

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

West Court – Care Home

January 2022



<p>10:00 Strength Training 1st FL 10:00 Physical Stimulation 1st FL 10:45 Anglican Church Virtual Service 11:00 Morning Chat & Trivia 1st FL 1:45 Bingo DPOA 2:30 Relaxation & Gentle Care 3:00 Crib Club -Independent Activity 3:00 Heart for Music & 1-1 Visits 6:00 True or Myth1st FL</p>	<p>10:00 Reconditioning Exercises 1st FL 11:00 Morning Chat & Trivia 1st FL 1:45 Ring Toss1st FL 2:30 Afternoon Tea & Spiritual Care 1st FL 3:00 Heart for Music & 1-1 Visits 3:45 Nature Documentary: "Dark Seas" Netflix 6:00 Trivia Night 1st FL</p>	<p>10:00 Strength Training 1st FL 11:00 Coffee, Tea & Else 1st FL 11:15 Music Therapy 1st FL 11:30 Engaging the Senses 1st FL 1:45 Reader's Haven 1st FL 2:00 Music Therapy 2nd FL 2:30 Happy Hour 1st FL 3:15 Heart for Music & 1-1 Visits 6:00 Complete the Lyrics 1st FL</p>	<p>10:00 Reconditioning Exercises 1st FL 10:15 Art Therapy with Julia DPOA 11:00 Morning Chat & Discussion 1st FL 12:30 Welcoming the New Year BBQ 1st FL 1:45 Entertainment with Johnny Hsu 1st FL 2:30 Floor Curling 3:45 Comedy Hour- 6:00 Bingo 1st FL</p>	<p>10:00 Reconditioning Exercises 1st FL 11:00 Good News & Views- 1st FL 1:45 Picture Books 1st FL 2:30 Engaging the Senses 1st FL 3:15 Time Together 3:45 Classical Music Hour: Andrea Rieu Concert from Vienna 6:00 The Spelling Challenge & Word in a Word 1st FL</p>	<p>10:00 Strength Training 1st FL 10:00 Physical Stimulation 1st FL 10:15 Art Therapy with Julia DPOA 11:00 Coffee, Tea & Else 1st FL 1:45 Bean Bag Toss1st FL 2:30 Happy Hour 1st FL 3:00 Heart for Music & 1-1 Visits 6:00 Name 5 Game 1st FL</p>	<p>10:00 Reconditioning Exercises 1st FL 11:00 Coffee, Tea & Else 1st FL 2:00 New Year's Resolutions & Predictions Tea, Treats & Discussion 1st FL</p>	
<p>10:00 Strength Training 1st FL 10:00 Physical Stimulation 1st FL 10:45 Catholic Church Virtual Service 11:00 Morning Chat & Trivia 1st FL 1:45 Pokeno DPOA 2:30 Savory Baking & Chit Chat 1 FL 3:00 Crib Club -Independent Activity 3:00 Heart for Music & 1-1 Visits 6:00 Outburst 1st FL</p>	<p>10:00 Reconditioning Exercises 1st FL 11:00 Morning Chat & Trivia 1st FL 1:45 Spa & Relaxation1st FL 2:15 Art Therapy with Julia DPOA 2:30 Armchair Traveler – Rome 1st FL 3:00 Heart for Music & 1-1 Visits 3:45 Biography Documentary: "Rita Moreno- Just a Girl who decided to go for it" Netflix 6:00 Jeopardy Trivia 1st FL</p>	<p>10:00 Strength Training 1st FL 11:00 Coffee, Tea & Else 1st FL 11:15 Music Therapy 1st FL 11:30 Engaging the Senses 1st FL 1:45 Why in The World? 1st FL 2:00 Music Therapy 2nd FL 2:30 Happy Hour 1st FL 3:15 Heart for Music & 1-1 Visits 6:00 Guess the Sound 1st FL</p>	<p>10:00 Reconditioning Exercises 1st FL 10:15 Art Therapy with Julia DPOA 11:00 Morning Chat & Discussion 1st FL 1:45 Reader's Haven 1st FL 2:30 Floor Curling 1st FL 3:15 The Sounds of Music 1st FL 3:45 Comedy Hour- 6:00 Bingo 1st FL</p>	<p>10:00 Reconditioning Exercises 1st FL 11:00 Good News & Views- 1st FL 1:45 Trivia & Quizzes 1st FL 2:30 Busy Hands 1st FL 3:15 Physical Stimulation 2nd FL 3:45 Classical Music Hour: Andrea Bocelli Concert 6:00 Wheel of Fortune 1st FL</p>	<p>10:00 Strength Training 1st FL 10:00 Physical Stimulation 1st FL 10:15 Art Therapy with Julia DPOA 11:00 Coffee, Tea & Else 1st FL 1:45 Ring Toss 1st FL 2:30 Happy Hour 1st FL 3:00 Heart for Music & 1-1 Visits 6:00 Trivia Pursuit 1st FL</p>	<p>10:00 Reconditioning Exercises 1st FL 11:00 Coffee, Tea & Else 1st FL 1:45 All about Cars – Ford Mustang 1st FL 2:30 Reader's Haven 1st FL 3:00 Heart for Music & 1-1 Visits 6:00 Famous Sayings Trivia 1st FL</p>	
