

The Wexford Calendar August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>LOCATIONS LEGEND BB Bria Bistro DR Dining Room ML Main Lounge BF Bria Fit Room PDR Private Dining Room FL Front Lounge</p>	 The WEXFORD A BRIA COMMUNITY			<p style="text-align: right;">1</p> 10:30 Good Morning Stretch with John (BF) 1:00-3:00 Next Gen Hearing (BF) <i>Please see sign-up sheet in Activities Binder</i> 1:30 Storytime with John (ML) 3:30-4:30 Social Hour with... Peter Montgomery (ML) 50/50 Proceeds go to 'The Owl'	<p style="text-align: right;">2</p> 11:30 B.C. Day Holiday Brunch Omelette Bar, Pancakes, Bacon, Sausages, Mimosa and more! <u>12:30 Shopping @ Willowbrook Mall</u> 1:15 Baillie The Dog comes for a visit 2:30 Neighbourhood Walk & Talk (Meet in Lobby) 6:00-7:00 Resident Led Bingo (BB)	<p style="text-align: right;">3</p> 10:00 Chair Yoga with Wendy (BF) 2:00 Brain Games with Diane (BB) 6:30 Movie Night Viewer's Choice See Reception (ML)
<p style="text-align: right;">4</p> Resident Led Games (BB) *There are assorted games near the resident Computer by the Bistro. Please enjoy! All Day Shuffleboard (FL) 6:00-7:00 Resident Led Bingo (BB)	<p style="text-align: right;">5</p> 10:00 Chair Yoga with Chris (BF) 1:00 Travel Show with Paul & Anne Thomas "Beautiful BC" (ML) BC Day <i>Statutory Holiday</i> 6:00 Cribbage with Ollie (BB)	<p style="text-align: right;">6</p> <u>8:00 Tour of Salt Spring Island</u> <i>(For those who have signed up & Paid)</i> 10:30 Functional Fitness (BF) 1-2:00 Indoor Golf 3:30 Reminiscence with Tess 6-7:00 Resident Led Bingo (BB)	<p style="text-align: right;">7</p> *Copies of Short Stories Available Today on Front Lounge table 10:30 'In Step' Balance Class (BF) 1:00 'Death Matters' Seminar with Delta Law *Please note this will be opened up to the public (Light Refreshments will be served) 6:00 Resident Led Dominos (BB)	<p style="text-align: right;">8</p> 10:00-12:00 Wellness Clinic (BF) 10:30 Good Morning Stretch with John (ML) 1:30-2:30 "Who Am I?" Game with John (ML) 3:30-4:30 Social Hour with... Bob Collins Guitar & Vocals (ML)	<p style="text-align: right;">9</p> 10:30 Functional Fitness (BF) 11:30 Wexford BBQ Lunch 1:15 Baillie The Dog comes for a visit (ML) <u>2:30 Bus Trip to Reifel Bird Sanctuary (Westham Isl.)</u> 2:30 Ping Pong with Diane 6:00-7:00 Resident Led Bingo (BB)	<p style="text-align: right;">10</p> 10:00 Chair Yoga with Wendy (BF) <u>12:30 Bus Trip Earthwise Garden for "Garden Buddies on the Go Program"</u> With Herbal Tea & Cookies 6:30 Movie Night Viewer's Choice See Reception (ML)
<p style="text-align: right;">11</p> 10:30 Church Service & Hymns with Reverend Danielle Martel 1:00-4:00 Resident Led Games (BB) Shuffleboard Practice (FL) *12:00-6:00 Shuttle to Bathtub Races @ Centennial Beach. SEE POSTER IN FRONT LOUNGE FOR DETAILS 6:00-7:00 Resident Led Bingo (BB)	<p style="text-align: right;">12</p> 10:00 Chair Yoga with Wendy (BF) 3:30-4:30 Social Hour with... Brian Gimble Vocal & Piano (ML) 6:00 Cribbage with Ollie (BB)	<p style="text-align: