SHANNON OAKS VANCOUVER SAMPLE CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9:00 Fitness with Amber **10:00 Craft Corner:** **‘ Sunflower Painting’** **2:00 Habitat & Life of Polar Bears Pt. 2 with Hugh W.** **7:00 Dolly Parton Tribute Movie: ‘9 to 5’ (1980)**	**2** 9:00 Balance/Weight with Christine **10:00 Chapel with Rick Powell** 7:30 Table Games	**3** SERENE NAILS 9:00 Fitness with Gail 10:00 Carpet Bowling **1:00 George Riefel Bird Sanctuary** 2:00 Bingo **7:00 TV Series: ‘Lessons in Chemistry’ Ep. 1 & 2 (2023)**	**4** 9:00 Fitness with Ed **10:00 Wordle with Annora** 11:00 Mobile Library **2:00 Ice Cream Social** **2:00 Catholic Prayer Group (self-run)** 6:45 Bridge/Billiards 7:30 Table Games	**5** 9:00 Fitness with Amber 10:00 Carpet Bowling **11:00 Brain Crunchers** **1:30 Tech Support with Owen** **2:00 Cardiology: Heart & Stroke** **7:00 Movie: ‘Song Sung Blue’ (2025)**
6 2:00 Table Games **7:00 Foreign Film Night: ‘A Man Called Ove’ [Swedish] (2015)**	**7** 9:00 Fitness with Ed 10:00 Prayer Group **10:30 Praise Dance** 2:00 Open Mahjong 7:30 Table Games Canasta & Yahtzee	**8** 9:00 Fitness with Alex **9:00 Tech Support with Ray** **10:00 Craft Corner:** **‘Cupcake Liner Flowers’** **2:00 Health Arts Concert** **2:00 WestCana Kitchen Tour** **7:00 Movie: ‘Thelma’ (2024)**	**9** 9:00 Wellness Dance with Alex **10:00 Chapel** **1:30 Frank Chen’s Student Piano Recital** 7:30 Table Games	**10** SERENE NAILS 9:00 Fitness with Gail 10:00 Carpet Bowling 10:00 Ping Pong **10:00 City Farmer Garden & W 4th Ave Shopping** 2:00 Bingo **7:00 TV Series: ‘Lessons in Chemistry’ Ep. 3 & 4 (2023)**	**11** 9:00 Fitness with Ed **10:00 Wordle with Annora** **10:30 Morning Reflection with Chaplain Nancy** 11:00 Mobile Library **1:00 Mario’s Gelato at Olympic Village** **2:00 Catholic Prayer Group** 6:45 Bridge/Billiards 7:30 Table Games	**12** FOOT CARE CLINIC 9:00 Fitness with Amber 10:00 Carpet Bowling **11:00 Brain Crunchers** **1:30 Winnie’s School of Chinese Dance Performance** **3:00 Cardmaking with Caroline & Marian** **7:00 Resident’s Choice: ‘ Lord of the Rings: Fellowship of the Ring’ Pt. 1 (2001)**
13 2:00 Table Games **7:00 Resident’s Choice: ‘ Lord of the Rings: Fellowship of the Ring’ Pt. 2 (2001)**	**14** 9:00 Fitness with Ed 10:00 Prayer Group **10-2:30 Pretty Things** 2:00 Open Mahjong 2:00 Bible Study 7:30 Table Games Canasta & Yahtzee	**15** 9:00 Fitness with Alex **10:00 Craft Corner:** **‘Autumn Leaf Banner’** **2:00 Floral Arranging** **7:00 Movie: ‘The Princess Bride’ (1987)**	**16** 9:00 Wellness Dance with Alex **10:00 Chapel and Communion** **2:00 Birthday & Welcome Tea with Elvis Tribute Artist** 7:30 Table Games	**17** 9:00 Sit & Stretch with Gail **10:00 Commercial Drive** 10:00 Carpet Bowling 2:00 Bingo **7:00 TV Series: ‘Lessons in Chemistry’ Ep. 5 & 6 (2023)**	**18** 9:00 Fitness with Ed **10:00 Wordle with Annora** 11:00 Mobile Library **2:00 Catholic Communion** **2:00 Tax Planning for Assisted Living & Long-Term Care** 6:45 Bridge/Billiards 7:30 Table Games	**19** 9:00 Fitness with Amber 10:00 Carpet Bowling **11:00 Brain Crunchers** **1:30 Tech Support with Owen** **2:00 Psychiatry: Mental Health & Dementia** **7:00 Resident’s Choice: ‘Marley and Me’ (2008)**
20 2:00 Table Games 3:00 Fitness with Nathan L. **7:00 Hymn Sing**	**21** 9:00 Fitness with Ed **9:00 Tech Support with Ray** 10:00 Prayer Group **10:30 Praise Dance** 2:00 Open Mahjong 2:00 Bible Study **2-3 Blood Pressure Clinic** 7:30 Table Games Canasta & Yahtzee	**22** 9:00 Fitness with Alex **10:00 Craft Corner:** **‘Rabbit Moon Lantern’** **2:00 Oktoberfest Concert with Bavarian Pete & Steve** **7:00 Movie: ‘Materialists’ (2025)**	**23** 9:00 Wellness Dance with Alex **10:00 Chapel** **2:00 Chaplain Nancy in Conversation with Neovi** 7:30 Table Games	**24** 9:00 Sit & Stretch with Gail **9:45 Champlain Square** 10:00 Carpet Bowling 10:00 Ping Pong **2:00 Culinary Collective: Chef Andrew George** **7:00 TV Series: ‘Lessons in Chemistry’ Ep. 7 & 8 (2023)**	**25** 9:00 Fitness with Ed **10:00 Wordle with Annora** 11:00 Mobile Library **2:00 Catholic Prayer Group** **2:00 Mid-Autumn Mooncake Social** 6:45 Bridge/Billiards 7:30 Table Games	**26** 9:00 Fitness with Amber 10:00 Carpet Bowling **11:00 Brain Crunchers** **11:30 Lunch & Learn: China** **2:00 B.C. Chinese Chamber Ensemble Performance** **7:00 Feature Film: ‘Eat Drink Man Woman 飲食男女’ [Mandarin] (1994)**
27 2:00 Table Games **7:00 Movie: ‘The Devil Wears Prada’ (2006)**	**28** 9:00 Fitness with Ed 10:00 Prayer Group **10:30 Praise Dance** 2:00 Open Mahjong 2:00 Bible Study 7:30 Table Games Canasta & Yahtzee	**29** 9:00 Fitness with Alex **10:00 Craft Corner:** **‘Dream Catchers’** **2:00 Sing-A-Long with Jim** **7:00 Movie: ‘The Devil Wears Prada 2’ (2026)**	**30** 9:00 Wellness Dance with Alex **10:00 Chapel** **1:30 Frank Chen’s Student Piano Recital** 7:30 Table Games			