


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Room Legend	Room Legend		Hair by Inky 1	Hair by Annette 2	3
*Calendar is subject to change, please see daily activity sheets in elevator for accurate program listings.	(G) Gym (P) Piano Lounge (T) Theatre (L) Library (B) Bayview Room	(Bi) Billiards Area (S) Skyline Lounge (C) Coffee Bistro (SU) Sign up at Front Desk (Te) Terrace		9:45 Holiday Decorating (P) 10:00 Chair Yoga w/ Blythe 1 (G) 10:35 Chair Yoga w/ Blythe 2 (G) 1:00 Stretch and Balance (G) 3:00 Wine and Cheese (C) 7:00 Movie Night: The Land of Steady Habits (2018) (T)	10:00 Zumba w/ Eric (G) 11:00 Self-Led Scrabble (B) 1:30 Self-Led Chess (B) 3:00 Fitness w/ Prabh (G) 7:00 Movie Night: Only The Brave (2017) (T)	9:15 Stretch and Balance (G) 9:45 Library book Rentals (P) 10:30 Word in a Word 2 (B) 1:30 Self-Led Cribbage (B) 2:00 Performance by Greg Alcock (P) 7:00 Movie Night: The Starling (2021) (T)
4	5	6	First Day of Hanukkah 7	Hair by Inky 8	Hair by Annette 9	10
10:00 Chair Yoga w/ Christie 1 (G) 10:35 Chair Yoga w/ Christie 2 (G) 11:00 Singing Group (P) 11:15 Mexican Train (B) 2:00 Life Talks w/ Lois (L) 3:30 BINGO (B) 7:00 TV Night: Inside the Mind of a Cat (T)	9:00 Chair Yoga w/ Christie 1 (G) 9:35 Chair Yoga w/ Christie 2 (G) 10:00 PERK Activities w/ Shelby (B) 11:15 Stretch and Balance (G) 1:00 Dollarama/Liquor Store (SU) 1:00 In Stitch Us: Knitting (P) 1:30 Power Up w/ Shelby (G) 2:00 Self-Led Bridge Group (B) 2:30 Pool w/ Shelby (Bi)	10:00 Current Events (L) 11:00 Zumba w/ Eric (G) 1:30 Christmas Market (P) 2:30 Digital Literacy w/Daryl (SU)	10:00 Fitness w/ Prabh (G) 11:00 Alta Vida Fashion (P) 2:00 Word in a Word 1 (B) 4:30 Lighting of the Menorah (P) 6:30 Scenic Light Tour [Burnaby] (SU) 1 7:00 Movie Night: Are We Done Yet? (2007) (T)	10:00 Chair Yoga w/ Christie 1 (G) 10:35 Chair Yoga w/ Christie 2 (G) 1:00 Stretch and Balance (G) 2:00 Nancy Bellsmith (P) 3:00 Wine and Cheese (C) 4:30 Lighting of the Menorah (P) 7:00 Movie Night: A Beautiful Life (2023) (T)	1:30 Self-Led Chess (B) 3:00 Fitness w/ Prabh (G) 4:30 Lighting of the Menorah (P) 7:00 Documentary: What The Health (2017) (T)	9:15 Stretch and Balance (G) 10:30 Word in a Word 2 (B) 1:30 Self-Led Cribbage (B) 2:00 Zumba w/ Eric (G) 4:30 Lighting of the Menorah 7:00 Movie Night: Breaking (2022) (T)
Big Brothers Pickup 11	12	13	14	Hair by Inky 15	Hair by Annette 16	17
10:00 Chair Yoga w/ Christie 1 (G) 10:35 Chair Yoga w/ Christie 2 (G) 11:00 Singing Group (P) 11:15 Mexican Train (B) 3:30 BINGO (B) 4:45 Lighting of the Menorah (P) 7:00 Class of Julie Lowe Performance 7:00 Inside the Mind of a Cat (T)	9:00 Chair Yoga w/ Christie 1 (G) 9:35 Chair Yoga w/ Christie 2 (G) 10:00 PERK Activities w/Shelby (B) 11:15 Stretch & Balance (G) 1:00 In Stitch Us: Knitting (P) 1:30 Power Up w/ Shelby (G) 2:00 Self-Led Bridge Group (B) 2:30 Pool w/ Shelby (Bi) 4:30 Lighting of the Menorah (P)	10:00 Trivia (L) 11:00 Zumba w/ Eric (G) 1:00 Wii Bowling (P) 2:00 Town Hall Meeting (P) 2:30 Digital Literacy w/Daryl (SU) 3:00 Birthday Party (C) 4:30 Lighting of the Menorah (P) <u>Last Day for Gift Exchange Sign up - \$10!</u>	9:45 Music in the Morning (SU) 10:00 Fitness w/ Prabh (G) 1:00 Shoppers Drug Mart at Kingsgate Mall (SU) Word in a Word CANCELLED 4:30 Lighting of the Menorah (P) 7:00 Movie Night: Nowhere (2023) (T)	10:00 Chair Yoga w/ Christie 1 (G) 10:35 Chair Yoga w/ Christie 2 (G) 1:00 Stretch and Balance (G) 2:00 Performance by Lester J Soo 3:00 Wine and Cheese (C) 4:30 Lighting of the Menorah (P) 7:00 Movie Night: Leo (2023) (T)	10:00 Zumba w/ Eric (G) 11:00 Self-Led Scrabble (B) 1:30 Self-Led Chess (B) 3:00 Fitness w/ Prabh (G) 7:00 Movie Night: The Last Laugh (2019) (T)	9:15 Stretch and Balance (G) 10:30 Word in a Word 2 (B) 1:00 Self-Led Cribbage (B) 7:00 Movie Night: American Underdog The Kurt Warner Story (2021)
18	19	20	First Day of Winter 21	Hair by Inky 22	Hair by Annette 23	24
10:00 Chair Yoga w/ Christie 1 (G) 10:35 Chair Yoga w/ Christie 2 (G) 11:00 Singing Group (P) 11:15 Mexican Train (B) 2:00 Life Talks w/ Lois (L) 3:30 BINGO (B) 6:30 Scenic Light Tour [Burnaby] 2	10:00 Fitness Techniques (G) 10:00 PERK Activities w/Gabby (B) 11:15 Stretch and Balance (G) 1:00 In Stitch Us: Knitting (P) 2:00 Performance by Silver Bells 2:00 Self-Led Bridge Group (B) 3:15 Festive Eggnog Social (C)	11:00 Zumba w/ Eric (G) 1:00 Wii Bowling (P) 2:00 Performance by Jennifer Lauren (P) 2:30 Digital Literacy w/ Daryl (SU) 3:15 Silver Spoon	10:30 Christmas Carol Karaoke (P) 1:00 Recreation Workshop (B) 2:00 Word in a Word 1 (B) 7:00 Movie Night: A California Christmas (2020) (T)	10:00 Chair Yoga w/ Christie 1 (G) 10:35 Chair Yoga w/ Christie 2 (G) 10:30 Christmas Baking (B) 1:00 Stretch and Balance (G) 2:00 Side by Side Christmas Show 3:00 Holiday Wine & Cheese (C) 7:00 Movie Night: Holidate (2020) (T)	10:00 Zumba w/ Eric (G) 11:00 Self-Led Scrabble (B) 1:30 Self-Led Chess (B) 2:00 Holiday Gift Exchange (P) 7:00 Movie Night: The Christmas Chronicles (T)	1:00 Self-Led Cribbage (B) 7:00 Movie Night: Deck The Halls (2006) (T)
Christmas Day 25	Boxing Day 26	27	Footcare by Evelyn 28	29	30	New Years Eve 31
11:00 Singing Group (P) 11:15 Mexican Train (B) 3:30 Self led BINGO (B) 7:00 Movie Night: Best. Christmas. Ever! (2023) (T) Christmas Dinner Special	10:00 Self-Led Card Games (B) 1:00 In Stitch Us: Knitting (P) 2:00 Self-Led Bridge Group (B) 7:00 Movie Night: Christmas With You (2022) (T)	10:30 Self-Led Scrabble (B) 2:30 Digital Literacy w/ Daryl (SU) 7:00 Movie Night: Christmas Inheritance (2017) (T)	10:30 Stretch and Balance (G) 2:00 Word in a Word 1 (B) 7:00 Movie Night: The Hunger Games (2012) (T)	10:00 Chair Yoga w/ Christie 1 (G) 10:35 Chair Yoga w/ Christie 2 (G) 1:00 Stretch and Balance (G) 2:00 Performance by The Dimes (P) 3:00 Wine and Cheese (C) 7:00 Movie Night: News of the World (2021) (T)	11:00 Self-Led Scrabble (B) 1:30 Self-Led Chess (B) 7:00 Movie Night: Holiday Rush (2019) (T)	1:00 Self-Led Cribbage (B) 6:30 New Years Party and Performance by Greg Alcock (P) 7:30