right;">13</p> 10:30 Functional Fitness (BF) 1:30 Current Events with Diane (ML) <u>1:30 Element Casino Gambling & Buffet Dinner (\$9.99) Bus leaving Casino 7:00 Pm. See sign up for details</u> 3:00 Bella The Dog & Her Owner Morgan Come for a visit (FL) 6-7:00 Resident Led Bingo (BB)	<p style="text-align: right;">14</p> 10:30 'In Step' Balance Class (BF) 11:00 Chef's Chat (BB) 2:00 Karaoke Social Beer & Wine \$4.00 Signature Cocktail \$2.00 (ML) 6:00 Resident Led Dominos (BB)	<p style="text-align: right;">15</p> 11:00-2:00 'Aqua Soles' Liquid Orthotic Massaging Insole Sales (FL) 12:00 Birthday Lunch for all August Birthdays (PDR) 3:30-4:30 Birthday Social Hour with Peter Dean Guitar & Vocals (ML)	<p style="text-align: right;">16</p> 10:30 Functional Fitness (BF) <u>11:00 Lunch @ Dave's Fish & Chips and Walk through Steveston Village</u> 1:15 Baillie The Dog comes for a visit (ML) 2:30 Neighborhood Walk & Talk (Meet in Lobby) 6-7:00 Resident Led Bingo (BB)	<p style="text-align: right;">17</p> 10:00 Chair Yoga with Wendy (BF) <u>12:30 Walk through 'Spirit Trails' in Ladner</u> * Must be an Experienced Walker 6:30 Movie Night Viewer's Choice See Reception (ML)
<p style="text-align: right;">18</p> MEXICAN WEEK 19	<p style="text-align: right;">19</p> MEXICAN WEEK 20	<p style="text-align: right;">20</p> MEXICAN WEEK 21	<p style="text-align: right;">21</p> MEXICAN WEEK 22	<p style="text-align: right;">22</p> MEXICAN WEEK 23	<p style="text-align: right;">23</p> MEXICAN WEEK 24	<p style="text-align: right;">24</p> MEXICAN WEEK 25
<p style="text-align: right;">18</p> Resident Led Games (BB) Chair Massage with Sue (BF) *See sign-up sheet All Day Shuffleboard Tournament (FL) 6-7:00 Resident Led Bingo (BB)	<p style="text-align: right;">19</p> 10:00 Chair Yoga with Wendy (BF) 3:30-4:30 Social Hour with... Colleen & Steve (ML) 6:00 Cribbage with Ollie (BB)	<p style="text-align: right;">20</p> New Library Books to arrive to The Wexford Today 10:30 Functional Fitness (BF) <u>11:00 Lunch @ Las Margaritas in Vancouver For Mexican Cuisine</u> 2:00 Mexican Fun Facts & Trivia (BB) 6-7:00 Resident Led Bingo (BB)	<p style="text-align: right;">21</p> 10:30 'In Step' Balance Class (BF) 1:00 Craft for the Ladies! Mexican Flower Hair Clips 1:30-3:15 Tsawwassen Hearing (BF) 6:00 Resident Led Dominos (BB)	<p style="text-align: right;">22</p> 10:30 Good Morning Stretch with John (BF) 2:30 'Mexican Cooking with Chef Leif & Festive Signature \$2.00 Drink Special Main Floor Patio 6:00-7:00 Resident Bingo (BB)	<p style="text-align: right;">23</p> 10:30 Resident Led Fitness with Irene (BF) 5:00 Mexican Fiesta Dinner After Dinner Cocktails... <u>Strawberry Margaritas!!</u> 6:30 -7:30 Entertainment by Mariachi Los Dorados Band! (Main Lounge) 	<p style="text-align: right;">24</p> 10:00 Chair Yoga with Chris (BF) 3:00-4:00 Sing-along With Donald Nash (ML) 6:30 Movie Night Viewer's Choice See Reception (ML)
