




# JANUARY 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Daily Events are subject to change. Please check your Weekly Schedules and Daily Boards for the most up to date details. Thank You	<b>1</b> <u><b>NEW YEARS DAY</b></u> 10:15 Carpet Bowling <b>2:00 New Years Resolution Painting w/ Sarah</b> 7:00 Billiards 7:00 Table Games/ Mexican Train <b>7:00 Movie—The Sound of Music Pt. 1</b>	<b>2</b> 9:15 <i>Stretch and Strength</i> 10:30 Chapel <b>2:30 Mini Manicures</b> 7:00 Scrabble/ Table Games <b>7:00 Movie—The Sound of Music Pt. 2</b>	<b>3</b> 9:30 Carpet Bowling <b>11:30 Lunch Out—Chinese Food @ Burnaby Palace</b> <b>2:00 Blood Pressure</b> <b>2:30 Franks Students on Piano</b> 7:00 Tile Rummy <b>7:00 Video—Phil Callaway Live: Learning to Laugh Again</b>	<b>4</b> 9:15 <i>Balance and Relaxation</i> 10:00 Wii Bowling 2:00 Mobile Library 2:00 Prayer Group 3:00 Bingo 7:00 Table Games <b>7:00 Documentary: “Walt, The Man Behind The Myth”</b>	<b>5</b> <i>*No Gentle Fit today</i> 10:15 Carpet Bowling 2-3 Computer Assistance 2:30 Wii Bowling <b>7:00 Movie: “Sully”</b>
<b>6</b> 3:00 Table Games	<b>7</b> <u><b>UKRAINIAN CHRISTMAS</b></u> 10:00 <i>Cardio Tone</i> <b>2:30 Brock House Orchestra</b> 7:00 Bridge/ Table Games <b>7:00 Nature Night: “Snow Babies”</b>	<b>8</b> 9:15 <i>Body Fit</i> <b>9:30 Champlain</b> 10:30 Bible Basics <b>2:30 Presentation by-Alzheimer Society of BC “Brain Health”</b> 7:00 Billiards 7:00 Table Games/ Mexican Train <b>7:00 Short Stories by the Fire</b>	<b>9</b> 9:15 <i>Stretch and Strength</i> 10:30 Chapel 7:00 Scrabble/ Table Games <b>7:00 Travel Video—Sicily and Hilltowns of Tuscany &amp; Umbria</b>	<b>10</b> 9:30 Carpet Bowling <b>2:00 Sofia Kremer’s Memorial Service</b> 7:00 Tile Rummy <b>7:00 Special Speaker—Susan Ritchie from “First Steps”</b>	<b>11</b> 9:15 <i>Balance &amp; Relaxation</i> 10:00 Wii Bowling 2:00 Prayer Group 2:00 Mobile Library 3:00 Bingo 7:00 Table Games <b>7:00 Piano &amp; Cello Duet</b>	<b>12</b> 10:15 Carpet Bowling 2-3 Computer Assistance 2:00 <i>Gentle Fit</i> 2:30 Wii Bowling <b>7:00 Bingo w/ Emily</b>
<b>13</b> 3:00 Table Games  <b>7:00 Faith Hymn Sing</b>	<b>14</b> 10:00 <i>Cardio Tone</i> <b>2:30 Art History Presentation w/ Sean from Mobil Art</b> 7:00 Bridge/ Table Games <b>7:00 Nature Night- “Frozen Planet: Winter”</b>	<b>15</b> 9:30 Wal-Mart 10:15 Carpet Bowling <b>2:30 Concert in Care: Clarinetist Francois Houle &amp; Guitarist Itamar Erez (Health Arts Society)</b> 7:00 Billiards 7:00 Table Games/ Mexican Train <b>7:00 Emily on the Piano</b>	<b>16</b> 