



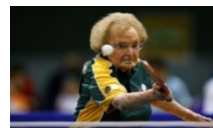































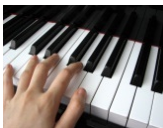



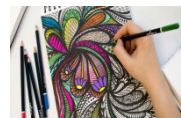

















February 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><i>Celebrate</i></p> 	<p>February is Heart Month. It's time to get active. Challenge yourself by trying Something new!! Try Table Tennis! </p>	<p>HEALTH BENEFITS TO TABLE TENNIS</p> <ol style="list-style-type: none"> 1) Improves hand-eye coordination 2) Improves reflexes  3) Increases heart rate (Heart Healthy) 4) It burns calories. 5) It's a social sport 6) It keeps your brain sharp. 7) Utilized Treatment for dementia. 8) It improves balance 9) Easy on the joints 	<p>So grab a partner and have some fun! You can also play solo games. See Recreation or Reception for help in adjusting the table.</p> 	<p>1 10:00 Annual Book Sale @ Kin village </p> <p>1:00 Bailey the Dog & her owner come for a visit ML</p> <p>2:00 History Of Katherine Cook Briggs (Co-Founder of Meyers Briggs Personality Test) ML</p> <p>6:00-7:00 Resident Led Bingo  BB</p>	<p>2 10:00 Chair Yoga with Wendy BF</p> <p>3:00-4:00 Music with Lori Johnson (Music Therapist) </p> <p>6:30 Movie Night... </p> <p>Viewer's Choice See Reception</p>
<p>3 3:00 Super Bowl Party!!! BYOB ML</p> 	<p>4 10:00 Chair Yoga with Wendy BF</p>  <p>3:30-4:30 Social Hour with Christine Oliver on Piano ML</p>  <p>6:00 Cribbage with Ollie BB</p>	<p>5 10:30 Functional Fitness BF</p>  <p>2:30 Chinese New Year Trivia, Games & Chinese Beer Special Gung Hay Fat Choy! YEAR OF THE PIG</p> <p>6:00-7:00 Resident Led Bingo BB</p>	<p>6 10:30 'In Step' Balance Class BF</p> <p>2:30 Chinese Treasure Green Tea Presentation with Olivia *Our Waterford Friends will be joining us! Chinese Egg Tart Appetizer will Served  ML</p> <p>6:00 Resident Led Dominos FL</p>	<p>7 1:00 Writing Group with Resident Ben Anderson </p> <p>3:30-4:30 Social Hour with Peter Dean   ML</p>	<p>8 10:30 Functional Fitness BF</p> <p>12:30 Bus Trip to Elements Casino Cloverdale </p> <p>1:00 Bailey the Dog & her owner come for a visit ML</p> <p>2:30 Ping Challenge with John! FL</p> <p>6:00-7:00 Resident Led Bingo  BB</p>	<p>9 10:00 Chair Yoga with Wendy BF</p> <p>12:00 Bus Trip to H.R Macmillan Space Centre. (1 Show, Science Demonstration & Interactive Gallery) Boxed Lunch Required</p> <p>3:00 In Stitches Knitting Group ML</p> <p>6:30 Movie Night... </p> <p>Viewer's Choice See Reception</p>
