



# AUGUST 2022

SUN	MON	TUE	WED	THU	FRI	SAT
<p><u>Abbreviation Key</u>            ADP = 3rd Floor ADP Room            CK = Country Kitchen            LL = Lower Lounge            MPR = Multi-Purpose Room            O = Oasis            T = 3rd Floor Theatre Room            * = Sign-Up Required (call 2000)</p>	<p><b>1</b> <b>B.C. DAY</b>  <i>no Bible Study today</i>            10:00 - 12:00 Relaxation Room (W)            1:30 Chair Fit (MPR)            2:30 Crafter's Corner (LL)            6:30 Evening Social (MPR)</p>	<p><b>2</b>            10:00 Art Expression (ADP)            10:30 Stretch &amp; Strength (MPR)            2:00 Walking Group (LL)            3:30 Hymn Sing (MPR)            6:45 Movie Night: Dr. Quinn (T)</p>	<p><b>3</b>            10:30 Balance Class (MPR)            10:30 &amp; 11:00 Virtual Reality (CK)  <b>1:30 Bus Outing: Save-On-Foods*</b>            1:30 Bocce Ball (MPR)            6:30 Bingo Night (LL)</p>	<p><b>4</b>            10:30 Chair Fit (MPR)            2:00 Walking Group (LL)            2:30 Beach Ball Volleyball (MPR)            3:30 Planet Earth Video (T)            6:30 JEOPARDY! Night (MPR)</p>	<p><b>5</b>            10:30 Stretch &amp; Strength (MPR)  <b>3:15 Leah's Farewell Tea (LL)</b>            6:45 Movie Night:            Chesapeake Bay (T)</p>	<p><b>6</b>            10:15 Manicures (CK)            10:30 Balance Class (MPR)            2:00 Bowling (MPR)</p>
<p><b>7</b>            10:00 Worship Service (MPR)            2:00 Walking Group (LL)            3:00 Piano Playing by Kenan (LL)            3:30 Bible Trivia (LL)</p>	<p><b>8</b>            9:30 Bible Study (MPR)            10:00 - 12:00 Relaxation Room (W)  <b>1:00 - 3:00 Hearing Clinic (MPR)</b>  <i>- sign up at reception (ext 2000)*</i>            2:30 Crafter's Corner (LL)            6:30 Evening Social (MPR)</p>	<p><b>9</b>  <b>10:00 Bus Outing: Godwin Farm Biodiversity Walk*</b>            10:30 Stretch &amp; Strength (MPR)            2:00 Walking Group (LL)            3:30 Hymn Sing (MPR)            6:45 Movie Night: Dr. Quinn (T)</p>	<p><b>10</b>            10:30 Balance Class (MPR)            10:30 &amp; 11:00 Virtual Reality (CK)  <b>1:30 Movie Matinee: I Can Only Imagine (MPR)</b>            6:30 Bingo Night (LL)</p>	<p><b>11</b>  <b>9:00 Bus Outing: BC Ferries Cruise &amp; Cafe*</b>            10:30 Chair Fit (MPR)            2:00 Walking Group (LL)            2:30 Beach Ball Volleyball (MPR)            3:30 Armchair Travel (MPR)            6:30 JEOPARDY! Night (MPR)</p>	<p><b>12</b>            10:30 Stretch &amp; Strength (MPR)            2:30 Catholic Mass (MPR)            3:30 &amp; 4:00 Virtual Reality (CK)            6:45 Movie Night:            Chesapeake Bay (T)</p>	<p><b>13</b>            10:15 Manicures (CK)            10:30 Balance Class (MPR)            2:00 Shuffleboard (MPR)</p>
<p><b>14</b>            10:00 Worship Service (MPR)            2:00 Walking Group (LL)            3:00 Piano Playing by Kenan (LL)            3:30 Bible Trivia (LL)</p>	<p><b>15</b>            9:30 Bible Study (MPR)            10:00 - 12:00 Relaxation Room (W)            1:30 Chair Fit (MPR)            2:30 Crafter's Corner (LL)            6:30 Evening Social (MPR)</p>	<p><b>16</b>            10:00 Art Expression (ADP)            10:30 Stretch &amp; Strength (MPR)            2:00 Walking Group (LL)            3:30 