Holiday Festivities 2023

Thursday December 14 th	 <p><u>Ugly Holiday Sweater Day!</u> Wear your ugliest Holiday sweater today, and be entered into a draw to win a prize! [Group picture: 3:30pm in the Skyline Lounge!]</p>
Friday December 15 th	 <p><u>Festive Hat Day!</u> Wear a festive hat today, and you'll be entered into a prize draw!</p>
Saturday December 16 th	 <p>Complete at least one of the Holiday Word Games (located in the Bayview Room), put your name on it, and place it in the provided box to be entered into a prize draw!</p>
Sunday December 17 th	 <p><u>Guess How Many Cookies are in the Jar</u> Make your best guess at the Front Desk, and the closest person to the correct number will win the jar!</p>
Monday December 18 th	 <p><u>Find the Pickle!</u> Hidden on one of the Terraces Christmas trees in the Piano Lounge today is a special ornament...a pickle. Whoever finds the pickle and returns it to Shelby gets a prize!</p>
Tuesday December 19 th	 <p><u>Festive Eggnog Social</u> Come enjoy a glass of Eggnog and some special holiday treats in the Coffee Bistro at 3:15pm!</p>
Wednesday December 20 th	 <p><u>Wear Something Red or Green Day!</u> Wear something red or green (or both!) today and be entered into a prize draw!</p>
Thursday December 21 st	 <p><u>Carols and Good Cheer!</u> Join us in the Piano Lounge at 10:30am to sing and be merry. We will be serving hot chocolate and marshmallows!</p>
Friday December 22 nd	 <p><u>Holiday Wine and Cheese!</u> Join us in the Coffee Bistro at 3:00pm (after Side by Side Xmas Performance) for a special Wine and Cheese social to celebrate the holidays!</p>
Friday December 22 nd	 <p><u>Christmas Baking</u> Join Shelby in the Bayview Room at 10:30am to do some Christmas baking!</p>
Saturday December 23 rd	 <p><u>Holiday Gift Exchange</u> Join us at 2:00pm in the Piano Lounge for our annual gift exchange! It is \$10 to participate, don't forget to sign up by December 13th</p>
Sunday December 24 th	 <p><u>Guess the Candy Canes!</u> Guess how many Candy Canes are in the jar at the Front Desk, and win the jar! Write down your best guess on the sheet provided!</p>
Sunday, December 31 st	 <p><u>New Year's Eve Black Tie Event</u> Drink and deserts at 6:30pm followed by music at 7:30pm with Greg Alcock. Dress to impress!</p>

