



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	For daily activities recording, press the <i>Activities Button</i> on your suites call pad or dial 2011 on your phone		1 10:15 Prayer Group 10:30 Bocce Ball 2:00 Pet Visits 2:30 Tai Chi 3:15 Video Presentation: Welsh Choir by Charles Grierson	2 10:00 Computer Lab 10:00 Art Expression 2:00 Armchair Travel "New York To Quebec City"	3 9:15 Stretch & Strength 10:00 Communion & Mass 10:15 Sing-Along 10:45 *Bus Outing* Willowbrook Mall 6:30 Wine with Friends 6:45 Movie Night	4 10:30 Balloon Volleyball 2:00 Bingo <i>Lower Lounge</i>
5 9:30 Worship Service & Communion <i>Harrison West</i> Chapel/ Multi-purpose Room	6 10:00 Bible Study 10:15 Manicures 1:30 Stretch & Strength 2:30 Knitting Group	7 9:15 Stretch & Strength 10:00 Computer Lab 10:00 Men's Fellowship 1:30 Hearing Clinic 3:30 Hymn Sing 6:45 Movie Night	8 10:15 Prayer Group 10:30 Bocce Ball 2:00 Pet Visits 2:30 Tai Chi 6:30 Ten Pin Bowling Night	9 10:00 Computer Lab 10:15 Book Club 2:30 Birthday Tea Martin Adcock	10 9:15 Stretch & Strength 10:00 Communion & Mass 10:30 *Bus Outing* Ricky's Restaurant And Surrey Museum 6:45 Movie Night	11 10:30 Balloon Volleyball 2:00 Bingo <i>Lower Lounge</i>
12 9:30 Worship Service with Pastor Gord Fryer <i>Harrison West</i> Chapel/ Multi-purpose Room	13 10:00 Bible Study 1:30 Stretch & Strength 2:30 Knitting Group 6:30 Evening Social	14 <i>Walker Clinic</i> 9:15 Stretch & Strength 10:00 Computer Lab 3:30 Hymn Sing 6:45 Movie Night	15 10:15 Prayer Group 10:30 Bocce Ball 2:30 Tai Chi 6:30 Ten Pin Bowling Night	16 <i>Walker Clinic</i> 10:00 Computer Lab 10:00 Art Expression 2:00 Card Making 6:30 Grief Support	17 <i>St Patrick's Day</i> 9:15 Stretch & Strength 10:00 Communion & Mass 2:00 Highland Dancers 6:45 Movie Night	18 10:30 Balloon Volleyball 2:00 Bingo <i>Lower Lounge</i>
19 9:30 Worship Service with Pastor Gord Fryer <i>Harrison West</i> Chapel/ Multi-purpose Room	20 10:00 Bible Study 10:15 Trivia & Word Games 1:30 Stretch & Strength 2:30 Knitting Group	21 9:15 Stretch & Strength 10:00 Computer Lab 10:00 Alzheimer's Support 10:00 Men's Fellowship 3:30 Hymn Sing 6:45 Movie Night	22 10:15 Prayer Group 10:30 Bocce Ball 2:30 Tai Chi 6:30 Ten Pin Bowling Night	23 10:00 Computer Lab 9:30-3:00 Fitness Assessments 7:00 at the Oasis: T.W. University Choir	24 9:15 Stretch & Strength 10:00 Communion & Mass 12:00-3:30 CoCo's Clothes 6:45 Movie Night	25 10:30 Balloon Volleyball 2:00 Bingo <i>Lower Lounge</i>
26 9:30 Worship Service with Pastor Gord Fryer <i>Harrison West</i> Chapel/ Multi-purpose Room	27 10:00 Bible Study 1:30 Stretch & Strength 1:30 Mending 2:30 Knitting Group 6:30 Evening Social	28 9:15 Stretch & Strength 10:30 Resident Meeting 3:30 Hymn Sing 6:45 Movie Night	29 9:00 *Bus Outing* Tour of Trinity Western 10:15 Prayer Group 10:30 Bocce Ball 2:30 Tai Chi 6:30 Ten Pin Bowling Night	30 10:00 Computer Lab 11:30 Lunch Club 2:00 Creative Expression	31 9:15 Stretch & Strength 10:00 Communion & Mass 10:15 Sing-Along 10:45 *Bus Outing* Wal-Mart 6:45 Movie Night	