

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	Happy New Year! 10:00 Reconditioning Exercises 1 FL 11:00 Morning Chat & Trivia 1 FL 1:30 Heart for Music & 1-1 Visits 2:30 Wishing Wall and Surprise Gift 1 FL 3:45 Nature Documentary	10:00 Reconditioning Exercises 1 FL 11:00 Coffee, Tea & Else 1 FL 11:15 Music Therapy 2 FL 1:30 Pamper Me Room Visits 1 FL 3:00 Music Therapy 3:15 Heart for Music 1 FL 5:45 New Year's Around the World & Resolutions 1 FL	10:00 Reconditioning Exercises 1 FL 10:15 Art Therapy with Julia 1 FL 11:00 1-1 Visits 1 FL 1:30 Time Together 1 FL 2:30 Heart for Music & 1-1 Visits 2:30 Floor Curling 1 FL 3:45 Comedy Hour- The Brady Bunch 5:45 Bingo 1 FL	10:00 Reconditioning Exercises 1 FL 11:00 Good News & Views- 1 FL 1:30 50 Unsolved Historical Mysteries That Can Not Be Explained 1 FL 2:30 Active Game – Residents Choice 1 FL 3:15 Time Together 3:45 Classical Music Hour: Midori – Tchaikovsky Violin Concerto in D Major 1 FL 5:45 Twilight Drive – Light Tour	10:00 Strength Training 1 FL 10:00 Heart for Music & 1-1 Visits 11:00 Coffee, Tea & Else 1 FL 12:30 Social Dining-Lunch 1 FL 2:30 Sing-A-Long Social with "Vi & Harry" 1 FL 3:00 Physical Stimulation 2 FL 5:45 Believe It or Not 1 FL	10:00 Reconditioning Exercises 1 FL 10:00 Heart for Music 11:00 Coffee, Tea & Else 1 FL 1:30 Violin with Ella & Noella 2:30 Grace of Monaco: The Hollywood Princess 1 FL	
10:00 Strength Training 1 FL 10:00 Heart for Music & Friendly Visits 10:45 Anglican Church Virtual Service 11:00 Morning Chat & Trivia 1 FL 1:30 Bingo DPOA 2:30 Football Sunday Social 1 FL 3:00 Jokes and Short Stories Social 1 FL 3:15 Music Therapy 5:45 Wheel of Fortune 1 FL	10:00 Reconditioning Exercises 1 FL 11:00 Morning Chat & Trivia 1 FL 1:30 Heart for Music & 1-1 Visits 2:15 Art Therapy with Julia 1 FL 2:30 Travel to India Part Three 1 FL 3:00 Pamper Me 1 FL 3:45 Biography Documentary 5:45 Movie Night – West Side Story 1 FL	10:00 Reconditioning Exercises 1 FL 11:00 Coffee, Tea & Else 1 FL 11:15 Music Therapy 1 FL 11:30 Balloon Badminton 2 FL 1:30 1-1 Visit & Games – Lounge 1:30 Reader's Haven – Book Reading 1 FL 2:30 Baking – Chocolate Fortune Cookie Pie 1 FL 3:00 Physical Stimulation 3:00 Music Therapy 3:15 Heart for Music 1 FL 5:45 Who, What, Where 1 FL	10:00 Reconditioning Exercises 1 FL 10:15 Art Therapy with Julia 1 FL 11:00 1-1 Visit 1 FL 1:30 Time Together 2:30 Heart for Music & 1-1 Visits 2:30 Floor Curling 1 FL 3:45 Comedy Hour- I Dream of Jeannie 5:45 Pokeno 1 FL	10:00 Reconditioning Exercises 1 FL 11:00 Good News & Views- 1 FL 1:30 Picture Books 2:30 Ring Toss 1 FL 3:15 Time Together 3:45 Classical Music Hour: Two Cellos – Live at Sydney Opera House 1 FL 5:45 Bingo 1 FL	10:00 Strength Training 1 FL 10:00 Heart for Music & 1-1 Visits 11:00 Coffee, Tea & Else 1 FL 2:30 Welcoming the New Year Social with "Johnny Hsu" 1 FL 4:45 Social Dining-Dinner 1 FL	10:00 Reconditioning Exercises 1 FL 10:00 Heart for Music 11:00 Coffee, Tea & Else 1 FL 1:30 Violin with Ella & Noella 2:30 The Sounds of Music 1 FL	
10:00 Strength Training 1 FL 10:00 Heart for Music & Friendly Visits 10:45 Catholic Church Virtual Service 11:00 Morning Chat & Trivia 1 FL 1:30 Bingo DPOA 2:30 Active Game 1 FL 3:00 Bean Bag Toss 1 FL 3:15 Music Therapy 5:45 Words Within A word 1 FL	10:00 Reconditioning Exercises 1 FL 11:00 Morning Chat & Trivia 1 FL 1:30 Heart for Music & 1-1 Visits 2:15 Art Therapy with Julia 1 FL 2:30 Baking Time 1 FL 3:00 Bean Bag Toss 1 FL 3:45 Nature Documentary 5:45 Crossword Puzzle 1 FL	10:00 Reconditioning Exercises 1 FL 11:00 Coffee, Tea & Else 1 FL 11:15 Music Therapy 2 FL 11:30 Catch 1:30 Board Games 1:30 Reader's Haven – Book Reading 1 FL 2:30 Picture Books 3:00 Balloon Badminton 3:00 Music Therapy 