

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		 2018 Year of Dog		<b>1</b> 9:30 Bus to Ladner 10:15 News & Views 2:00 Happy Wanderers 2:15 Chair Yoga 7:15 Hand Chime Choir	<b>2</b> 10:00 Fitness First 11:00 Fitness First 2:15 Team Trivia <b>3:30 Happy Hour</b> With 'Brian Gimbel'	<b>3</b> 10:30 Chair Exercises 2:30 Movie Matinee "Astronaut Farmer" 3:30 Catholic Communion
<b>4</b> 10:30 The Week Ahead 2:15 Hymn Sing & Service 3:00 Super Bowl 52	<b>5</b> 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	<b>6</b> 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	<b>7</b> 10:00 Chair Exercises 2:30 Card Making 3:30 Fitness First 4:15 Music with Alex 7:15 Where / Who is it?	<b>8</b> 9:30 Bus to Ladner 10:15 News & Views 11:00 Fashion Closet 2:15 Fraud Awareness 7:15 Hand Chime Choir	<b>9</b> 10:00 Fitness First 11:00 Fitness First 2:15 Team Trivia <b>3:30 Happy Hour</b> With "Brian Griffith"	<b>10</b> 10:30 Chair Exercises 2:30 Movie Matinee "Virginias Run" 3:30 Catholic Communion
<b>11</b> 10:30 The Week Ahead 2:15 Ladner Gospel Assembly	<b>12</b> 11:00 Fitness First 2:00 Cribbage 2:15 Bingo 7:00 Bridge  <b>Family Day</b>	<b>13</b> 10:00 Coffee Group 11:00 Chair Yoga 2:00 Scenic Drive 3:30 Social Hour 7:15 Word Games	<b>14</b> 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	<b>15</b> 9:30 Bus to Ladner 11:00 Fifth Avenue / Jewelry 2:00 Sacred Heart Kids 2:15 Chair Yoga <b>2:50 Birthday &amp; Valentines Tea</b> 7:15 Hand Chime Choir	<b>16</b> 10:00 Fitness First 11:00 Fitness First 2:15 Team Trivia <b>3:30 Happy Hour</b> With "Martin Adcock"  <b>Chinese New Year</b>	<b>17</b> 10:30 Chair Exercises 2:30 Movie Matinee "Out to Sea" 3:30 Catholic Communion
<b>18</b> 10:30 The Week Ahead 2:15 Baking	<b>19</b> 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	<b>20</b> 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	<b>21</b> 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	<b>22</b> 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	<b>23</b> 10:00 Fitness First 11:00 Fitness First 2:15 Team Trivia <b>3:30 Happy Hour</b> With "Pancho & Sal"	<b>24</b> 10:30 Chair Exercises 2:30 Movie Matinee "A Long Way Home" 3:30 Catholic Communion
<b>25</b> 10:30 The Week Ahead 2:15 Baptist Church Service	<b>26</b> 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	<b>27</b> 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	<b>28</b> 10:00 Chair Exercises 11:30 Carda Creations 3:30 Fitness First 4:15 Music with Alex 7:15 Jokes & Giggles  <b>Pink Shirt Day</b>	 Show your support for Pink Shirt Day		

REFER TO WEEKLY CALENDAR FOR ACTIVITY LOCATION