



SEPTEMBER 2017



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Daily Events are subject to change. Please check your weekly schedule or daily boards for the most up to date details.	<i>If you have any Questions or Comments for our Activities Team, please call:</i> Nedra—Activity Manager Extension #: 5170 Laura or Brittany—Activity Assistant & Trip Coordinator Extension #: 5229				1 9:15 Balance & Relaxation 10:00 Wii Bowling 2:00 Mobile Library 2:00 Prayer Group 3:00 Bingo 3:00 Hand Massage 7:00 Table Games 7:00 Travel Show with Linda & Malcolm—Nepal	2 10:15 Carpet Bowling 2:00 Gentle Fit 2:30 Computer Assistance 2:30 Putting Fun 3:15 Saturday Sundaes 7:00 Bingo
3 3:00 Table Games	4 Labour Day 10:00 Cardio Tone 2:00 Tai Chi Fitness 2:30 Frank on the Piano 7:00 Table Games 7:00 Classical Music Moments	5 9:15 Body Fit 9:45 WalMart 10:30 Bible Basics 2:30 Golf Tournament 7:00 Table Games/Mexican Train 7:00 Billiards	6 9:15 Stretch & Strength 10:30 Chapel 2:30 Resident Meeting 7:00 Table Games	7 9:30 Carpet Bowling 12:15 Movie Matinee—The Glass Castle 2:00 Blood Pressure 7:00 Tile Rummy 7:00 A View of Spain with Karen	8 9:15 Balance & Relaxation 10:00 Wii Bowling 2:00 Mobile Library 2:00 Prayer Group 3:00 Bingo 3:15 Back to School Fun 7:00 Table Games 7:00 Sing-A-Long w/ Peter Paulus on the Guitar & Accordion	9 10:00 Champlain 10:15 Carpet Bowling 2:00 Gentle Fit 2:30 Computer Assistance 2:30 Putting Fun 3:00 Chinese Harp Music 7:00 Movie—Gifted
10 3:00 Table Games	11 10:00 Cardio Tone 10:30-11:30 Seamstress 3:15 Short Stories by the Fireplace 7:00 Table Games 7:00 Documentary—Life Story: First Steps	12 11-3 Boca Design Jewelry 10:30 Golf Tournament 12:45 Thrift Store Shopping 7:00 Table Games/ Mexican Train 7:00 Billiards	13 9:15 Stretch & Strength 10:30 Chapel 2:30 Mini Manicures 3-4 Technical Training 3:15 Conversation Cafe 7:00 Table Games 7:00 Entertainment—“Sentimental Journey”	14 9:30 Carpet Bowling 11:45 Lunch Out—Burnaby Palace 2:00 Pharmacist Time 3:15 Pharmacist Talk—IBS 7:00 Tile Rummy 7:00 Documentary—Hymns that Changed the World	15 9:15 Balance and Relaxation 10:00 Wii Bowling 2:00 Mobile Library 2:00 Prayer Group 3:00 Bingo 3:00 Hand Massage 7:00 Table Games 7:00 Movie— Love & Friendship	16 10:15 Carpet Bowling 2:30 Computer Assistance 2:30 Putting Fun 7:00 Bingo
17 3:00 Table Games 3:00 Tea Time Piano Music 7:00 Faith Hymn Sing	18 10:00 Cardio Tone 11-2 Carda Creations 7:00 Table Games 7:00 Classical Music Moments	19 9:15 Body Fit 10:30 Bible Basics 10:30 Champlain 2:30 Golf Tournament 7:00 Table Games/Mexican Tr. 7:00 Billiards	20 9:15 Stretch & Strength 10:30 Chapel 2:00 Mini Manicures 3-4 Drop in Reading Support 3:15 Nordic Pole Walking Presentation & Sale 7:00 Table Games	21 9:30 Carpet Bowling 12:30 Vancouver Art Gallery 7:00 Tile Rummy 7:00 Fun Night with Karen	22 Fall Begins 9:15 Balance & Relaxation 10:00 Wii Bowling 11-3 Heidi’s Jewelry 2:00 Prayer Group 2:00 Mobile Library 2:30 Leato’s 106th Birthday 3:00 Bingo 7:00 Table Games 7:00 Movie—Hidden Figures	23 10:15 Carpet Bowling 1:45 Oakridge 2:30 Computer Assistance 2:30 Putting Fun 7:00 Movie—Anchors Away
24 3:00 Table Games 3:00 Tea Time Piano Music 7:00 Hymn Sing with Jack & Karen	25 10:00 Cardio Tone 10:30-11:30 Seamstress 2:00 Gentle Fit w/ Amber 2:30 Flower Arranging 3:15 Short Stories by the Fireplace 7:00 Table Games 7:00 Documentary—Life Story: Growing Up	26 9:30 Fitness Room Demo 10:00 Toonie/Loonie Tour—Crescent Beach with Lunch Stop 10:15 Carpet Bowling 2:00 Ginalyn’s Baby Shower at Clarendon Court 7:00 Table Games/Mex. Tr. 7:00 Billiards	27 9:15 Stretch & Strength 10:30 Chapel 11-3 5th Ave Jewelry 2:30 September Birthday & Welcome Tea w/ Poncho & Sal 7:00 Table Games	28 9:30 Carpet Bowling 2:00 Line Dancing 3:15 Golf Tournament Awards 7:00 Tile Rummy 7:00 Video—Gaither Gospel Series	29 9:15 Balance & Relaxation 10:00 Wii Bowling 2:00 Mobile Library 2:00 Prayer Group 3:00 Bingo 3:00 Hand Massage 7:00 Table Games 7:00 Movie—The Lady in the Van	30 Foot Care Nurse 10:15 Carpet Bowling 2:00 Gentle Fit 2:30 Computer Assistance 2:30 Wii Bowling 3:00 Chinese Harp Music 3:15 Calligraphy Class 7:00 Bingo