TERRACES on Seventh

Social Calendar — February 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Room Legend	**Room Legend**			**1**	**2**
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 (D) Dining Room	(Bi) Billiards Are (S) Skyline Lounge (C) Coffee Bistro (SU) Sign Up at Front Desk (Te) Terrace ($) Cost Associated		9:45 Stanley Park Seawall Walk (SU) 10:00 Zumba w/ Eric (SU) 11:00 Self Led Scrabble (B) 1:30 Wii Bowling 2 (P) 3:00 Stretch and Balance (G) 7:00 Movie Night: Chef (T)		9:45 Stretch and Balance (G) 10:30 Word in a Word 2 (B) 1:00 Fitness w/ Shelby (G) 1:30 Self-Led Cribbage (B) 1:45 Trivia (L) 3:00 Creative Card Making (B) 3:00 Self-Led Pool (Bi) 7:00 Movie Night: Spielberg (T)
3	**4**	**5**	**6**	Hair by Inky **7**	Hair by Annette **8**	**9**
10:00 Chair Yoga w/ Christie 1 (G) 10:35 Chair Yoga w/ Christie 2 (G) 11:00 Singing Group (P) 11:15 Mexican Train (B) 2:00 Life Talks w/ Lois (L) 3:30 BINGO (B) 7:00 Ted Talk: Ian Bremmer: The Biggest Global Risks for 2025 (T)	9:45 PERK Activities (B) 10:45 Fitness w/ Prabh (G) 11:15 Fitness w/ Prabh (G) 1:00 Dollarama/Liquor Store (SU) 2:00 In Stitch Us: Knitting (P) 2:00 Self-Led Bridge Group (B) 6:30 Self-Led Canasta (B)	10:00 Public Library Rentals (P) 11:00 Zumba w/ Eric (SU) 1:00 Wii Bowling 1 (P) 2:00 American Mahjong (B) 2:00 Lunar New Year High Tea Celebration (C) 2:30 Digital Literacy w/ Daryl (SU)	10:00 Fitness w/ Prabh (G) 10:30 Fitness w/ Prabh (G) 12:45 Fitness Techniques w/ Shelby (SU) 1:30 Stretch and Balance (G) 2:00 Word in a Word 1 (B) 3:00 Poetry Recitation (L) 6:30 Casino Night (P)	9:30 Art Series: Water Colour (B) 11:00 Seated Tap Dance w/ Beryl (B) 1:00 Stretch and Balance (G) 2:00 Performance by Lester Soo (P) 3:00 Wine and Cheese (C) 7:00 Movie Night: Ambulance (T)	10:00 Wii Bowling 2 (P) 10:00 Zumba w/ Eric (SU) 11:00 Self Led Scrabble (B) 11:30 Whitespot Lunch Outing ($) (SU) 3:00 Self Led Chess (B) 3:00 Stretch and Balance (G) 7:00 Movie Night: Midori: Live at Carnegie Hall (T)	9:45 Stretch and Balance (G) 10:30 Word in a Word 2 (B) 1:00 Fitness w/ Shelby (G) 1:30 Self-Led Cribbage (B) 1:45 Trivia (L) 3:00 Self-Led Pool (Bi) 3:15 Superbowl Viewing Party (T) 7:00 Movie Night: Hollywood Singing and Dancing a Musical History (T)
10	**11**	Footcare by Evelyn **12**	**13**	Hair by Inky **14**	Hair by Annette **15**	**16**
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: How Bill Gates Spends $9 Billion a Year (T)	9:45 PERK Activities (B) 10:45 Fitness w/ Prabh (G) 11:15 Fitness w/ Prabh (G) 2:00 In Stitch Us: Knitting (P) 2:00 Self-Led Bridge Group (B) 3:00 Silver spoon (S) 6:30 Self-Led Canasta (B)	10:15 Pear Tree Elementary School Program (P) 11:00 Zumba w/ Eric (SU) 1:00 Wii Bowling 1 (P) 2:00 American Mahjong (B) 2:00 Connect and Converse w/ Mackenzie (SU) 2:30 Digital Literacy w/ Daryl (SU) 2:30 Cards/Board Games w/ Shelby (S) 3:00 Prabh workshop (G)	10:00 Fitness w/ Prabh (G) 10:30 Fitness w/ Prabh (G) 9:45 Music In the Morning ($) (SU) 1:30 Stretch and Balance (G) 2:00 Word