



JANUARY 20/20



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
5 1:00 Meet 'Jax' the Therapy Dog & His Owner Cathy for a Visit All Day Shuffleboard Practice  5:50-7:00 Bingo	6 10:00 Chair Yoga with Chris 3:30-4:30 Social Hour <i>Comedy Piano</i> with Johnathon Scott  6:00 Card Games	7 10:10 Delta Gymnastics 10:30 Functional Fitness 12:45 Drive Through Stanley Park  2:00 Crossword Puzzle on the Big Screen  5:50-7:00 Bingo	8 10:30 'In Step' Balance Class' 2:00 'Better Health' COPD' Presentation with Barb Mikulec 3:00 'In Stitches' Knitting Group  6:00 Dominos	9 10:30-11:30 Wellness Clinic 10:30 Stretch Class (Front Lounge) 1:00 The Story Behind 'Gold'  1:45 Writing Group (Private Dining Room) 3:30 Social Hour with John Dean 	10 10:30 Functional Fitness 11:00 Gym Orientation 12:30 Bus Trip to River Rock Casino  2:30 Indoor Golf  5:50-7:00 Bingo	11 10:00 Chair Yoga with Chris 2:00 Balloon Art & Painting with Diane  6:30 Movie Night Viewer's Choice
12 All Day Shuffleboard Practice 10:30 Church Service/Hymns With Reverend Danielle Martel  5:50-7:00 Bingo	13 10:00 Chair Yoga with Chris 3:30-4:30 Social Hour with... Ranj Singh/Guitar  6:00 Card Games	14 10:10 Delta Gymnastics 10:30 Functional Fitness Morgan come for a visit 12:30 Bus Trip to Sandcastle Bowl (White Rock)  1:00 Board Games (Lounge) 3:00 Bella the dog and her Owner 5:50-7:00 Bingo	15 10:30 'In Step' Balance Class 2:30 Thinking Puzzles with John (Lounge) 3:00 'In Stitches' Knitting Group  6:00 Dominos	16 10:30 Stretch Class 12:00 Birthday Lunch for All January Birthdays  3:30-4:30 Birthday Social Hour with Peter Dean 	17 10:30 Functional Fitness 12:30 Shopping @ Ladner Mall (London Drugs, Shoe Warehouse, Dollarama)  2:30 Storytime with John  5:50-7:00 Bingo	18 10:00 Chair Yoga with Chris 1:00 Adult Coloring Pages (See Reception for Supplies)  3:00-4:00 Donald Nash 6:30 Movie Night Viewer's Choice
19 1:00 Jax the Therapy Dog & His owner Cathy come for a visit All Day Shuffleboard Practice  5:50-7:00 Bingo	20 10:00 Chair Yoga with Chris 3:30-4:30 Social Hour with The Tunemakers  6:00 Card Games	21 10:10 Delta Gymnastics 10:30 Functional Fitness 12:30 Bus Trip to Elements Casino  1:00 Creating The Wexford Time Capsule with John Part #1 5:50-7:00 Bingo	22 10:30 'In Step' Balance Class 1:30-3:30 Tsawwassen Hearing 2:30 Finger Pushing Dominos (Bistro) 3:00 'In Stitches' Knitting Group  6:00 Dominos	23 10:30 Stretch Class with John 1:30 Robbie Burns Video Documentary on the Big Screen  6:30 Short Story Book Club (Lounge)	24 10:30 Functional Fitness 12:30 Local Drive 3:00 -4:30 Duncan Mctavinish Robbie Burns Day with Peter Paulus & Mike Chisholm  5:50-7:00 Bingo	25 10:00 Chair Yoga with Chris 2:00 Brain Games  6:30 Movie Night Viewer's Choice
26 All Day Shuffleboard Tournament with Refreshments 10:30 Church Service/Hymns with Reverend Danielle Martel  5:50-7:00 Bingo	27 10:00 Chair Yoga with Chris 1:30 Travel Show 'New Zealand' By Ann & Paul Thomas 3:30-4:30 Social Hour with Christine Oliver  6:00 Card Games	28 10:10 Delta Gymnastics 10:30 Functional Fitness 1:00 Jeopardy (Bistro) 2:30 Bus Trip to The Rose & Crown for a Game of Pool 5:50-7:00 Bingo	29 10:30 'In Step' Balance Class 2:00 Painting with Enya  3:00 'In Stitches' Knitting Group 4:45 Dinner with John @ Ming Court  6:00 Dominos	30 10:30 Stretch Class with John 1:00 The Story Behind 'Salt' 3:30-4:30 Social Hour with Michelle Carlisle 	31 10:30 Functional Fitness 12:30 Drive to White Rock Pier  2:30 Indoor Bocce 5:50-7:00 Bingo	