

# AUGUST 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Phone Extensions</b> Nurse - ext 2101 Reception - ext 2000 Pastor Bob - ext 2018 Wellness - ext 2025/2004</p>	<p><b>Abbreviation Key</b> ADP = 3rd Fl ADP Room CK= Country Kitchen CR = Computer Room H = Harrison MPR LL = Lower Lounge</p>	<p>ML = Main Floor Lounge MPR= Multi-Purpose Room O= Oasis Auditorium W= Wellness Service Room T = 3rd Fl Theatre Room * = Sign-Up Required (call 2000)</p>		<p>1 10:30 Blossom Buddies Gardening Group (LL) 10:30 Chair Fit (MPR) 1:30 Horse Race Game (MPR) 2:00 Walking Club (LL) 3:15 Java Music Club (CK) ~by invitation 6:30 Jeopardy! Night (MPR)</p>	<p>2 10:30 Stretch &amp; Strength (MPR) 2:00 Cranium Crunches (LL) 2:30 Catholic Mass (MPR) <b>3:00 Live music: The Soda Crackers (G)</b> 6:45 Series Night: Heartland (T)</p>	<p>3 10:15 Manicures (CK) 10:30 Chair Fit (MPR) 2:00 Bowling (MPR) 3:15 Audio Book Club (CK)</p>
<p>4 10:00 Worship Service (MPR) 2:00 Walking Club (LL) 3:15 Board Games (LL)</p>	<p>5 <b>BRITISH COLUMBIA DAY</b> 10:30-11:30 Relaxation Room (W) 1:30 Chair Fit (MPR) 2:30 Crafter's Corner (LL) 6:30 Evening Social: Apples to Apples (MPR)</p> 	<p>6 10:00 Art Expression (ADP) 10:30 Stretch &amp; Strength (MPR) 2:00-4:00 Lawn Fun &amp; Games (G) 2:00 Walking Club (LL) 3:30 Hymn Sing (MPR) 6:45 Series Night: Anne With An E (T)</p>	<p>7 10:30 Balance Class (MPR) 11:00 Virtual Reality (CK) 1:30 Bus Outing: Save On Foods 1:30 Bocce Ball (MPR) 3:30 The Chosen video series (MPR) 6:30 BINGO Night (LL)</p> 	<p>8 10:30 Blossom Buddies Gardening Group (LL) 10:30 Chair Fit (MPR) 2:00 Walking Club (LL) <b>3:15 Lemonade Social with Duo Del Mar (G)</b> 6:30 Jeopardy! Night (MPR)</p> 	<p>9 10:30 Stretch &amp; Strength (MPR) 11:00 Bus Outing: Boxed Lunch at Derby Reach Park 2:30 Cranium Crunches (LL) 2:30 Catholic Mass (H) 3:30 Virtual Reality (CK) 6:45 Series Night: Heartland (T)</p>	<p>10 10:15 Manicures (CK) 10:30 Chair Fit (MPR) 2:00 Shuffleboard (MPR) 3:15 Audio Book Club (CK)</p>
<p>11 10:00 Worship Service (MPR) 2:00 Walking Club (LL) 3:15 Board Games (LL)</p>	<p>12 10:30-11:30 Relaxation Room (W) <b>1:00-3:00 Hearing Clinic* (MPR)</b> ~free sign-up: call ext 2000 ~weather permitting 1:30 Chair Fit (lower patio) 2:30 Crafter's Corner (LL) 6:30 Evening Social: Bocce Ball (MPR)</p>	<p>13 10:30 Stretch &amp; Strength (MPR) 2:00-4:00 Lawn Fun &amp; Games (G) 2:00 Walking Club (LL) 3:30 Hymn Sing (MPR) 6:45 Series Night: Anne With An E (T)</p>	<p>14 <b>8:45-3:30 Walker Clinic (LL)</b> 10:30 Balance Class (MPR) 11:00 Virtual Reality (CK) 1:30 Bus Outing: Save On Foods 1:30 Bocce Ball (MPR) 3:30 The Chosen video series (MPR) 6:30 BINGO Night (LL)</p> 	<p>15 