






Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		 2018 Year of Dog		1 9:30 Bus to Ladner 10:15 News & Views 2:00 Happy Wanderers 2:15 Chair Yoga 7:15 Hand Chime Choir	2 10:00 Fitness First 11:00 Fitness First 2:15 Team Trivia 3:30 Happy Hour With 'Brian Gimbel'	3 10:30 Chair Exercises 2:30 Movie Matinee "Astronaut Farmer" 3:30 Catholic Communion
4 10:30 The Week Ahead 2:15 Hymn Sing & Service 3:00 Super Bowl 52	5 10:00 Fitness First 11:00 Fitness First 2:00 Cribbage 2:15 Bus to Tsawwassen 2:15 Bingo 4:00 Guitar with Carter 7:00 Bridge	6 10:00 Coffee Group 11:00 Fitness First 2:00 Scenic Drive 3:30 Social Hour 3:30 Blood Pressure Clinic 7:15 Word Games	7 10:00 Chair Exercises 2:30 Card Making 3:30 Fitness First 4:15 Music with Alex 7:15 Where / Who is it?	8 9:30 Bus to Ladner 10:15 News & Views 11:00 Fashion Closet 2:15 Fraud Awareness 7:15 Hand Chime Choir	9 10:00 Fitness First 11:00 Fitness First 2:15 Team Trivia 3:30 Happy Hour With "Brian Griffith"	10 10:30 Chair Exercises 2:30 Movie Matinee "Virginias Run" 3:30 Catholic Communion
11 10:30 The Week Ahead 2:15 Ladner Gospel Assembly 3:00 Art with Lea	12 11:00 Fitness First 2:00 Cribbage 2:15 Bingo 7:00 Bridge Family Day	13 10:00 Coffee Group 11:00 Chair Yoga 2:00 Scenic Drive 3:30 Social Hour 7:15 Word Games	14 10:00 Chair Exercises 10:15 Ash Wednesday Service 2:30 Valentines Facts & Trivia 3:30 Fitness First 4:15 Music with Alex 7:15 You Be the Judge	15 9:30 Bus to Ladner 11:00 Fifth Avenue / Jewelry 2:00 Sacred Heart Kids 2:15 Chair Yoga 2:50 Birthday & Valentines Tea 7:15 Hand Chime Choir	16 10:00 Fitness First 11:00 Fitness First 2:15 Team Trivia 3:30 Happy Hour With "Martin Adcock" Chinese New Year	17 10:30 Chair Exercises 2:30 Movie Matinee "Out to Sea" 3:30 Catholic Communion
18 10:30 The Week Ahead 2:15 Baking 3:00 Art with Lea	19 10:00 Fitness First 11:00 Fitness First 1:00 Low Vision Group/Library Visit 2:00 Cribbage 2:15 Bus to Tsawwassen 2:15 Bingo 4:00 Guitar with Carter 7:00 Bridge	20 10:00 Coffee Group 11:00 Chair Yoga 2:00 Scenic Drive 3:30 Social Hour 3:30 Blood Pressure Clinic 7:15 Word Games	21 10:00 Chair Exercises 11:30 Ladies Lunch to Skyhawk 2:30 You be the Judge 3:30 Fitness First 4:15 Music with Alex 7:15 Remember When	22 9:30 Bus to Ladner 10:15 News & Views 11:30 Men's Lunch to Speeds 2:00 Sacred Heart Kids 3:00 Resident Forum 3:40 Health Talk "Heart Heath" 7:15 Hand Chime Choir	23 10:00 Fitness First 11:00 Fitness First 2:15 Team Trivia 3:30 Happy Hour With "Pancho & Sal"	24 10:30 Chair Exercises 2:30 Movie Matinee "A Long Way Home" 3:30 Catholic Communion
25 10:30 The Week Ahead 2:15 Baptist Church Service	26 10:00 Fitness First 10:30 Bright Eyes Academy 11:00 Fitness First 1:00 Bus to Willow Brook Mall 2:00 Cribbage 2:15 Bingo 4:00 Guitar with Carter 7:00 Bridge	27 9:30 Breakfast at Ricky's 10:00 Coffee Group 11:00 Chair Yoga 2:00 Scenic Drive 3:30 Social Hour 7:15 Word Games	28 10:00 Chair Exercises 11:30 Carda Creations 3:30 Fitness First 4:15 Music with Alex 7:15 Jokes & Giggles Pink Shirt Day	 Show your support for Pink Shirt Day	