





JANUARY 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 CRUISE WEEK 10:00 Worship Service (MPR) 2:00 Board Games (LL)	2 WORLD CRUISE <i>no Bible Study today</i> 10:30 - 11:30 Relaxation Room (W) 1:30 Chair Fit (MPR) 2:30 Crafter's Corner (LL) 6:30 Evening Social: Cruisin' With Gail (MPR)	3 HOLLAND 10:00 Art Expression (ADP) 10:30 Stretch & Strength (MPR) 2:30 - 3:30 Oliebollen & Tabletop Shuffleboard (LL) 3:30 Hymn Sing (MPR) 6:45 Movie Night: Dr Quinn (T)	4 THE MEDITERRANEAN 10:30 Balance Class (MPR) 11:00 Virtual Reality: Travel the Mediterranean (CK) 1:30 Bus Outing: Save-On-Foods 2:00 Armchair Travel: Cruising the Mediterranean (MPR) 6:30 Bingo Night (LL) 	5 HAWAII 10:30 Chair Fit (MPR) 2:00 Beach Ball Volleyball (MPR) 3:15 Hawaiian Social with Peter Montgomery (LL) 6:30 JEOPARDY Night (MPR)	6 ASIA 10:30 Stretch & Strength (MPR) 2:30 Cranium Crunches: Asia Trivia (MPR) 3:30 Virtual Reality: Travel with Linda to Asia (CK) 6:45 Movie Night: When Calls the Heart (T)	7 10:15 Manicures (CK) 10:30 Balance Class (MPR) 2:00 Bowling (MPR)
8 10:00 Worship Service (MPR) 2:00 Board Games (LL)	9 9:30 Bible Study (MPR) 10:30 - 11:30 Relaxation Room (W) 1:00 - 3:00 Hearing Clinic (MPR) * <i>- sign up: call ext. 2000</i> 2:30 Crafter's Corner (LL) 6:30 Evening Social (MPR)	10 10:30 Stretch & Strength (MPR) 3:30 Hymn Sing (MPR) 6:45 Movie Night: Dr Quinn (T)	11 9:30 Bus Outing: Bloedel Conservatory & Bagged Lunch 10:30 Balance Class (MPR) 1:30 Beach Ball Volleyball (MPR) 6:30 Bingo Night (LL) 	12 10:30 Chair Fit (MPR) 2:00 Bocce Ball (MPR) 3:15 Armchair Travel (MPR) 6:30 JEOPARDY Night (MPR)	13 9:30 am - 2:00 pm Fitness Assessments (MPR) 2:30 Catholic Mass (MPR) 3:30 Healthy Body, Healthy Mind Talk (MPR) 6:45 Movie Night: When Calls the Heart (T)	14 10:15 Manicures (CK) 10:30 Balance Class (MPR) 2:00 Shuffleboard (MPR)
15 10:00 Worship Service (MPR) 2:00 Board Games (LL)	16 9:30 Bible Study (MPR) 10:30 - 11:30 Relaxation Room (W) 1:30 Chair Fit (MPR) 2:30 Crafter's Corner (LL) 6:30 Evening Social (MPR)	17 10:00 Art Expression (ADP) 10:30 Stretch & Strength (MPR) 3:30 Hymn Sing (MPR) 6:45 Movie Night: Dr Quinn (T)	18 10:30 Balance Class (MPR) 11:00 Virtual Reality (CK) 2:30 Resident Council (MPR) 6:30 Bingo Night (LL)	19 10:30 Chair Fit (MPR) 1:30 Bus Outing: Save-On-Foods 3:15 Country Social with the Cypress Creek Duo (LL) 6:30 JEOPARDY Night (MPR) 	20 10:30 Stretch & Strength (MPR) 2:30 Cranium Crunches (MPR) 3:30 Virtual Reality (CK) 6:45 Movie Night: When Calls the Heart (T)	21 10:15 Manicures (CK) 10:30 Balance Class (MPR) 2:00 Bowling (MPR)
22 10:00 Worship Service (MPR) 2:00 Board Games (LL)	23 9:30 Bible Study (MPR) 10:30 - 11:30 Relaxation Room (W) 1:30 Chair Fit (MPR) 2:30 Crafter's Corner (LL) 3:15 Assisted Living Survey Results Presentation (LL) 6:30 Evening Social (MPR)	24 10:30 Stretch & Strength (MPR) 3:30 Hymn Sing (MPR) 6:45 Movie Night: Dr Quinn (T)	25 ROBBIE BURNS DAY 10:30 Balance Class (MPR) 11:00 Virtual Reality: Travel to Scotland with Linda (CK) 1:30 Movie Matinee: Julia & Julia (MPR) 6:30 Bingo Night (LL)	26 9:30 Bus Outing: Willowbrook Mall & Lunch 10:30 Chair Fit (MPR) 3:30 Video Presentation with George VB: Gospel Music (MPR) 6:30 JEOPARDY Night (MPR) 	27 10:30 Stretch & Strength (MPR) 2:30 Catholic Mass (MPR) 3:30 Virtual Reality (CK) 6:45 Movie Night: When Calls the Heart (T)	28 10:15 Manicures (CK) 10:30 Balance Class (MPR) 2:00 Shuffleboard (MPR)
29 10:00 Worship Service (MPR) 2:00 Board Games (LL)	30 9:30 Bible Study (MPR) 10:30 - 11:30 Relaxation Room (W) 1:30 Chair Fit (MPR) 2:30 Crafter's Corner (LL) 6:30 Evening Social: Minute to Win It! (MPR)	31 10:30 Stretch & Strength (MPR) 3:30 Hymn Sing (MPR) 6:45 Movie Night: Dr Quinn (T)	<p><u>Phone Extensions</u> Nurse - ext 2101 Reception - ext 2000 Pastor Lorin - ext 2018 Wellness - ext 2025/2004</p> <p><u>Need Technology Help?</u> <u>Telus TV help:</u> call Reception (2000) <u>Computer/tablet help:</u> call Wellness (2025)</p> <p><u>Abbreviation Key</u> ADP = 3rd FI ADP Room CK = Country Kitchen FR = Fitness Room LL = Lower Lounge ML = Main Floor Lounge</p> <p>MPR = Multi-Purpose Room O = Oasis W = Wellness Service Room T = 3rd FI Theatre Room * = Sign-Up Required (call 2000)</p>			