<p style="text-align: right;">25</p> 10:30 Church Service & Hymns with Reverend Danielle Martell (ML) Resident Led Games (BB) 6:00-7:00 Resident Led Bingo BB	<p style="text-align: right;">26</p> 10:00 Chair Yoga with Wendy (BF) 10:00-2:00 Fashion Closet Clothing Line (FL) 3:30-4:30 Social Hour with... Liz & Steve (ML) 6:00 Cribbage with Ollie (BB)	<p style="text-align: right;">27</p> 10:00 Good Morning Stretch with John (BF) <u>12:30 Bus Trip to River Rock Casino</u> 1:00-2:00 Indoor Bocce (BB) 2:30 Sundae Social -Create your own! (BB) 6-7:00 Resident Led Bingo (BB)	<p style="text-align: right;">28</p> 10:30 'In Step' Balance Class' (BF) 2:00-4:00 Art & Painting with Enya <u>4:45 Dinner with John @ 'C' Lovers Grill (White Rock)</u> 6-7:00 Resident Led Dominos (BB)	<p style="text-align: right;">29</p> 10:30 Good Morning Stretch with John (BF) 1:30 Recreation Meeting (BB) 3:30-4:30 Social Hour with... Allan Booleanoff (ML) 6:30 Short Story Book Club (FL) 	<p style="text-align: right;">30</p> 10:30 Functional Fitness (BF) 11:30 Wexford BBQ Lunch <u>12:30 West Richmond Pitch & Put (9 Holes) See sign up for Details</u> 1:15 Baillie The Dog comes for a visit (ML) 2:30 Neighbourhood Walk & Talk (Meet in Lobby) 3:30 Show & Tell (ML) 6:00-7:00 Resident Led Bingo (BB)	<p style="text-align: right;">31</p> 10:00 Chair Yoga with Wendy (BF) <u>12:30 Bus Trip Earthwise Garden For Garden Buddies on the Go Program</u> 6:30 Movie Night Viewer's Choice See Reception (ML)

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	<p align="center">Alternate Lunch Options</p> <p align="center"><i>Grilled Cheese Scrambled Eggs Chef Daily Sandwich</i></p>	<p align="center">Alternate Dinner Options</p> <p align="center"><i>Grilled Salmon Grilled Chicken Breast Egg Salad Sandwich</i></p>	<p align="center">3 Lunch Ham & Potato Cream Soup BLT or Grilled Chicken Caesar Salad Blueberry Tartlet Dinner Greek Salad Lamb Pot Pie or Baked Teriyaki Fish Boston Cream Pie</p>	<p align="center">1 Lunch Hearty Tomato Vegetable Soup Smoked Salmon on Rye or Wilk Mushroom, Leek Quiche Vanilla Caramel Cake Dinner Four Beans Salad Homemade Battered Halibut or Swiss Steak & Chips Orange Sherbet Ice Cream</p>	<p align="center">1 Lunch Hearty Tomato Vegetable Soup Smoked Salmon on Rye or Wilk Mushroom, Leek Quiche Vanilla Caramel Cake Dinner Four Beans Salad Homemade Battered Halibut or Swiss Steak & Chips Orange Sherbet Ice Cream</p>	<p align="center">3 Lunch Chicken & Orzo Soup Shrimp Salad on Multigrain Bread or Baked Beans with Cheese Scone Chocolate & Berry Mousse Bowl Dinner Watermelon Feta & Balsamic Mediterranean Style Chicken Prime Rib & Yorkshire Pudding Berry French Cream Dessert</p>
<p align="center">4 Lunch Borscht Soup Egg Salad on Whole Wheat or Ravioli Pasta with Mushroom Sauce Macaroon Square Dinner Caesar Salad Sole Fillet with Crab & Tarragon Sauce Or Pineapple Glazed Pork Homemade Apple Pie</p>	<p align="center">5 Lunch Italian Vegetable Soup Salmon Salad Sandwich or Pepperoni Pizza Sorbet with Cookies Dinner Club Chicken Salad Baked Beef Cannelloni or Stewed Lamb Cobbler Black Forest Cake</p>	<p align="center">6 Lunch Rosemary Potato Turnip