








Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<p>1</p> <p>10:00 Chair Exercises 10:30 Line Dancing 2:30 Short Stories 3:30 Catholic Communion</p>
<p>2</p> <p>10:30 The Week Ahead 2:00 Movie Encore 2:15 Hymn Sing and Service 3:00 Super Bowl Party 7:00 Hand Chime Choir</p>	<p>3</p> <p>10:00 Fitness First 11:00 Fitness First 1:45 Cribbage 2:00 Swimming Group 2:15 Bus to Tsawwassen 2:15 Bingo</p>	<p>4</p> <p>10:30 Coffee Group 11:00 Chair Yoga 2:00 Scenic Drive 3:30 Social Hour 3:30 Blood pressure Clinic 7:00 Word Games</p>	<p>5</p> <p>9:45 Walking Group 10:00 Chair Exercises 2:15 Crossword Puzzle 3:30 Fitness First 7:00 Golf</p>	<p>6</p> <p>9:30 Bus to Ladner 10:15 News &amp; Views 10:20 Swimming Group 1:45 Bridge 2:00 Happy Wanderers 2:15 Chair Yoga 7:00 You be the Judge</p>	<p>7</p> <p>10:00 Fitness First 11:00 Fitness First 2:15 Team Trivia 3:30 Happy Hour With " Brian Zalo" 7:00 Movie Night " POMS"</p>	<p>8</p> <p>10:00 Chair Exercises 10:30 Line Dancing 2:30 Valentine Trivia 3:30 Catholic Communion</p>
<p>9</p> <p>10:30 The Week Ahead 2:00 Movie Encore 2:15 Ladner Gospel Assembly 3:00 Art with Lea 7:00 Hand Chime Choir</p>	<p>10</p> <p>10:00 Fitness First 11:00 Fitness First 1:45 Cribbage 2:00 Swimming Group 2:15 Bus to Tsawwassen 2:15 Bingo</p>	<p>11</p> <p>10:30 Coffee Group 2:00 Scenic Drive 3:00 Resident council Election 3:30 Social Hour 7:00 Word Games</p>	<p>12</p> <p>9:45 Walking Group 10:00 Chair Exercises 10:40 Music with Teresa 2:15 Crossword Puzzle 3:30 Fitness First 7:00 Who, What Where am I?</p>	<p>13</p> <p>9:30 Bus to Ladner 10:15 News &amp; Views 10:20 Swimming Group 1:45 Bridge 2:15 Chair Yoga 2:50 Wear Red Birthday Tea 7:00 This Day in History</p>	<p>14</p> <p>10:00 Fitness First 11:00 Fitness First 2:15 Team Trivia 3:30 Happy Hour With " Brian Griffith" 7:00 Movie Night "ANDRE RIEU IN LONDON"</p>	<p>15</p> <p>10:00 Chair Exercise 10:30 Line Dancing 2:30 Children's Music Recital 3:30 Catholic Communion</p>
<p>16</p> <p>10:00 Baking 2:00 Movie Encore 7:00 Hand Chime Choir</p>	<p>17</p> <p>10:00 Fitness First 1:45 Cribbage 2:15 Bingo</p> <p style="text-align: center;">FAMILY DAY</p>	<p>18</p> <p>10:30 Coffee Group 11:00 Chair Yoga 2:00 Scenic Drive 3:30 Social Hour 3:30 Blood Pressure Clinic 7:00 Word Games</p>	<p>19</p> <p>9:45 Walking Group 10:00 Chair Exercises 10:40 Music with Teresa 12:00 Carda Creations 2:15 Crossword Puzzle 3:30 Fitness First 7:00 Remember when</p>	<p>20</p> <p>9:30 Bus to Ladner 10:15 News &amp; Views 10:20 Swimming Group 11:45 Bus to River Rock Casino 1:45 Bridge 2:15 Chair Yoga 7:00 Golf</p>	<p>21</p> <p>10:00 Fitness First 11:00 Fitness First 2:15 Team Trivia 3:30 Happy Hour With "Liz and Steve" 7:00 Movie Night " THE BEST EXOTIC MARIGOLD HOTEL"</p>	<p>22</p> <p>10:00 Chair Exercises 10:30 Line Dancing 2:30 Chocolate Sampling 3:30 Catholic Communion</p>
<p>23</p> <p>10:30 The Week Ahead 2:00 Movie Encore 3:00 Art with Lea 7:00 Hand Chime Choir</p>	<p>24</p> <p>10:00 Fitness First 11:00 Fitness First 1:45 Cribbage 1:00 Bus to Richmond Centre 2:15 Bingo</p>	<p>25</p> <p>10:30 Coffee Group 11:00 Chair Yoga 2:00 Scenic Drive 3:30 Social Hour 7:00 Word Games</p>	<p>26</p> <p>9:45 Walking Group 10:00 Chair Exercises 10:30 Ash Wednesday Service 11:30 Ladies lunch to "Pat Quinns" 2:15 Crossword Puzzle 3:30 Fitness First 7:00 Name that singer</p>	<p>27</p> <p>9:30 Bus to Ladner 10:15 News &amp; Views 11:45 Men's lunch to 'SAWBUCKS' 1:45 Bridge 2:15 Chair Yoga 3:00 Resident Forum 3:40 Health talk "HEART HEALTH"</p>	<p>28</p> <p>10:00 Fitness First 11:00 Fitness First 2:15 Team Trivia 3:30 Happy Hour With "Michelle Carlisle" 7:00 Movie Night " THE AWFUL TRUTH"</p>	

REFER TO WEEKLY CALENDAR FOR ACTIVITY LOCATION