

















January 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1  No Leisure Programs	2 10:30am Worship with Vancouver Chinese Mission 2:00pm Christmas Decoration Take Down	3 9:30am Step-Up 1 class 10:45am Step-Up 2 class 1:30pm Karaoke with Tzu Chi 3:00pm Get Up class	4 10:30am Tzu Chi Program 12:00pm Tzu Chi Lunch 3:15pm Music with Jessica (3 rd)	5 9:30am Step Up 1 class 10:30am Catholic Mass 11:15am Step-up 2 class 3:00pm Get Up class	6 10:45 Current Events 2:00pm Saturday Social with Colleen Durdon
7 	8 9:30am Step-up 1 class 9:30am Chinese Leisure Interests 10:30am Music with Jessica (3 rd) 10:45am Step-up 2 class 1:30pm Special Moments 2:15pm Music with Jessica (2 nd fl) 3:00pm Mah Jong 3:00pm Get Up class	9 9:30am Nail Care (2 nd) 10:30am Worship with Vancouver Chinese Mission 2:00pm Birthday Party with Lorraine Smith	10 9:30am Step-Up 1 class 9:30 am Exercise 10:45am Step-Up 2 class 11:30pm Friendship Lunch 1:30pm Karaoke with Tzu Chi 2:15pm Music with Jessica (2 nd fl) 3:00pm Home life Activities(2 nd fl) 3:00pm Get Up class	11 10:30am Tzu Chi Program 12:00pm Tzu Chi Lunch 1:15pm Intergenerational Program 3:15pm Music with Jessica (3 rd) 6:00pm Carpet Bowling	12 9:30am Step Up 1 class 9:30am Exercise 9:30am Active Games (3 rd fl) 10:30am Catholic Mass 10:45am Active Games (2 nd fl) 11:15am Step-up 2 class 1:30pm Baking 3:00pm Get Up class	13 10:45 Current Events 2:00pm 
14 	15 9:30am Step-up 1 class 9:30am Exercise 10:30am Music with Jessica (3 rd) 10:45am Step-up 2 class 1:30pm Creative Writing 2:30pm Bell Choir 3:00pm Mah Jong 3:00pm Get Up class	16 9:30am Nail Care (3 rd) 10:30am Worship with Vancouver Chinese Mission 1:30pm Creative Arts	17 9:30am Step-Up 1 class 9:30 am Exercise 10:45am Step-Up 2 class 1:30pm Karaoke with Tzu Chi 2:15pm Music with Jessica (2 nd fl) 3:00pm Home life Activities(2 nd fl) 3:00pm Get Up class	18 10:30am Tzu Chi Program 12:00pm Tzu Chi Lunch 3:15pm Music with Jessica (3 rd) 6:00pm Carpet Bowling	19 9:30am Step Up 1 class 9:30am Exercise 9:30am Active Games (3 rd fl) 10:30am Catholic Mass 10:45am Active Games (2 nd fl) 11:15am Step-up 2 class 1:30pm Baking 3:00pm Get Up class	20 10:45 Current events 2:00pm Saturday Social with Steve Warner
21 	22 9:30am Step-up 1 class 9:30am Exercise 10:30am Music with Jessica (3 rd) 10:45am Step-up 2 class 1:30pm Special Moments 2:15pm Music with Jessica (2 nd fl) 3:00pm Mah Jong 3:00pm Get Up class	23 9:30am Nail Care(2 nd) 10:30am Worship with Vancouver Chinese Mission 1:30pm Creative Arts	24 9:30am Step-Up 1 class 9:30 am Exercise 10:45am Step-Up 2 class 11:30am Dim Sum Lunch 1:30pm Karaoke with Tzu Chi 2:15pm Music with Jessica (2 nd fl) 3:00pm Get Up class	25 10:30am Tzu Chi Program 12:00pm Tzu Chi Lunch 1:15pm Intergenerational Program 3:15pm Music with Jessica (3 rd) 6:00pm Carpet Bowling	26 9:30am Step Up 1 class 9:30am Exercise 9:30am Active Games (3 rd) 10:30am Catholic Mass 10:45am Active Games (2 nd fl) 11:15am Step-up 2 class 1:30pm Baking 3:00pm Get Up class	27 10:45 Current Events 2:00pm 
28 	29 9:30am Step-up 1 class 9:30am Exercise 10:30am Music with Jessica (3 rd) 10:45am Step-up 2 class 1:30pm Creative Writing 2:15pm Music with Jessica (2 nd fl) 3:00pm Mah Jong 3:00pm Get Up class	30 9:30am Nail Care (3 rd) 10:30am Worship with Vancouver Chinese Mission 1:30pm Creative Arts	31 9:30am Step-Up 1 class 9:30 am Exercise 10:45am Step-Up 2 class 1:30pm Karaoke with Tzu Chi 2:15pm Music with Jessica (2 nd fl) 3:00pm Resident & Family Forum 3:00pm Home life Activities (2 nd fl) 3:00pm Get Up class		<i>January's Gem is the Garnet</i> 	<i>January's Flower is the Carnation</i> 