<p>10:00 Strength Training 1st FL 10:00 Physical Stimulation 1st FL 10:45 Tsawwassen United Church Virtual Service 11:00 Morning Chat & Trivia 1st FL 1:45 Bingo DPOA 2:30 Vintage Football Game 1st FL 3:00 Crib Club -Independent Activity 3:00 Heart for Music & 1-1 Visits 6:00 Hang Man 1st FL</p>	<p>10:00 Reconditioning Exercises 1st FL 11:00 Morning Chat & Trivia 1st FL 1:45 Busy Hands 1 FL 2:15 Art Therapy with Julia DPOA 2:30 Manicures 1st FL 3:00 Heart for Music & 1-1 Visits 3:45 Nature Documentary: "Sleepless Cities" Netflix 6:00 Bean Bag Trivia 1st FL</p>	<p>10:00 Strength Training 1st FL 11:00 Coffee, Tea & Else 1st FL 11:15 Music Therapy 1st FL 11:30 Engaging the Senses 1st FL 1:45 Spa & Relaxation 1st FL 2:00 Music Therapy 2nd FL 2:30 Happy Hour 1st FL 3:15 Heart for Music & 1-1 Visits 6:00 Word Games 1st FL</p>	<p>Care Conferences 10:00 Reconditioning Exercises 1st FL 10:15 Art Therapy with Julia DPOA 11:00 Morning Chat & Discussion 1st FL 2:30 Floor Curling 1st FL 3:15 The Sounds of Music 1st FL 3:45 Comedy Hour- 6:00 Bingo 1st FL</p>	<p>10:00 Reconditioning Exercises 1st FL 11:00 Good News & Views- 1st FL 2:00 Resident Council Meeting 1st FL 2:30 Crosswords 1st FL 2:30 Classical Music Hour: Four Seasons 3:15 Picture Books 6:00 The Spelling Challenge & Word in a Word 1st FL</p>	<p>10:00 Strength Training 1st FL 10:00 Physical Stimulation 1st FL 10:15 Art Therapy with Julia DPOA 11:00 Coffee, Tea & Else 1st FL 1:45 Manicure & Hand Massages 1st FL 2:30 Happy Hour 1st FL 3:00 Heart for Music & 1-1 Visits 6:00 True or Myth 1st FL</p>	<p>10:00 Reconditioning Exercises 1st FL 11:00 Coffee, Tea & Else 1st FL 1:45 Manicures 1st FL 2:00 BBC Biography Documentary: "Robert Burns" The People's Poet – You Tube & Tastes of Scotland 3:00 Heart for Music & 1-1 Visits 6:00 Comedy Icon – Lily Tomlin 1st FL</p>	
<p>10:00 Strength Training 1st FL 10:00 Physical Stimulation 1st FL 10:45 Baptist Church Virtual Service 1st FL 11:00 Morning Chat & Trivia 1st FL 1:45 Pokeno DPOA 2:30 Seasonal Crafts 1 FL 3:00 Crib Club -Independent Activity 3:00 Heart for Music & 1-1 Visits 6:00 Word Games 1st FL</p>	<p>10:00 Reconditioning Exercises 1st FL 11:00 Morning Chat & Trivia 1st FL 1:45 Ring Toss 1st FL 2:15 Art Show 1st FL 3:00 Heart for Music & 1-1 Visits 3:45 Biography Documentary: "Audrey" Netflix 6:00 Scattogories 1st FL</p>	<p>Celebrating Robbie Burns Day 10:00 Strength Training 1st FL 11:00 Coffee, Tea & The Scots 1st FL 11:15 Music Therapy 1st FL 12:30 Scottish Luncheon 1st FL 1:45 Virtual Travel to Scotland 1st FL 2:00 Music Therapy 2nd FL 2:30 Toasting the Bard – Scottish Social 1st FL 6:00 Brain Teasers & Games 1st FL</p>	<p>Care Conferences 10:00 Reconditioning Exercises 1st FL 10:15 Art Therapy with Julia DPOA 11:00 Morning Chat & Discussion 1st FL 2:30 Floor Curling 1st FL 3:15 The Sounds of Music 1st FL 3:45 Comedy Hour- 6:00 Bingo 1st FL</p>	<p>10:00 Reconditioning Exercises 1st FL 11:00 Good News & Views- 1st FL 1:45 Word Games 1st FL 2:30 Heart for Music & 1-1 Visits 3:15 Physical Stimulation 2nd FL 3:45 Classical Music Hour: Johan Strauss – The Blue Danube 6:00 Wikipedia Knows 1st FL</p>	<p>10:00 Strength Training 1st FL 10:00 Physical Stimulation 1st FL 10:15 Art Therapy with Julia DPOA 11:00 Coffee, Tea & Else 1st FL 1:45 Active Games 1st FL 2:30 Happy Hour 1st FL 3:00 Heart for Music & 1-1 Visits 6:00 Outburst 1st FL</p>	<p>10:00 Reconditioning Exercises 1st FL 11:00 Coffee, Tea & Else 1st FL 1:45 All about Cars - MGB 1st FL 2:30 Tea Social & Reminiscing 1st FL 3:00 Heart for Music & 1-1 Visits 6:00 Guess Who/What?</p>	
<p>10:00 Strength Training 1st FL 10:00 Physical Stimulation 1st FL 10:45 Anglican Church Virtual Service 11:00 Morning Chat & Trivia 1st FL 1:45 Bingo DPOA 2:30 1 FL Vintage Hockey Game 1st FL 3:00 Crib Club -Independent Activity 3:00 Heart for Music & 1-1 Visits 6:00 Who am I? 1st FL</p>	<p>10:00 Reconditioning Exercises 1st FL 11:00 Morning Chat & Trivia 1st FL 1:45 Busy Hands 1st FL 2:15 Art Therapy with Julia DPOA 2:30 Relaxation & Spiritual Care 1st FL 3:00 Heart for Music & 1-1 Visits 3:45 Nature Documentary: "Dusk Till Dawn" Netflix 6:00 Outburst 1st FL</p>						