Cream Soup Steak Sandwich or Fresh Fruit Plate & Banana Muffin Apple & Walnut Marmalade in Scone Dinner Spinach, Beet & Goat Cheese Salad Turkey Pot Pie or Olive & Pesto Crusted Haddock Wexford Famous Cheesecake</p>	<p align="center">7 Lunch Lentil & Bacon Soup Chef Salad or Egg Salad on Whole Wheat German Chocolate Cake Dinner Almond Mandarin Spring Salad Crab Cake with Honey Dill Mayo Or Beef Schnitzel Cream Puffs with Chocolate Sauce</p>	<p align="center">8 Lunch Simple Coconut & Bean Soup Freshly Baked Sausage Roll or Shrimp Salad on Whole Wheat Banoffee Trifles Dinner Spring Salad, Strawberry, Feta & Walnuts Coconut Thai Pork with Peanut Curry Sauce Or Chicken Thigh Adobo Homemade Cherry Tartlet</p>	<p align="center">9 Lunch Corn Chowder Chicken & Avocado on Marble Rye Or Beef Dip with Au Jus Carrot Cake Dinner Black Bean & Corn Salad Baked Tilapia Parmesan or Spaghetti & Meat Sauce Triple Chocolate Fudge</p>	<p align="center">10 Lunch French Onion Soup Fluffy French Toast with Berry Sauce or Grilled Reuben Sandwich Fruit Yogurt Parfait Dinner Mixed Greens with Cranberry Pecans Braised Beef with Ginger or Maple Soy Garlic Salmon Homemade Blueberry Pie</p>
<p align="center">11 Lunch Cream of Broccoli Chicken Mango Salad Scrambled Eggs & Hash Browns Crème Caramel Dinner Cucumber, Cranberry Salad Roast Turkey with all the Fixings or Baked Ham with Apricot Ginger Banana Cream Pie</p>	<p align="center">12 Lunch Carrot & Coriander Soup Shrimp Dilled Salad on Croissant or Baked 3 Cheese Tortellini Date Square Dinner Veggie Sticks with Ranch Dip Chicken Thigh & Mushroom Sauce Beef Oriental Stir Fry Poached Diced Pear</p>	<p align="center">13 Lunch Split Pea & Ham Soup Philly Cheesesteak on a Hoagie or Heirloom Tomato Chicken Salad Mango Tango Ice Cream Dinner Tossed Greens, Tomato & Bocconcini Maple Mustard Glazed Ham or Trout Fillet with Caper Butter Sauce Homemade Pumpkin Pie</p>	<p align="center">14 Lunch Cauliflower Cheese Soup Chicken Breast, Tomato, Avocado Salad or Fish & Chips with Coleslaw Warm Tapioca Pudding Dinner Mediterranean Chickpea Salad Osso Bucco & Red Wine Sauce or German Sausage with Sauerkraut Strawberry Mousse & Strawberries</p>	<p align="center">15 Lunch Italian Beef Vegetable Pasta Egg & Sausage in a Brioche Bun Or Crab Salad on Pita Bread Lemon Crisp Bar Dinner Coleslaw Salisbury Steak with Demi-Glace or Fettuccine Pasta with Prawn & Peas Chocolate Lava Cake</p>	<p align="center">16 Lunch Seafood Chowder Grilled Veggie Sandwich or Breaded Shrimp & Fries Strawberry Yogurt Parfait Dinner Macaroni Salad Summer Herb Cod with Lemon Sauce or Baked Chicken Thigh Blueberry Crumble Cake</p>	<p align="center">17 Lunch White Bean & Vegetable Soup Beef Chili Con Carne, Cheese Muffin or Pastrami Sandwich with Sauerkraut Mixed Fruit Jell-O Dinner Waldorf Salad Beef Liver, Caramelized Onion or Sesame Salmon with Sesame Top Tiramisu</p>
