



OCTOBER 2018



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|---|---|--|--|
| <p><i>Daily Events are subject to change. Please check your Weekly Schedules and Daily Boards for the most up to date details. Thank You.</i></p> | <p>1 National Senior's Day 10:00 Cardio Tone 2:00 Gentle Fit 7:00 Bridge/ Table Games 7:00 Austrian Melody Choir</p> | <p>2 9:15 Body Fit 10:30 Bible Basics 12:15 Movie Matinee: "Crazy, Rich, Asian's" 7:00 Table Games/ Mex. Train 7:00 Billiards 7:00 Travel Video: London & English Countryside</p> | <p>3 9:15 Stretch & Strength 10:30 Chapel 2:00 Choir 3:15 Golf Awards 7:00 Scrabble/ Table Games 7:00 Travel Video: Belgium & The Netherlands</p> | <p>4 9:30 Carpet Bowling 9:45 SAS Shoes Burnaby 11-3 Fifth Avenue Jewelry 2:00 Tai Chi Fitness 2:00 Blood Pressure 7:00 Tile Rummy 7:00 Cello Recital "Give Thanks"</p> | <p>5 9:15 Balance & Relaxation 10:00 Wii Bowling 2:00 Prayer Group 2:00 Mobile Library *Books Due* 3:00 Bingo 7:00 Table Games 7:00 Movie: "The Intern"</p> | <p>6 10:15 Carpet Bowling 2-3 Computer Assistance 2:00 Gentle Fit 2:30 Wii Bowling 7:00 Movie: "Driving Miss Daisy"</p> |
| <p>7 3:00 Table Games 4:45 + 5:45 Thanksgiving Dinner</p> | <p>8 Thanksgiving Day <i>*No Fitness*</i> 2:30 Kelly & Jessica on the Piano 7:00 Nature Night: "Life: Challenges of Life"</p> | <p>9 9:30 Carpet Bowling Lesson for Beginners 10:15 Carpet Bowling 12:45 Fall Scenic Drive: Deep Cove 7:00 Table Games/ Mex. Train 7:00 Billiards 7:00 Short Stories by the Fireplace</p> | <p>10 9:15 Stretch & Strength 10:30 Chapel 2:00 Choir 2:30 Mini Manicures 7:00 Scrabble/ Table Games</p> | <p>11 9:30 Carpet Bowling 1:45 Champlain 2:00 Tai Chi Fitness 7:00 Tile Rummy 7:00 Thanksgiving Tales & Treats w/ Karen</p> | <p>12 9:15 Balance & Relaxation 10:00 Wii Bowling 2:00 Prayer Group 2:00 Mobile Library 3:00 Bingo 7:00 Table Games 7:00 Sincerely Yours w/ Allen Boolinof</p> | <p>13 10:15 Carpet Bowling 2-3 Computer Assistance 2:00 Gentle Fit 7:00 Movie: "Hidden Figures"</p> |
| <p>14 3:00 Table Games 7:00 Faith Hymn Sing</p> | <p>15 10:00 Cardio Tone 2:00 Gentle Fit 3:00 Scotiabank Presentation: "How to Protect Your Identity" 7:00 Nature Night: "Life: Reptiles & Amphibians"</p> | <p>16 9:15 Body Fit 10:30 Bible Basics 3:30-8 Harvest Glow? TBC 7:00 Table Games/ Mex. Train 7:00 Billiards 7:00 Travel Video: "Austria: Salzburg, Lakes District, Vienna & Dunabe"</p> | <p>17 Oktoberfest Day 9:15 Fitness Through the Bavarian Alps 10:30 Chapel 2:30 October Birthday & Welcome Tea w/ Bavarian Boys- Oompah Pah Band & Bessie's 101st Birthday 7:00 Scrabble/ Table Games 7:00 Travel Video: Germany Berlin Munich, and Bavaria</p> | <p>18 <i>*No Tai Chi Today*</i> 9:30 Carpet Bowling 1:45 Oakridge Mall 2-4 Pharmacist Time 7:00 Tile Rummy 7:00 Video: Gaither's Gospel Series"</p> | <p>19 9:15 Balance & Relaxation 10-2 Arbor Scarves 10:00 Wii Bowling 2:00 Prayer Group 2:00 Mobile Library 3:00 Bingo 7:00 Table Games 7:00 Movie: "The Blind Side"</p> | <p>20 <i>*No Fitness or Computer Assistance*</i> 10:15 Carpet Bowling 2:30 Wii Bowling 7:00 Movie: "A Walk in the Clouds"</p> |
| <p>21 3:00 Table Games</p> | <p>22 10:00 Cardio Tone 11:30 Jewelry w/ Malcolm & Linda 2:00 Gentle Fit 2:30 Frank on the Piano 7:00 Nature Night: "Life: Mammals"</p> | <p>23 9:30 Fitness Room Demo 10:15 Carpet Bowling 11:30 Lunch-Out: Romers Burger Bar 7:00 Table Games/ Mex. Train 7:00 Billiards 7:00 Emily on Piano</p> | <p>24 9:15 Stretch & Strength 10:30 Chapel 2:30 Mini Manicures 3:15 Conversation Cafe 7:00 Scrabble/ Table Games 7:00 Singer/ Guitarist: Adam Thomas from the Vancouver Musicians Association</p> | <p>25 9:30 Carpet Bowling 9:30 Champlain 2:00 Tai Chi Fitness 7:00 Tile Rummy 7:00 Storyteller- Justyn Rees</p> | <p>26 9:15 Balance & Relaxation 10:00 Wii Bowling 2:00 Prayer Group 2:00 Mobile Library 3:00 Bingo 7:00 Table Games 7:00 Documentary: "Won't You Be My Neighbour"</p> | <p>27 FOOT CARE 10:15 Carpet Bowling 2-3 Computer Assistance 2:00 Gentle Fit 2:30 Wii Bowling 7:00 Daniel on the Piano</p> |
| <p>28 3:00 Table Games 7:00 Hymn Sing with Jack</p> | <p>29 10:00 Cardio Tone 11:30-3 Fashion Closet 7:00 Nature Night: "Life: Fish"</p> | <p>30 9:15 Body Fit 10:30 Bible Basics 12:45 Metrotown Mall 7:00 Table Games/ Mex. Train 7:00 Billiards 7:00 Short Stories by the Fireplace</p> | <p>31 Halloween/ Costume Day 9:15 Stretch & Strength 10:30 Chapel 2:00 Choir 3:15 Halloween Fun 7:00 Scrabble/ Table Games</p> |  | <p><i>If you have any Questions or Comments for our Activities Team, please call:</i> Nedra—Activity Manager Extension #: 5170 Sarah—Activity Assistant & Trip Coordinator Extension #: 5229</p> |  |