

The Waterford Recreation Calendar, January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>LOCATION LEGEND: (L) = Lounge (MP3) = 3rd Floor Multi-Purpose Room (TV) = TV Room (WR) = Wellness Room (PDR) = Private Dining Room (2FL) = 2nd Floor Lounge (SR) Serenity Room (TSAW LIB) Tsawwassen Library</p>		<p>BRIDGE Every night at 6:30pm</p> <p>Cribbage Every Thursday night at 6:30pm</p>	<p>1 1:00 It's the 40th Annual Polar Bear Swim at Centennial Beach (own transportation required). Arrive early as parking is limited.</p> <p>New Years Day!</p> <p>STATUTORY HOLIDAY</p>	<p>2 10:00—2:00 Aqua Soles Sales (TV) 10:30 Gentle Movement for Mind and Body with Lisa (MP3) 12:40 Bus to see Cats at Silvercity Cineplex in Richmond 1:20 Showing 3:00 Undecorate the Christmas Trees / Vanilla Macadamia Coffee Served (L)</p>	<p>3 9:00 <i>Food on The Corner Sandwich Makers</i> (TV) 10:30 Fitness to the Beat (L) 2:00 Monthly Recreation Meeting (TV) 3:30 Farewell Social Hour with John Dean (L) <i>This is Tania's & Rod's last day at the Waterford</i></p>	<p>4 3:00 Bingo with Alice & Michelle (L)</p> <p>7:00 Movie Night: <i>Little Women</i> Starring Winona Ryder, Susan Sarandon, Kirsten Dunst & Claire Danes (TV / Netflix)</p>
<p>5</p> <p>7:00 Movie Night: <i>72 Most Dangerous Animals in Latin America (E. 1 & 2)</i> (TV / Netflix)</p>	<p>6 10:30 Seated Yoga with Kim (MP3) 12:10 Bus to Active Seniors Program 3:30 The Story Behind The Song with Liz and Steve (TV) 7:00 Movie Night: <i>Memory Games. Follow Four Memory Athletes</i> (TV / Netflix)</p>	<p>7 10:15 TED Talks (Tsawwassen Library) 10:30 Functional Fitness (L) 2:00 Craft: Paint Your Own Scottish Crest/Coat of Arms (TV) 3:30 Social Hour with Allen Boolinoff (L)</p>	<p>8 9:00 Nails with Adele (WR) 10:30 Functional Fitness (L) Time TBA Bus to Lunch at The Spaghetti Factory & Cineplex Richmond to See Little Women 3:30 Hot Apple Cider Social (L) 7:00 Movie Night: <i>Birders, A Bird Documentary</i> (TV / Netflix)</p>	<p>9 9-5 Health Hub (SR) 9:15 Resident Council Meeting 1/2 (PDR) 10:30 Connect Hearing (WR) 10:30 Gentle Movement for Mind and Body with Lisa (MP3) 2:30 Make Peppermint Chocolate Bark Treats (TV) 3:45 *NEW* Reminiscing Discovery Kit (TV) "Old Treasures Galore"</p>	<p>10 10:30 Sing-a-Long with Paul Kemp (L) 2:00 Brainworks! (TV) 3:30 Social Hour with The Music Variations Band (L)</p>	<p>11 10:30 NEW *Bookworms* Enjoy Listening or Take a Turn Reading Part of the Novel (MP3) 2:45 Tai Chi with Wayne (MP3) 7:00 Jukebox Saturday Night Social (L)</p>
<p>12 3:00 Catholic Communion with Paul Duggan and Liana: Sacred Heart Parish (TV) 3:00 Knit Wits Knitting Group (LIB) 7:00 Movie Night: <i>Dolly Parton's Heart Strings (E.1 & 2)</i> (TV / Netflix)</p>	<p>13 10:30 Seated Yoga with Kim (MP3) 12:10 Bus to Active Seniors Program 3:30 Learn How To Play Bridge with Carl Haines (L)</p>	<p>14 10:00 Bria Van to Swim/Hot Tub at Winkill Recreation Centre 10:30 Functional Fitness (L) 2:00 Pictionary (Social Group Game) (TV) 3:30 Social Hour with Greg Hampson (L) 6:30 Bingo with Karlene & Ella (TV)</p>	<p>15 10:30 Functional Fitness (L) 