3:15 Heart for Music 1 FL 5:45 Word Games 1 FL	10:00 Reconditioning Exercises 1 FL 10:15 Art Therapy with Julia 1 FL 11:00 1-1 Visits 1 FL 1:30 Time Together 1 FL 2:30 Heart for Music & 1-1 Visits 2:30 Floor Curling 1 FL 3:45 Comedy Hour- Bob Newhart Show 5:45 Jeopardy & Everything Trivia 1 FL	10:00 Reconditioning Exercises 1 FL 11:00 Good News & Views- 1 FL 1:30 The Sounds of Music 1 FL 2:30 Bean Bag Toss 1 FL 3:15 Time Together 3:45 Classical Music Hour: Live from Lincoln Center – Zubin Mehta, conductor & Daniel Barenboim, pianist 1 FL 5:45 Bingo 1 FL	10:00 Strength Training 1 FL 10:00 Heart for Music & 1-1 Visits 11:00 Coffee, Tea & Else 1 FL 12:30 Social Dining-Lunch 1 FL 2:30 Sing-A-Long Social with "Vi & Harry" 1 FL 3:00 Physical Stimulation 2 FL 5:45 Believe It or Not 1 FL	10:00 Reconditioning Exercises 1 FL 10:00 Heart for Music 11:00 Coffee, Tea & Else 1 FL 1:30 Violin with Ella & Noella 2:30 Movie Matinee -Scottish - "Greyfriar's Bobby" 1 FL	
10:00 Strength Training 1 FL 10:00 Heart for Music & Friendly Visits 10:45 Tsawwassen United Church Virtual Service 11:00 Morning Chat & Trivia 1 FL 1:30 Bingo DPOA 2:30 Football Sunday Social 1 FL 3:00 Sensory Stimulation 3:15 Music Therapy 5:45 Crossword puzzle 1 FL	10:00 Reconditioning Exercises 1 FL 11:00 Morning Chat & Trivia 1 FL 1:30 Heart for Music & 1-1 Visits 2:15 Art Therapy with Julia 1 FL 2:30 MAMA MIA Tasting Social 1 FL 3:00 Manicures 1 FL 3:45 World Mystery Documentary 5:45 Crossword Puzzle 1 FL	10:00 Reconditioning Exercises 1 FL 11:00 Coffee, Tea & Else 1 FL 11:15 Music Therapy 1 FL 11:30 Balloon Toss 2 FL 1:30 Sunroom Social 2:00 Resident Council Meeting 1 FL 2:30 Floor Curling 1 FL 2:30 1-1 Visits 1 FL 3:00 Crossword Puzzle 3:00 Music Therapy 5:45 Movie Night – Hello Dolly 1 FL	10:00 Reconditioning Exercises 1 FL 10:15 Art Therapy with Julia 1 FL 11:00 1-1 Visits 1 FL 2:30 Heart for Music & 1-1 Visits 2:30 Toasting the Bard Scottish Social with "Peter Paulus" 1 FL 3:45 Comedy Hour- Designing Women 5:45 Bingo 1 FL	Robbie Burns Day 10:00 Reconditioning Exercises 1 FL 11:00 Good News & Views- 1 FL 12:30 Scottish Luncheon 1 FL 2:30 Scottish Tea 1 FL 3:15 Time Together 3:45 Classical Music Hour: David Russell Full Concert – Classical Guitar – Churches of Palencia, Spain – Omni Foundation 1 FL 5:45 Discovering Scotland 1 FL	10:00 Strength Training 1 FL 10:00 Heart for Music & 1-1 Visits 11:00 Coffee, Tea & Else 1 FL 1:30 Board Games 1 FL 1:00 Movie Musical – "The Sound of Music" 1 FL 3:00 Physical Stimulation 2 FL 4:45 Social Dining-Dinner 1 FL	10:00 Reconditioning Exercises 1 FL 10:00 Heart for Music 11:00 Coffee, Tea & Else 1 FL 1:30 Violin with Ella & Noella 2:30 Reader's Haven – Book Reading 1FL	
10:00 Strength Training 1 FL 10:00 Heart for Music & Friendly Visits 10:45 Baptist Church Virtual Service 11:00 Morning Chat & Trivia 1 FL 1:30 Bingo DPOA 2:30 Football Sunday Social 1 FL 3:00 Sensory Stimulation 1 FL 3:15 Music Therapy 5:45 Top Ten Aliens Encounters 1 FL	10:00 Reconditioning Exercises 1 FL 11:00 Morning Chat & Trivia 1 FL 1:30 Heart for Music & 1-1 Visits 2:15 Art Therapy with Julia 1 FL 2:30 Balloon Toss 1 FL 3:00 Catch 1 FL 3:45 Resident's Choice Documentary 5:45 General Knowledge Trivia 1 FL	10:00 Physical Stimulation 1 st FL 11:00 Coffee, Tea & Else 1 FL 11:15 Music Therapy 1 FL 11:30 Hand Massages 1:30 Manicures & Hand Massage 1:30 Calendar Visits 1 FL 2:30 Calendar Visits 2 FL 3:00 1-1 Visit & Music Trivia 3:00 Music Therapy	10:00 Reconditioning Exercises 1 FL 10:15 Art Therapy with Julia 1 FL 11:00 1-1 Visits 1 FL 1:30 Time Together 1 FL 2:30 Heart for Music & 1-1 Visits 2:30 Floor Curling 1 FL 3:45 Comedy Hour- Mash 1 FL 5:45 Wheel of Fortune 1 FL	West Court – Care Home January 2024			