<p align="center">18 Lunch Cream of Pumpkin Soup Tuna Melt on Rye Bread or Eggs Benedict & Fresh Fruit Traditional Warm Bread Pudding with Caramel Sauce Dinner Spring Mixed Salad with Pear & Brie Spaghetti Meatballs or Country Fried Chicken with Gravy Carrot Cake</p>	<p align="center">19 Lunch Butternut Squash & Sage Cream Soup Black Bean & Corn Quesadilla or Devilled Eggs with Ham Salad Nanaimo Bar Dinner Marinated Beets with Goat Cheese Chicken Breast with Ham & Brie Or Beef Lasagna with Garlic Bread Summer Crème Brulee</p>	<p align="center">20 Lunch Chicken Noodle Soup Thai Chicken Pizza or Salmon Burger with Honey Dill Mayo Homemade Sticky Apple Pudding Dinner Baked Mussels Veal Parmigiana or Baked Trout with Lemon Sauce Lemon Curd Tart</p>	<p align="center">21 Lunch Rich Cream of Tomato Soup Ham & Cheese on Hot Pretzel Bun Or Hot Dog & Lobster Sensation Gelato with Medley Summer Fruits Dinner Tossed Green & 3 Bean Salad Beef Brisket with Mushroom & Onion Sauce or Chicken Souvlaki with Tzatziki Sauce Super Chocolate Layer Cake</p>	<p align="center">22 Lunch Beef Barley Soup Roasted Beef Sandwich with Horseradish Mayo or Shrimp & Spinach Cheese Quiche Maple Chocolate Mania Cake Dinner Caprese Salad Pork Ribs with BBQ Sauce or Barbequed Prawns Blueberry Pie</p>	<p align="center">23 Lunch Potato, Bacon & Thyme Soup Tuna Salad on White Bread or Summer Salad Sandwich Spiced Pineapple with Vanilla Cinnamon Cream Dinner Turkey Cranberry Salad Lime & Ginger Salmon or Beef Striploin with Sweet Corn Relish Unbaked Strawberry Cheesecake</p>	<p align="center">24 Lunch Italian Chicken Soup Egg & Sausage Casserole or Mini Beef Sliders Banana Cake Dinner Caesar Salad Grilled Cajun Chicken Breast or Braised Lamb Chop Chef's Choice Ice Cream with Cookie</p>
<p align="center">25 Lunch Cream of Mushroom Soup Turkey, Bacon, Tomato, Swiss Melt or Chicken Salad Strawberries & Custard Dinner Mixed Greens, Cucumber & Carrots Five Spice Pork Loin or Baked Snapper with Creole Sauce Homemade Apple Flapjack Crumble</p>	<p align="center">26 Lunch Versatile Vegetable Soup Cranberry Brie & Cheese on White or Roast Beef, Cheese, Tomato Sandwich Quick Peach Melba Dinner Spring Greens, Orange & Cranberry Pesto Chicken Breast or Tomato, Mascarpone Bake Penne Pasta Peanut Butter Blast Cake</p>	<p align="center">27 Lunch Green Bean Minestrone Soup Pesto Salami on Bun or Fresh Fruit Plate & Zucchini Loaf Haystack Brownie Dinner Mixed Greens, Mushroom & Ham Braised Beef in Honey Soy or Sautéed Garlic Shrimp Homemade Berry Crumble</p>	<p align="center">28 Lunch Ham & Potato Cream Soup BLT or Grilled Chicken Caesar Salad Blueberry Tartlet Dinner Greek Salad Lamb Pot Pie or Baked Teriyaki Fish Boston Cream Pie</p>	<p align="center">29 Lunch Hearty Tomato Vegetable Soup Smoked Salmon on Rye or Wilk Mushroom, Leek Quiche Vanilla Caramel Cake Dinner Four Beans Salad Homemade Battered Halibut or Swiss Steak & Chips Orange Sherbet Ice Cream</p>	<p align="center">30 Lunch Hearty Tomato Vegetable Soup Smoked Salmon on Rye or Wilk Mushroom, Leek Quiche Vanilla Caramel Cake Dinner Four Beans Salad Homemade Battered Halibut or Swiss Steak & Chips Orange Sherbet Ice Cream</p>	