10:30 Blossom Buddies Gardening Group (LL) 10:30 Chair Fit (MPR) <b>1:30 Movie Matinee: Forever My Girl (MPR)</b> 2:00 Walking Club (LL) 6:30 Jeopardy! Night (MPR)</p>	<p>16 10:30 Stretch &amp; Strength (MPR) 2:30 Catholic Mass (MPR) 3:30 Virtual Reality (CK) 6:45 Series Night: Heartland (T)</p>	<p>17 10:15 Manicures (CK) 10:30 Chair Fit (MPR) <b>2:00 Service of Remembrance (O)</b> 2:00 Bowling (MPR) 3:15 Audio Book Club (CK)</p>
<p>18 10:00 Worship Service (MPR) 2:00 Walking Club (LL) 3:15 Board Games (LL)</p>	<p>19 9:15 Bus Outing: BC Ferry Cruise &amp; Lunch 10:30-11:30 Relaxation Room (W) 1:30 Chair Fit (MPR) 2:30 Crafter's Corner (LL) 6:30 Evening Social: National Butterscotch Pudding Day (MPR)</p> 	<p>20 10:00 Art Expression (ADP) 10:30 Stretch &amp; Strength (MPR) 2:00-4:00 Lawn Fun &amp; Games (G) 2:00 Walking Club (LL) 3:30 Hymn Sing (MPR) 6:45 Series Night: Anne With An E (T)</p>	<p>21 <b>8:45-3:30 Walker Clinic (LL)</b> 10:30 Balance Class (MPR) 11:00 Virtual Reality (CK) 1:30 Bocce Ball (MPR) <b>2:30 Resident Council (MPR)</b> <b>3:15 Live Music: The Shoe Shakers (G)</b> 3:30 The Chosen video series (MPR) 6:30 BINGO Night (LL)</p>	<p>22 10:30 Blossom Buddies Gardening Group (LL) 10:30 Chair Fit (MPR) 10:30 Bus Outing: Willowbrook Mall 1:30 Noodle Hockey (MPR) 2:00 Walking Club (LL) 3:15 Java Music Club (CK) ~by invitation 6:30 Jeopardy! Night (MPR)</p> 	<p>23 9:30 Bus Outing: VanDusen Gardens &amp; Lunch at The Garden Cafe 10:30 Stretch &amp; Strength (MPR) 2:30 Cranium Crunches (LL) 2:30 Catholic Mass (H) 3:30 Virtual Reality (CK) 6:45 Series Night: Heartland (T)</p> 	<p>24 10:15 Manicures (CK) 10:30 Chair Fit (MPR) 2:00 Shuffleboard (MPR) 3:15 Audio Book Club (CK)</p>
<p>25 10:00 Worship Service (MPR) 2:00 Walking Club (LL) 3:15 Board Games (LL)</p>	<p>26 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)</p>	<p>27 10:30 Stretch &amp; Strength (MPR) 2:00-4:00 Lawn Fun &amp; Games (G) 2:00 Walking Club (LL) 3:30 Hymn Sing (MPR) 6:45 Series Night: Anne With An E (T)</p>	<p>28 10:30 Balance Class (MPR) 11:00 Virtual Reality (CK) 1:30 Bus Outing: Save On Foods 1:30 Bocce Ball (MPR) 3:30 The Chosen video series (MPR) 6:30 BINGO Night (LL)</p> 	<p>29 10:30 Blossom Buddies Gardening Group (LL) 10:30 Chair Fit (MPR) 1:30 Horse Race Game (MPR) 2:00 Walking Club (LL) <b>3:15 Armchair Travel: Namibia Safari Road Trip (MPR)</b> 6:30 Jeopardy! Night (MPR)</p>	<p>30 10:30 Stretch &amp; Strength (MPR) 1:30 Bus Outing: Airplane watching at Iona Beach Park YVR 2:30 Cranium Crunches (LL) 3:30 Virtual Reality (CK) 6:45 Series Night: Heartland (T)</p> 	<p>31 10:15 Manicures (CK) 10:30 Chair Fit (MPR) 2:00 Bowling (MPR) 3:15 Audio Book Club (CK)</p>

