


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Room Legend (G) Gym (P) Piano Lounge (T) Theatre (L) Library (B) Bayview Room (D) Dining Room		Room Legend (Bi) Billiards Area (S) Skyline Lounge (C) Coffee Bistro (SU) Sign Up at Front Desk (Te) Terrace				Room Legend (G) Gym (P) Piano Lounge (T) Theatre (L) Library (B) Bayview Room (D) Dining Room		
*Calendar is subject to change, please see daily activity sheets in elevator for accurate program listings.						10:30 Word in a Word 2 (B) 1:00 Tree Decorating 5 th Floor Tree(Bi) 1:30 Self-Led Cribbage (B) 3:00 Self-Led Pool (Bi) 7:00 Movie Night: The Butcher's Wife		
2		3		4		5		
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 Ted Talk: The Tipping Points of Climate Change – and Where We Stand		9:45 PERK Activities (B) 10:45 Fitness w/ Prabh (G) 11:00 5 th Ave Jewellery (P) 11:15 Fitness w/ Prabh (G) 2:00 In Stitch Us: Knitting (P) 2:00 American Mahjong (S) 2:00 Self-Led Bridge Group (B)		11:00 Zumba w/ Eric (SU) 1:30 Terraces Craft Christmas Market (P) 2:30 Digital Literacy w/ Daryl (SU)		9:15 Shoppers Drug Mart at Kingsgate Mall (SU) 10:00 Fitness w/ Prabh (G) 10:30 Fitness w/ Prabh (G) 1:30 Stretch and Balance (G) 2:00 Word in a Word 1 (B) 3:15 Recreation Workshop (B)	9:45 Art Series: Acrylic Painting (B) 11:00 Seated Tap Dance w/ Beryl (B) 11:15 Public Library Rentals (B) 1:00 Stretch and Balance (G) 2:00 Performance by Lester Soo (P) 3:00 Wine and Cheese (C) 7:00 Movie Night: Frankie & Johnny (T)	9:15 Walmart (SU) 10:00 Zumba w/ Eric (SU) 11:00 Self Led Scrabble (B) 1:00 Wii Bowling 2 (P) 2:00 BEATA Vocal Ensemble Performance (P) 3:00 Self Led Chess (B) 3:15 Stretch and Balance (G) 7:00 Movie Night: Annie Hall (T)
9		10		11		12		
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 Ted Talk: The Intriguing Sound of Marine Animals (T)		9:45 PERK Activities (B) 10:45 Fitness w/ Prabh (G) 11:15 Fitness w/ Prabh (G) 1:00 Dollarama/Liquor Store (SU) 2:00 In Stitch Us: Knitting (P) 2:00 American Mahjong (S) 2:00 Self-Led Bridge Group (B) 3:00 Silver Spoon (S)		9:30 Covid Clinic (P) 11:00 Zumba w/ Eric (SU) 1:00 Wii Bowling 1 (P) 2:00 Performance by Jennifer Lauren (P) 2:30 Digital Literacy w/ Daryl (SU) 3:15 Fitness Techniques w/ Shelby (SU) 6:30 Scenic Light Tour [Burnaby] (SU)		10:00 Fitness w/ Prabh (G) 10:30 Fitness w/ Prabh (G) 1:30 Stretch and Balance (G) 2:00 Word in a Word 1 (B) 3:00 Eggnog Social (C) 6:00 Van Dusen Festival of Lights (SU)	9:45 Art Series: Sketching (B) 11:00 Seated Tap Dance w/ Beryl (B) 11:15 Discuss the Book You're Reading (L) 1:00 Stretch and Balance (G) 2:00 Performance by the Silverbells (P) 3:00 Wine and Cheese (C) 7:00 Movie Night: Two of a Kind (T) Last day for gift exchange sign up - \$10	10:00 Zumba w/ Eric (SU) 10:00 Wii Bowling 2 (P) 11:00 Self Led Scrabble (B) 11:00 Ugly holiday sweater group picture (P) 1:30 Thunderbird Christmas show Outing (SU) 7:00 Movie Night: And Now For Something Completely Different (T)
16		17		18		19		
10:00 Chair Yoga w/ Christie 1 (G) 10:35 Chair Yoga w/ Christie 2 (G) 11:00 Carols and Good Cheer with the Singing Group (P) 11:15 Mexican Train (B) 2:00 Life Talks w/ Lois (L) 3:30 BINGO (B) 7:00 Ted Talk: Poetry of Youth and Age (T)		9:45 PERK Activities (B) 10:45 Fitness w/ Prabh (G) 11:15 Fitness w/ Prabh (G) 2:00 In Stitch Us: Knitting (P) 2:00 American Mahjong (S) 2:00 Self-Led Bridge Group (B) 3:00 Town Hall Meeting (P)		10:15 Pear Tree Elementary School Program (P) 11:00 Zumba w/ Eric (SU) 1:00 Wii Bowling 1 (P) 2:30 Word in a Word 1 (B) 2:30 Digital Literacy w/ Daryl (SU) 3:00 Workshop with Prabh (G)		9:45 Music in the Morning (SU) 10:00 Fitness w/ Prabh (G) 10:30 Fitness w/ Prabh (G) 1:30 Stretch and Balance (G) 3:00 Birthday Party (C)	9:45 Art Series: Watercolour (B) 11:00 Seated Tap Dance w/ Beryl (B) 1:00 Stretch and Balance (G) 2:00 Performance by Allison Berry 3:00 Holiday Wine and Cheese (C) 7:00 Movie Night: White Christmas (T)	9:45 Creating Holiday Clothespin Wreaths (B) 10:00 Zumba w/ Eric (SU) 11:00 Self-Led Scrabble (B) 1:30 Wii Bowling 2 (P) 3:00 Self Led Chess (B) 3:00 Stretch and Balance (G) 7:00 Movie Night: A Christmas Carol (T)
23		24		25		26		
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 Ted Talk: What Emotions Look Like in a Dogs Brain (T)		2:00 In Stitch Us: Knitting (P) 2:00 American Mahjong (S) 2:00 Self-Led Bridge Group (B)		4:00 Lighting of the Menorah (P)		4:00 Lighting of the Menorah (P)	10:00 Connect and Converse with Mackenzie (SU) 11:00 Seated Tap Dance w/ Beryl (B) 1:00 Stretch and Balance (G) 1:45 Performance by The Dimes (P) 3:00 Wine and Cheese (C) 4:00 Lighting of the Menorah (P) 7:00 Movie Night: National Lampoon's Christmas Vacation (T)	10:00 Zumba w/ Eric (SU) 11:00 Self-Led Scrabble (B) 1:30 Wii Bowling 2 (P) 3:00 Stretch and Balance (G) 4:00 Lighting of the Menorah (P) 7:00 Movie Night: A Child's Christmas in Wales (T)
30		31						
10:00 Stretch and Balance w Gabby (G) 11:00 Singing Group (P) 11:15 Mexican Train (B) 2:00 Life Talks w/ Lois (L) 3:30 BINGO (B) 4:00 Lighting of the Menorah (P) 7:00 Ted Talk: The World Needs all Kinds of Minds (T)		9:45 PERK Activities (B) 2:00 In Stitch Us: Knitting (P) 2:00 American Mahjong (S) 2:00 Self-Led Bridge Group (B) 4:00 Lighting of the Menorah (P) 7:30 New Years Eve Party (P)						

