






Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10:00 Fitness First 11:00 Fitness First 2:15 Team Trivia 3:30 Happy Hour With "The Sax of Us" 7:15 Movie Night "Mr. Bean's Holiday"	2 10:00 Bus to Kin Village Book Sale 3:00 Tai Chi 3:30 Catholic Communion
3 10:30 The Week Ahead 2:15 Hymn Sing and Service 3:00 Super Bowl Party 7:15 Hand Chime Choir 7:15 Movie Encore	4 10:00 Fitness First 11:00 Fitness First 2:00 Cribbage 2:15 Bus to Tsawwassen 2:15 Bingo 7:00 Bridge	5 10:15 Coffee Group 11:00 Chair Yoga 2:00 Scenic Drive 3:30 Social Hour 7:15 Word Games CHINESE NEW YEAR	6 9:45 Walking Group 10:00 Chair Exercises 11:00 Bus to Micheals 2:15 Crossword Puzzle 2:30 Knifty Knitters 7:15 Who/What am I	7 9:30 Bus to Ladner 10:15 News & Views 10:45 Health Hub "Falls Prevention" 2:15 Chair Yoga 2:00 Happy Wanderers 7:15 Flashback	8 10:00 Fitness First 11:00 Fitness First 2:15 Team Trivia 3:30 Happy Hour With Greg Alcock 7:15 Movie Night "We Bought a Zoo"	9 10:30 Chair Exercises 3:00 Crafting Corner 3:30 Catholic Communion
10 10:30 The Week Ahead 2:15 Ladner Gospel Assembly 2:15 Movie Encore 3:00 Art with Lea	11 10:00 Fitness First 11:00 Fitness First 2:00 Cribbage 2:15 Bus to Tsawwassen 2:15 Bingo 6:30 Scouts Visit 7:00 Bridge	12 10:15 Coffee Group 11:00 Chair Yoga 2:00 Scenic Drive 3:30 Social Hour 3:30 Blood Pressure Clinic 7:15 Word Games	13 9:45 Walking Group 10:00 Chair Exercises 10:40 Music with Teresa 2:15 Crossword Puzzle 2:30 Knifty Knitters 3:30 Fitness First 7:15 Eat, Wear, or Drive?	14 9:30 Bus to Ladner 10:15 News & Views 2:15 Chair Yoga 2:50 Wear Red Birthday & Welcome Tea 7:15 Creative Story Telling ♥HAPPY VALENTINE'S DAY♥	15 10:00 Fitness First 11:00 Fitness First 2:15 Team Trivia 3:30 Happy Hour With Brian Gimble 7:15 Movie Night "Andre Rieu, Love songs"	16 10:30 Chair Exercises 2:30 Violin & Piano Recital 3:30 Catholic Communion
17 10:30 The Week Ahead 2:15 Movie Encore 2:30 Baking 7:15 Hand Chime Choir	18 10:00 Fitness First 2:00 Cribbage 2:15 Bingo 7:00 Bridge FAMILY DAY	19 10:15 Coffee Group 11:00 Chair Yoga 2:00 Scenic Drive 3:30 Social Hour 7:15 Word Games	20 9:45 Walking Group 10:00 Chair Exercises 10:40 Music with Teresa 11:15 Carda Creations 2:15 Crossword Puzzle 2:30 Knifty Knitters 3:30 Fitness First 7:15 You Be the Judge	21 9:30 Bus to Ladner 10:15 News & Views 2:15 Chair Yoga 2:15 Sacred Heart Kids 3:00 Resident Forum 7:15 Golf	22 10:00 Fitness First 11:00 Fitness First 2:15 Team Trivia 3:30 Happy Hour With Liz and Steve 7:15 Movie Night "Allearia"	23 10:30 Chair Exercises 3:00 Photo/Camera Club 1st Meeting 3:30 Catholic Communion
24 10:30 The Week Ahead 2:15 Baptist Church Service 2:15 Movie Encore 3:00 Art with Lea 7:15 Hand Chime Choir	25 10:00 Fitness First 11:00 Fitness First 12:45 Low Vision Group And Visit to Library 2:00 Cribbage 2:00 Bus to Tsawwassen 2:15 Bingo 7:00 Bridge	26 10:15 Coffee Group 11:00 Chair Yoga 2:00 Scenic Drive 3:30 Social Hour 3:30 Blood Pressure Clinic 7:15 Word Games	27 9:45 Walking Group 10:00 Chair Exercise 11:30 Ladies Lunch to Steveston 2:15 Crossword Puzzle 2:30 Knifty Knitters 3:30 Jennifer Lauren Performs 7:15 Remember When	28 9:30 Bus to Ladner 10:45 Health Hub "Occupational & Physiotherapy" 11:30 Mens Lunch Ladner Landing 2:15 Chair Yoga 2:15 Sacred Heart Kids 7:15 Finish the Line	