in a Word 1 (B) 3:15 Recreation Workshop (B) 6:30 Card/board games w/ Shelby (B)	10:30 Sweetheart Brunch (D) 11:00 Seated Tap Dance w/ Beryl (B) 1:00 Stretch and Balance (G) 2:00 Performance by Bob York (P) 3:00 Wine and Cheese (C) 7:00 Movie Night: Making the Grade (T)	9:30 Bowling at Rev's Burnaby ($) (SU) 10:00 Zumba w/ Eric (SU) 11:00 Self Led Scrabble (B) 1:30 Wii Bowling 2 (P) 3:00 Stretch and Balance (G) 7:00 Movie Night: Indiana Jones and the Raiders of the Lost Ark (T)	9:45 Stretch and Balance (G) 10:30 Word in a Word 2 (B) 1:30 Self-Led Cribbage (B) 1:30 THE THREE MUSKETEERS (SU) 1:45 Trivia (L) 3:00 Creative Card Marking (B) 3:00 Self-Led Pool (Bi) 7:00 Movie Night: Ray (T)
17	**18**	**19**	**20**	Hair by Inky **21**	Hair by Annette **22**	**23**
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: Matt Walker: Why Sleep Matters Now More Than Ever (T)	9:45 PERK Activities (B) 10:45 Fitness w/ Prabh (G) 11:15 Fitness w/ Prabh (G) 1:00 Town Hall Meeting (P) 2:00 In Stitch Us: Knitting (P) 2:00 Self-Led Bridge Group (B) 2:00 Connect and Converse w/ Mackenzie (SU) 6:30 Self-Led Canasta (B)	9:15 Walmart (SU) 11:00 Zumba w/ Eric (SU) 1:00 Wii Bowling 1 (P) 2:00 American Mahjong (B) 2:30 Digital Literacy w/ Daryl (SU) 2:30 Cards/Board Games w/ Shelby (S)	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 Discuss the Book You're Reading (L) 6:30 Casino Night (P)	9:30 Art Series: Zentangle (B) 11:00 Seated Tap Dance w/ Beryl (B) 1:00 Stretch and Balance (G) 2:00 Performance by Mack Riddell (P) 3:00 Wine and Cheese (C) 7:00 Movie Night: Rear Window (T)	10:00 Wii Bowling 2 (P) 10:00 Zumba w/ Eric (SU) 11:00 Self-Led Scrabble (B) 1:30 Floral Arrangement w/ Aimee (B) 3:00 Self Led Chess (B) 3:00 Stretch and Balance (G) 7:00 Movie Night: Casablanca (T)	9:45 Stretch and Balance (G) 10:30 Word in a Word 2 (B) 1:00 Sea to Sky Wind Ensemble Concert (SU) 1:30 Self-Led Cribbage (B) 3:00 Self-Led Pool (Bi) 7:00 Movie Night: Casino Royale 7 (T)
24	**25**	Pink Shirt Day **26**	**27**	Hair by Inky **28**	**Room Legend**	**Room Legend**
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: Adam Grant: The Real Reason You Procrastinate (T)	9:45 PERK Activities (B) 10:45 Fitness w/ Prabh (G) 11:00 Casual Chic Couture (P) 11:15 Fitness w/ Prabh (G) 2:00 In Stitch Us: Knitting (P) 2:00 Self-Led Bridge Group (B) 6:30 Self-Led Canasta (B)	10:00 Pink Shirt Day Bake Sale (P) 10:45 Pink Shirt Day Photo (P) 11:00 Zumba w/ Eric (SU) 1:00 Wii Bowling 1 (P) 2:00 American Mahjong (B) 2:30 Health Talks w/ Vlad: Essential Vaccinations for Older Adults (T) 2:30 Digital Literacy w/ Daryl (SU) 2:30 Cards/Board Games w/ Shelby (S)	9:15 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) 3:00 Birthday Party (C) 6:30 Card/board games w/ Shelby (B)	9:30 Art Series: Acrylic Painting (B) 11:00 Seated Tap Dance w/ Beryl (B) 1:00 Stretch and Balance (G) 2:00 Performance by Health Arts (P) 3:00 Wine and Cheese (C) 7:00 Movie Night: Ocean's Eleven (T)		

Managed by
WEST COAST SENIORS HOUSING MANAGEMENT