<p>10 10:30 Church Service and Hymns with Reverend Danielle Martell FL</p> <p>6:00-7:00 Resident Led Bingo  BB</p>	<p>11 9:30 Sandwich Making for Freshwaves Ministries BB</p> <p>10:00 Chair Yoga with Wendy BF</p> <p>10:00-12:00 'Fashion Closet' Clothing Line FL</p> <p>3:30-4:30 Social Hour with Brian Zalo  ML</p> <p>6:00 Cribbage with Ollie BB</p>	<p>12 10:00 Functional Fitness BF</p> <p>2:00 Valentine's Day Crafts  BB</p> <p><i>52 Reasons why I love you Cards</i></p> <p>2:30 Shopping Trip to Tsawwassen Mills and Mall Walk with John</p> <p>3:00 Bella The Dog & Her Owner Morgan Come for a visit FL</p> <p>6:00-7:00 Resident Led Bingo BB</p>	<p>13 10:30 'In Step' Balance Class BF</p> <p>2:00 Valentine's Day Games, Trivia & Refreshments </p> <p>3:00 'In Stitches' Knitting Group ML</p> <p>6:00 Resident Led Dominos FL</p>	<p>14 10:00-12:00 Wellness Clinic BF</p> <p>1:00 Recreation Meeting BB</p> <p>with Diane</p> <p>6:30-7:30 Evening of Love with Sincerely Yours </p> <p>With Signature Drink  </p> <p>'Love Potion' </p>	<p>15 10:30 Functional Fitness BF</p> <p>12:30 Drive to White Rock With Tess </p> <p>1:00 Bailey the Dog & her owner come for a visit ML</p> <p>6:00-7:00 Resident Led Bingo  BB</p>	<p>16 10:00 Chair Yoga with Wendy BF</p> <p>3:00-4:00 Music with Lori Johnson (Music Therapist) ML</p> <p>6:30 Movie Night... </p> <p>Viewer's Choice See Reception</p>
<p>17 6:00-7:00 Resident Led Bingo </p>	<p>18 10:00 Chair Yoga with Wendy BF</p>  <p>Statutory Holiday</p> <p>6:00 Cribbage with Ollie BB</p>	<p>19 10:30 Functional Fitness BF</p> <p>2:30 Local Drive with Tess </p> <p>6:00-7:00 Resident Led Bingo  BB</p>	<p>20 10:30 'In Step' Balance Class BF</p> <p>1:30-3:30 Tsawwassen Hearing BF</p> <p>11:15 Chef's Chat  BB</p> <p>3:00 'In Stitches' Knitting Group ML</p> <p>6:00 Resident Led Dominos FL</p>	<p>21 3:30-4:30 Social Hour with.... John Dean   ML</p>	<p>22 10:30 Functional Fitness BF</p> <p>12:30 Shopping @ Oakridge </p> <p>1:00 Bailey the Dog & her owner come for a visit ML</p> <p>2:30 Brain Games with Tess  ML</p> <p>6:00-7:00 Resident Led Bingo BB</p>	<p>23 10:00 Chair Yoga with Wendy BF</p> <p>2:00 Adult Coloring Pages... BB</p> <p>Coloring is not just for Kids. It is a great way for adults to relax and unwind </p>
<p>24 10:30 Church Service & Hymns with Reverend Danielle Martell  ML</p> <p>6:00-7:00 Resident Led Bingo </p>	<p>25 9:30 Sandwich Making for Freshwaves Ministries BB</p> <p>10:00 Chair Yoga with Wendy BF</p>  <p>3:30 -4:30 Social Hour with Greg Alcock   ML</p> <p>6:00 Cribbage with Ollie BB</p>	<p>26 10:30 Functional Fitness BF</p> <p>12:30 Bus Trip to Starlight Casino </p> <p>6:00-7:00 Resident Led Bingo  BB</p>	<p>27 "Pink Shirt Day 2019" </p> <p>Support the Anti-Bullying by Campaign by wearing Your Pink Shirt Today. (Pink Shirts can be Purchased Through Recreation)</p> <p>10:30 'In Step' Balance Class BF</p> <p>2:00-4:00 Art & Painting with Enya </p> <p>3:00 'In Stitches' Knitting Group ML</p> <p>6:00 Resident Led Dominos FL</p>	<p>28 12:00 Special Birthday Lunch for all February Birthdays PDR</p>  <p>3:30 -4:30 Social Hour with Peter Montgomery   ML</p>		<p>LOCATIONS LEGEND</p> <p>BB Bria Bistro</p> <p>DR Dining Room</p> <p>ML Main Lounge</p> <p>BF Bria Fit Room</p> <p>PDR Private Dining Room</p> <p>FL Front Lounge</p>