10:30 Church Service: St. Andrew's Anglican with Rev. Danielle Martell (TV) 10:20 Bus to Lunch at Olive Garden & Shopping at The Hudson's Bay 3:30 Short Stories with Sandy (TV) 7:00 Movie Night: <i>Seven Wonders of the Industrial World</i> (TV / Netflix)</p>	<p>16 9:15 Resident Council Meeting 2/2 (PDR) 10:30 Gentle Movement for Mind and Body with Lisa (MP3) 10-12:00 Wellness Clinic with Marla Ellis, RN (WR) 2:30 Resident Led Table Games (Scrabble, Adult Mosaic Colouring, Dominoes) (L)</p>	<p>17 10:30 Fitness to The Beat (L) 2:00 Know Your Neighbours—Join us for Bailey's on ice as we get to know our neighbours that live here! (TV) 3:30 Social Hour with Richard Stepp (L)</p>	<p>18 3:30 <i>Ways of the World: Italy - Biscotti served as we discuss Italy and all things Italian!</i> (TV) 7:00 Movie Night: <i>Blackfish Documentary</i>—The Story of Tilikum the Killer Whale and Others Whales in Captivity. (TV / Netflix)</p>
<p>19 2:00 Tsawwassen United Church with Rev. Dan Kirkegaard (TV) 7:00 Movie Night: <i>Dolly Parton's Heart Strings (E.3 & 4)</i> (TV / Netflix)</p>	<p>20 10:30 Seated Yoga with Kim (MP3) 12:10 Bus to Active Seniors Program 3:30 The Story Behind The Song with Liz & Steve (L)</p>	<p>21 10:15 TED Talks (Tsawwassen Library) 10:30 Functional Fitness (L) 12:30 Birthday/New Resident Lunch (By Invitation) (PDR) 3:30 Social Hour with Dave Dorozio "Classic Rewind" (L)</p>	<p>22 9:00 Nails with Adele (WR) 10:30 Functional Fitness (L) 2:30 Sing-A-Long with Louise Cadrin (Music Therapist) (L) 3:45 Poetry Pals—Enjoy Apple Cinnamon Herbal Tea and Bring Poems or Song Lyrics to Share with the Group (MP3)</p>	<p>23 9-5 Health Hub (SR) 10:30 Gentle Movement for Mind and Body with Lisa (MP3) 2:15 Craft: Make Red and Gold Chinese Lanterns (MP3) 3:45 Local Cider Tasting (L)</p>	<p>24 10:30 Sing-a-Long with Paul Kemp (L) 2:00 Spelling Bee (MP3) 3:30 Robbie Burns Day Social Hour with The Clarion Highland Dancers / Wear Plaid! (Scotch & Shortbread Served) (L)</p>	<p>25 10:30 Functional Fitness (L) Chinese New Year & Robbie Burns Day 2:45 Tai Chi with Wayne (MP3) 7:00 Jukebox Saturday Night</p>
<p>26 3:00 Knit Wits Knitting Group (LIB)</p>	<p>27 10:30 Seated Yoga with Kim (MP3) 12:10 Bus to Active Seniors Program 3:30 Craft: Painting Frames Using Acrylic Paints (TV)</p>	<p>28 10:00 Bria Van to Swim/Hot Tub at Winkill Recreation Centre 10:30 Functional Fitness (L) 2:00 St. John Ambulance Dog Therapy Program. Come Meet Maria & Toto. Toto is a West Highland Terrier. (L) 3:30 Social Hour with Peter Dean (L)</p>	<p>29 10:30 Functional Fitness (L) 11:00 - 2:00 Bus to Starlight Casino & Value Village (New Westminster) with a Boxed Lunch 3:00 Travel Show "Morocco" with Malcolm & Linda (L)</p>	<p>30 10:30 Gentle Movement for Mind and Body with Lisa (MP3) 10:30-11:30 Walker Clinic with Paul from The Medicine Shoppe (L) 1:30 Bus to Giant Annual Used Book Sale at Kin Village 4:00 Ping Pong with Recreation (L)</p>	<p>31 Buffet Lunch 9:00 <i>Food on The Corner Sandwich Makers</i> (TV) 10:30 Fitness to The Beat (L) 2:00 Brainworks! (MP3) 3:30 Social Hour with Shawn McKee (L)</p>	