


# JANUARY 2025

| Sun   | Mon   | Tue   | Wed   | Thu  | Fri   | Sat  |
|---|---|---|---|--|---|--|
|  | <b>Abbreviation Key</b><br>ADP = 3rd Fl ADP Room<br>CK= Country Kitchen<br>CR = Computer Room<br>FM = First Floor Meeting Rm<br>H = Harrison MPR<br>LL = Lower Lounge   | ML = Main Floor Lounge<br>MPR= Multi-Purpose Room<br>O= Oasis Auditorium<br>W= Wellness Service Room<br>T = 3rd Fl Theatre Room<br>* = Sign-Up Required (call 2000) | <b>1 NEW YEAR'S DAY</b><br>10:30 Balance Class (MPR)<br>11:00 Virtual Reality (FM)<br><b>2:30 Movie Matinee:</b><br><b>Cool Runnings (MPR)</b><br>6:30 BINGO Night (LL)         | 2<br>10:30 Chair Fit (MPR)<br>11:30 Bus Outing:<br>Lunch at White Spot<br>1:30 Bean Bag Toss (MPR)<br><b>2:30 Oliebollen &amp; Dutch Shuffleboard (LL)</b><br>6:30 Jeopardy! Night (MPR) | 3<br>10:30 Stretch & Strength (MPR)<br>2:30 Catholic Mass (MPR)<br>3:00 Cranium Crunches (LL)<br>3:30 Virtual Reality (FM)<br>6:45 Series Night: Anne with an E (T)                               | 4<br>10:15 Manicures (CK)<br>10:30 Chair Fit (MPR)<br>2:00 Bowling (MPR)<br>3:15 Audio Book Club (CK)                      |
| 5<br>10:00 Worship Service (MPR)<br>3:00 Board Games (LL)                         | 6<br>9:30 Bible Study (MPR)<br>10:30-11:30 Relaxation Room (W)<br>1:30 Chair Fit (MPR)<br>2:30 Crafter's Corner (LL)<br>6:30 Evening Social:<br>Holiday Trivia Jeopardy (MPR)   | 7<br>10:00 Art Expression (ADP)<br>10:30 Stretch & Strength (MPR)<br>3:30 Hymn Sing (MPR)<br>6:45 Series Night:<br>The Andy Griffith Show (T)                       | 8<br>10:30 Balance Class (MPR)<br>11:00 Virtual Reality (FM)<br>1:30 Bus Outing: Save On Foods<br>1:30 Bocce Ball (MPR)<br>3:30 Creation Station (CK)<br>6:30 BINGO Night (LL)  | 9<br>10:30 Chair Fit (MPR)<br>1:30 Noodle Hockey (MPR)<br><b>3:15 Tropical Social with Brian Zalo (LL)</b><br>6:30 Jeopardy! Night (MPR)   | 10<br><b>9:30-3:00 Fitness Assessments (MPR)</b><br>2:30 Catholic Mass (H)<br>3:00 Cranium Crunches (LL)<br>3:30 Virtual Reality (FM)<br>6:45 Series Night: Anne with an E (T)                    | 11<br>10:15 Manicures (CK)<br>10:30 Chair Fit (MPR)<br>2:00 Shuffleboard (MPR)<br>3:15 Audio Book Club (CK)                |
| 12<br>10:00 Worship Service (MPR)<br>3:00 Board Games (LL)                        | 13<br>9:30 Bible Study (MPR)<br>10:30-11:30 Relaxation Room (W)<br><b>1:00-3:00 Hearing Clinic* (MPR)</b><br>~free sign-up: call ext 2000<br>2:30 Crafter's Corner (LL)<br>6:30 Evening Social:<br>Bocce Ball (MPR)       | 14<br>10:30 Stretch & Strength (MPR)<br>1:30 Men's Group (FM)<br>3:30 Hymn Sing (MPR)<br>6:45 Series Night:<br>The Andy Griffith Show (T)                           | 15<br>10:30 Balance Class (MPR)<br>11:00 Virtual Reality (FM)<br>1:30 Bocce Ball (MPR)<br><b>2:30 Resident Council (MPR)</b><br>6:30 BINGO Night (LL)                           | 16<br>10:30 Chair Fit (MPR)<br>1:30 Bus Outing: Fort Langley Stroll & Shop<br>1:30 Bean Bag Toss (MPR)<br><b>3:15 Armchair Travel: Mauritius (MPR)</b><br>6:30 Jeopardy! Night (MPR)     | 17<br>10:30 Stretch & Strength (MPR)<br>2:30 Catholic Mass (MPR)<br>3:00 Cranium Crunches (LL)<br>3:15 Java Music Club (CK)<br>~by invitation<br>6:45 Series Night: Anne with an E (T)            | 18<br>10:15 Manicures (CK)<br>10:30 Chair Fit (MPR)<br>2:00 Bowling (MPR)<br>3:15 Audio Book Club (CK)                     |
| 19<br>10:00 Worship Service (MPR)<br>3:00 Board Games (LL)                        | 20<br>9:30 Bible Study (MPR)<br>10:30-11:30 Relaxation Room (W)<br>1:30 Chair Fit (MPR)<br>2:30 Crafter's Corner (LL)<br><b>3:00 Welcome Tea (CK)</b><br>~by invitation<br>6:30 Evening Social:<br>Wheel Of Fortune (MPR) | 21<br>10:00 Art Expression (ADP)<br>10:30 Stretch & Strength (MPR)<br>3:30 Hymn Sing (MPR)<br>6:45 Series Night:<br>The Andy Griffith Show (T)                      | 22<br>10:30 Balance Class (MPR)<br>11:00 Virtual Reality (FM)<br>1:30 Bus Outing: Save On Foods<br>1:30 Bocce Ball (MPR)<br>3:30 Creation Station (CK)<br>6:30 BINGO Night (LL) | 23<br>10:30 Chair Fit (MPR)<br>1:30 Noodle Hockey (MPR)<br>2:30 Virtual Reality (FM)<br><b>3:15 Video Presentation with George: Choral Classics (MPR)</b><br>6:30 Jeopardy! Night (MPR)  | 24<br>10:30 Stretch & Strength (MPR)<br>1:30 Bus Outing:<br>Solid Rock Steel Fabricating<br>2:30 Catholic Mass (H)<br>3:30 Cranium Crunches (LL)<br>6:45 Series Night: Anne with an E (T)         | 25<br>10:15 Manicures (CK)<br>10:30 Chair Fit (MPR)<br>2:00 Shuffleboard (MPR)<br>3:15 Audio Book Club (CK)                |
| 26<br>10:00 Worship Service (MPR)<br>3:00 Board Games (LL)                        | 27<br>9:30 Bible Study (MPR)<br>10:30-11:30 Relaxation Room (W)<br>1:30 Chair Fit (MPR)<br>2:30 Crafter's Corner (LL)<br>6:30 Evening Social:<br>Minute to Win It! (MPR)  | 28<br><b>10:30 Resident Info Session (LL)</b><br>1:30 Men's Group (FM)<br>3:30 Hymn Sing (MPR)<br>6:45 Series Night:<br>The Andy Griffith Show (T)                  | 29<br>10:30 Balance Class (MPR)<br>11:00 Virtual Reality (FM)<br>1:30 Bocce Ball (MPR)<br>6:30 BINGO Night (LL)   | 30<br>10:30 Chair Fit (MPR)<br><b>2:00 Tropical Cruise Fun &amp; Festivities Social (MPR)</b><br>6:30 Jeopardy! Night (MPR)  | 31<br>10:30 Stretch & Strength (MPR)<br>11:00 Bus Outing: Bloedel Conservatory & Bagged lunch<br>3:00 Cranium Crunches (LL)<br>3:30 Virtual Reality (FM)<br>6:45 Series Night: Anne with an E (T) | <u>Phone Extensions</u><br>Nurse – ext 2101<br>Reception - ext 2000<br>Pastor Lorin - ext 2018<br>Wellness - ext 2025/2004 |