Holiday Festivities 2024

Saturday 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: 11am in the Skyline Lounge!]</p>
Sunday December 15 th		<p><u>Festive Hat Day!</u> Wear a festive hat today, and you'll be entered into a prize draw!</p>
Monday December 16 th		<p><u>Carols and Good Cheer!</u> Join us in the Piano Lounge at 11:00am with the singing group to sing and be merry. We will be serving hot chocolate and marshmallows!</p>
Tuesday December 17 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>
Wednesday December 18 th		<p><u>Holiday Word Games</u> 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>
Thursday December 19 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 Gabby or Shelby gets a prize!</p>
Friday December 20 th		<p><u>Holiday Wine and Cheese!</u> Join us in the Coffee Bistro at 3:00pm (after Allison Berry Performance) for a special Wine and Cheese social to celebrate the holidays!</p>
Saturday December 21 st		<p><u>Holiday Clothespin Wreaths</u> Join us in the Bayview Room at 9:45am to create your very own festive holiday wreath made from clothespins.</p>
Sunday December 22 nd		<p><u>Holiday Gift Exchange</u> Join us at 3:00pm in the Piano Lounge for our annual gift exchange! It is \$10 to participate, don't forget to sign up at the front desk by December 13th</p>
Monday December 23 rd		<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>
Tuesday 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>
Tuesday, December 31 st		<p><u>New Year's Eve Social</u> Join us for a New Year's Eve social on Tuesday, December 31st at 7:30pm to ring in the new year!</p>