Hymn Sing (MPR)            6:45 Movie Night: Dr. Quinn (T)</p>	<p><b>17 Walker/WC Clinic</b>            10:30 Balance Class (MPR)  <b>2:30 Resident Council (MPR)</b>            6:30 Bingo Night (LL)</p>	<p><b>18</b>  <b>9:00 Men's Breakfast (HW)*</b>            10:30 Chair Fit (MPR)  <b>1:30 Bus Outing: Save-On-Foods*</b>            2:00 Walking Group (LL)            2:30 Beach Ball Volleyball (MPR)            3:30 Planet Earth Video (T)            6:30 JEOPARDY! Night (MPR)</p>	<p><b>19</b>            10:30 Stretch &amp; Strength (MPR)  <b>12:00 Men's Lunch Club (CK)</b>  <i>- by invitation only</i>            2:30 Cranium Crunches (LL)            3:30 &amp; 4:00 Virtual Reality (CK)            6:45 Movie Night:            Chesapeake Bay (T)</p>	<p><b>20</b>            10:15 Manicures (CK)            10:30 Balance Class (MPR)  <b>2:00 Service of Remembrance (O)</b></p>
<p><b>21</b>            10:00 Worship Service (MPR)            2:00 Walking Group (LL)            3:00 Piano Playing by Kenan (LL)            3:30 Bible Trivia (LL)</p>	<p><b>22</b>            9:30 Bible Study (MPR)            10:00 - 12:00 Relaxation Room (W)            1:30 Chair Fit (MPR)            2:30 Crafter's Corner (LL)            6:30 Evening Social (MPR)</p>	<p><b>23</b>            10:30 Stretch &amp; Strength (MPR)            2:00 Walking Group (LL)            3:30 Hymn Sing (MPR)            6:45 Movie Night: Dr. Quinn (T)</p>	<p><b>24 Walker/WC Clinic</b>            10:30 Balance Class (MPR)            1:30 Bocce Ball (MPR)            6:30 Bingo Night (LL)</p>	<p><b>25</b>            10:30 Chair Fit (MPR)  <b>11:30 Bus Outing: Picnic at Bear Creek Park*</b>            2:00 Walking Group (LL)            2:30 Beach Ball Volleyball (MPR)            3:30 Armchair Travel (MPR)            6:30 JEOPARDY! Night (MPR)</p>	<p><b>26</b>            10:30 Stretch &amp; Strength (MPR)            2:30 Catholic Mass (MPR)  <b>3:15 Lemonade Social with Doug Hawkworth (LL)</b>            6:45 Movie Night:            Chesapeake Bay (T)</p>	<p><b>27</b>            10:15 Manicures (CK)            10:30 Balance Class (MPR)            2:00 Shuffleboard (MPR)</p>
<p><b>28</b>            10:00 Worship Service (MPR)            2:00 Walking Group (LL)            3:00 Piano Playing by Kenan (LL)            3:30 Bible Trivia (LL)</p>	<p><b>29</b>            9:30 Bible Study (MPR)            10:00 - 12:00 Relaxation Room (W)            1:30 Chair Fit (MPR)            2:30 Crafter's Corner (LL)            6:30 Evening Social:            Minute to Win It (MPR)</p>	<p><b>30</b>            10:30 Stretch &amp; Strength (MPR)            2:00 Walking Group (LL)            3:30 Hymn Sing (MPR)            6:45 Movie Night: Dr. Quinn (T)</p>	<p><b>31</b>            10:30 Balance Class (MPR)            10:30 &amp; 11:00 Virtual Reality (CK)  <b>1:30 Bus Outing: Save On Foods*</b>            1:30 Bocce Ball (MPR)            6:30 Bingo Night (LL)</p>	<p><u>Phone Extensions</u>            Nurse - ext 2101            Reception - ext 2000            Pastor Lorin - ext 2018            Wellness Supervisor - ext 2011            Wellness Team - ext 2025 or 2004</p>		<p><u>Need Technology Help?</u>  <u>Telus TV help:</u> call reception at ext. 2000  <u>Computer/tablet help:</u> Mondays &amp; Thursdays from 3-5 pm. Call Wellness (2025) for requests regarding your computer/tablet.</p>