuit 1st FL 7:00 Movie-Viewer's Choice</p>	<p>CARE CONFERENCES 10:00 Strength Training 1st FL 10:15 Picture Books 1st FL 10:45 Fun Facts & Trivia 1st FL 11:15 Dynamic Fitness 1st FL 2:00 Movie Matinee- Oscars 2019 nominated movie 3:45 Movie Classics 5:45 Jackpot Bingo - 1st FL 7:00 Movie-Viewer's Choice</p>	<p>Valentine's Day 10:00 Strength Training 2nd FL 10:00 Reconditioning Exercise 1st FL 10:30 Kidzone Visit -1st FL 10:40 Piano w/Kelvin 11:30 Dynamic Fitness 1st FL 2:30 Valentine's Day Party 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 Physical Stimulation 1st FL 10:45 Coffee, Tea & Else 1st FL 1:30 Brain Quest- 1st FL 2:30 Happy Hour 1st FL 3:15 1-1 Visits 3:45 Documentary Hour 1st FL 5:45 Cyber Time-Music Memories- 1st 7:00 Top Movie Picks</p>	<p>10:00 Reconditioning Exercises 1st FL 10:45 Trivial Pursuit-1st FL 1:30 Baking-- 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 10:45 Exercises 1st FL 1:30 Hangman 1st FL 3:00 Balloon Toss 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 2:00 Family Day Social- 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 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 Game of Knowledge 1st FL 7:00 Movie-Viewer's Choice</p>	<p>10:00 Strength Training 1st FL 10:15 Hand Massages 1st FL 10:45 Trivial Pursuit 1st FL 11:30 Resident Council Meeting 1st FL 1:30 Java Music Group 2nd FL 2:30 Balloon Exercises 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 You be The Judge-1st FL 11:30 Dynamic Fitness 1st FL 1:30 Crosswords - 1st FL 2:30 Reader's Haven 1st FL 3:00 Art Therapy w/ Julia DPOA 3:45 DVD Concerts 5:45 Sudoku Lesson #11 1st FL</p>	<p>10:00 Strength Training 1st FL 10:15 Physical Stimulation 1st FL 10:45 Coffee, Tea & Else 1st FL 2:30 New Resident Welcome Social 1st FL 3:15 1-1 Visits 3:45 Documentary Hour 1st FL 5:45 Wheel of Fortune- 1st FL 7:00 Top Movie Picks</p>	<p>10:00 Reconditioning Exercises 1st FL 10:45 Today's News 1st FL 2:30 You Be The Judge 1st FL 3:45 Movie: Viewer's Pick 1st FL 5:30 Music with Julia 1st FL</p>
<p>10:00 Exercises 1st FL 10:45 Morning Chat 1st FL 2:00 Church Service 1st FL Catholic 2:45 Words in a Word 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 Mindfulness Moments 1st FL 2:30 Letters to Students 1st FL 3:00 Art Therapy w/ Julia DPOA 3:15 1 -1 Visits 1st FL 3:45 Series Hour 5:45 Hot Chocolate and Trivia 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 Balloon 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 Engaging the Senses 1st FL 10:45 True or Myth? 1st FL 11:15 Dynamic Fitness 1st FL 2:00 Movie Matinee- Oscars 2019 nominated movie 2:30 Letters to Students 1st FL 3:00 1-1 Visits 1st FL 3:45 Movie Classics 5:45 Dance Party with "Johnny Hsu" 1st FL</p>	<p>10:00 Strength Training 2nd FL 10:00 Reconditioning Exercise 1st FL 10:40 Piano w/Kelvin 11:00 This & That-1st FL 11:30 Dynamic Fitness 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 Bingo 1st FL</p>		