




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:00 Fitness First 11:00 Fitness First 2:00 Cribbage 2:15 Bus to Tsawwassen 2:15 Bingo 7:00 Bridge	2 10:15 Coffee Group 11:00 Chair Yoga 2:00 Scenic Drive 3:30 Social Hour & Music with 'Donald Nash' 7:15 Word Games	3 9:45 Walking Group 10:00 Chair Exercises 2:30 Crossword Puzzle 3:30 Fitness First 7:15 Who / What Am I?	4 9:30 Bus to Ladner 10:15 News & Views 10:30 Gymnastics @ Delta 12:00 Bus to Starlight Casino And Value Village 2:00 Happy Wanderers 2:15 Chair Yoga 7:15 Trivia Time	5 10:00 Fitness First 11:00 Fitness First 2:15 Team Trivia 3:30 Happy Hour With 'Greg Alcock' 7 :00 Movie Night 'An Old Fashioned Thanksgiving'	6 10:30 Chair Exercises 3:00 Twenty Questions 3:30 Catholic Communion
7 10:30 The Week Ahead 2:00 Movie Encore 2:15 Hymn Sing & Service 3:00 Art with Lea 7:15 Hand Chime Choir	8 10:00 Fitness First 2:00 Cribbage 2:15 Bingo 7:00 Bridge <p style="text-align: center;">Thanksgiving</p>	9 10:15 Coffee Group 11:00 Chair Yoga 2:00 Scenic Drive 3:30 Social Hour 7:15 Word Games	10 9:45 Walking Group 10:00 Chair Exercises 10:40 Music with Teresa 2:30 Crossword Puzzle 3:30 Fitness First 7:15 You Be The Judge	11 9:30 Bus to Ladner 10:15 News & Views 10:30 Gymnastics @ Delta 2:15 Chair Yoga 2:15 Sacred Heart Kids 3:30 Christmas Planning Meeting 7:15 Baking	12 10:00 Fitness First 11:00 Fitness First 2:15 Team Trivia 3:30 Happy Hour With 'Brian Griffith' 7 :00 Movie Night 'Carol'	13 10:30 Chair Exercises 2:00 Bus to O.W.L 3:00 Tai Chi 3:30 Catholic Communion
14 10:30 The Week Ahead 2:00 Movie Encore 7:15 Hand Chime Choir	15 10:00 Fitness First 11:00 Fitness First 1:00 Low Vision Support Group 2:00 Cribbage 2:15 Bus to Tsawwassen 2:15 Bingo 7:00 Bridge	16 10:15 Coffee Group 11:00 Municipal Election 11:00 Chair Yoga 2:00 Scenic Drive 3:30 Octoberfest Party 7:15 Word Games	17 9:45 Walking Group 10:00 Chair Exercises 11:30 Men's Lunch at Sharkeys 2:30 Crossword Puzzle 3:30 Fitness First 7:15 Indoor Golf	18 9:30 Bus to Ladner 10:18 Shake Out B.C. 10:30 Gymnastics @ Delta 2:15 Chair Yoga 2:15 Sacred Heart Kids 2:50 Birthday & Welcome Tea 7:15 Baking	19 10:00 Fitness First 11:00 Fitness First 2:15 Team Trivia 3:30 Happy Hour With 'Pancho & Sal' 7 :00 Movie Night 'On Golden Pond'	20 10:30 Chair Exercises 3:00 Sweetest Day 3:30 Catholic Communion
21 10:30 The Week Ahead 2:00 Movie Encore 2:15 Baking 7:15 Hand Chime Choir	22 10:00 Fitness First 11:00 Fitness First 2:00 Cribbage 2:15 Bus to Tsawwassen 2:15 Bingo 7:00 Bridge	23 10:15 Coffee Group 11:00 Chair Yoga 2:00 Scenic Drive 3:30 Social Hour 3:30 Blood Pressure Clinic 4:00 Veterans Photograph 7:15 Word Games	24 9:45 Walking Group 10:00 Chair Exercises 10:40 Music with Teresa 11:30 Ladie's Lunch to Skyhawk Diner 2:00 Crossword Puzzle 3:00 Resident Forum 7:15 This Day In History	25 9:30 Bus to Ladner 10:15 News & Views 10:30 Gymnastics @ Delta 2:15 Chair Yoga 2:30 Video Bowling 7:15 Creative Story Telling	26 10:00 Fitness First 11:00 Fitness First 2:15 Team Trivia 3:30 Happy Hour with 'The Johnny Cash Show' 7 :00 Movie Night Paris Can Wait'	27 10:30 Chair Exercises 3:00 Superstitions & Halloween 3:30 Catholic Communion
28 10:30 The Week Ahead 2:00 Movie Encore 2:15 Baptist Church Service 7:15 Hand Chime Choir	29 10:00 Fitness First 11:00 Fitness First 2:00 Cribbage 1:00 Bus to Richmond Centre 2:15 Bingo 7:00 Bridge	30 10:15 Coffee Group 11:00 Chair Yoga 3:30 Social Hour 7:15 Pumpkin Carving & Treats	31 9:45 Walking Group 10:00 Chair Exercises 2:30 Crossword Puzzle 3:30 Fitness First 7:30 Halloween with 'Kenny Buston' 	Shake Out B.C. October 18 th @ 10:18 In the Multipurpose Room		Movie Night Every Friday @ 7:00 In the Media Room