9:15 <i>Stretch and Strength</i> 10:30 Chapel <b>2:30 Mini Manicures</b> <b>3:15 Intro to ‘Mah-jong’</b> <b>6:45-9 Nobel Prize Lectures @ Science World</b> 7:00 Scrabble/ Table Games <b>7:00 Travel Video—Russia &amp; Estonia</b>	<b>17</b> 9:30 Carpet Bowling <b>2:00 Tai Chi Fitness Begins</b> <b>2:00 Pharmacist Time</b> <b>3:15 Pharmacist Presentation: “Hypertension”</b> 7:00 Tile Rummy <b>7:00 Popcorn Night: “Treasures in the Snow”</b>	<b>18</b> 9:15 <i>Balance &amp; Relaxation</i> 10:00 Wii Bowling 2:00 Prayer Group 2:00 Mobile Library 3:00 Bingo 7:00 Table Games <b>7:00 Scottish Country Dancers</b>	<b>19</b> <u><b>FOOT CARE</b></u> 10:15 Carpet Bowling 2-3 Computer Assistance 2:00 <i>Gentle Fit</i> 2:30 Wii Bowling <b>7:00 Movie: “The Martian”</b>
<b>20</b> 3:00 Table Games	<b>21</b> 10:00 <i>Cardio Tone</i> 2:00 <i>Gentle Fit</i> 7:00 Bridge/ Table Games <b>7:00 Nature Night- “Tigers of Scotland”</b>	<b>22</b> 9:15 <i>Body Fit w/ Amber</i> 10:30 Bible Basics <b>4:45 Dine-Out: Horizon’s Restaurant in Burnaby</b> 7:00 Billiards 7:00 Table Games/ Mexican Train <b>7:00 Short Stories by the Fireplace</b>	<b>23</b> 9:15 <i>Stretch and Strength</i> 10:30 Chapel <b>2:30 Birthday &amp; Welcome Tea w/ Greg Alcock</b> 7:00 Scrabble/ Table Games <b>7:00 Travel Video: “India: Delhi &amp; Agra, Rajasthan”</b>	<b>24</b> 9:30 Carpet Bowling <b>1:45 Champlain</b> 2:00 <i>Tai Chi Fitness</i> 7:00 Tile Rummy <b>7:00 Tales &amp; Treats w/ Karen</b>	<b>25</b> <u><b>ROBBIE BURNS DAY</b></u> 9:15 <i>Balance &amp; Relaxation</i> 10:00 Wii Bowling 2:00 Prayer Group 2:00 Mobile Library 3:00 Bingo <b>3:15 Scottish Trivia &amp; Oatcakes</b> 7:00 Table Games <b>7:00 Travel Video: “Scotland, Wales &amp; The Isle of Man”</b>	<b>26</b> 10:15 Carpet Bowling 2-3 Computer Assistance 2:00 <i>Gentle Fit</i> 2:30 Wii Bowling <b>7:00 Bingo w/ Emily</b>
<b>27</b> 3:00 Table Games  <b>7:00 Hymn Sing with Jack Purdie</b>	<b>28</b> 10:00 <i>Cardio Tone</i> 2:00 <i>Gentle Fit</i> 7:00 Bridge/ Table Games <b>7:00 Nature Night- “Frozen Planet: The Last Frontier”</b>	<b>29</b> 10:15 Carpet Bowling <b>12:45 House of James in Abbotsford</b> 7:00 Billiards 7:00 Table Games/ Mexican Train <b>7:00 Emily on the Piano</b>	<b>30</b> 9:15 <i>Special Fitness Class</i> 10:30 Chapel <b>2:30 Mini Manicures</b> 7:00 Scrabble/ Table Games	<b>31</b> <i>*No Tai Chi Fitness Today*</i> 9:30 Carpet Bowling <b>TBA Movie Matinee: “The Upside”</b> <b>2:30 Frank on the Piano</b> 7:00 Tile Rummy <b>7:00 Documentary—TBA</b>	<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	