GARDEN TERRACE

January 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	 No Leisure Programs	10:30am Worship with Vancouver Chinese Mission (on main floor) 3:30pm Entertainment with Peter Campbell	10:30am Christmas Decoration Take Down 2:45pm Mah Jong	10:30am Home Life Program 1:15pm Music with Jessica	10:30am Catholic Mass (Main fl)	9:30am Home Life Activities 2:00pm Saturday Social with Colleen Durdon
	10:45am Exercise 1:15pm Music with Jessica 3:30pm One to One Visits	10:30am Worship with Vancouver Chinese Mission (on main floor) 10:45am Nail Care 2:00pm Birthday Party with Lorraine Smith (on main floor)	11:30pm Friendship Lunch (on main floor) 1:15pm Music with Jessica 2:45pm Mah Jong 3:30pm Reader's Corner	9:30am Baking 10:30am Snack Social 1:15pm Music with Jessica 6:00pm Carpet Bowling (on main floor)	10:30am Catholic Mass (Main fl) 10:45am Exercise 2:00pm Fresh Air Walks	9:30am Home Life Activities 2:00pm  (on main floor)
	10:45am Exercise 1:15pm Music with Jessica 2:30pm Bell Choir (on main floor) 3:30pm One to One Visits	10:30am Worship with Vancouver Chinese Mission (on main floor) 10:45am Nail Care 2:00pm Birthday Party with Steve Warner	10:45am Folding 11:00am Exercise 1:15pm Music with Jessica 2:45pm Mah Jong 3:30pm Reader's Corner	9:30am Baking 10:30am Snack Social 1:15pm Music with Jessica 6:00pm Carpet Bowling (on main floor)	10:30am Catholic Mass (Main fl) 10:45am Exercise 2:00pm Fresh Air Walks	9:30am Home Life Activities 2:00pm Saturday Social with Steve Warner
	10:45am Exercise 1:15pm Music with Jessica 3:30pm One to One Visits	10:30am Worship with Vancouver Chinese Mission (on main floor) 10:45am Nail Care 3:30pm Sing Along with Emily and Lorraine	10:45am Folding 11:00am Exercise 1:15pm Music with Jessica 2:45pm Mah Jong 3:30pm Reader's Corner	9:30am Baking 10:30am Snack Social 1:15pm Music with Jessica 6:00pm Carpet Bowling (on main floor)	10:30am Catholic Mass (Main fl) 10:45am Exercise 2:00pm Fresh Air Walks	9:30am Home Life Activities 2:00pm  (on main floor)
	10:45am Exercise 1:15pm Music with Jessica 3:30pm One to One Visits	10:30am Worship with Vancouver Chinese Mission (on main floor) 10:45am Nail Care 3:30pm Home Life Program	10:45am Folding 11:00am Exercise 1:15pm Music with Jessica 2:45pm Mah Jong 3:00pm Resident & Family Forum (on main floor) 3:30pm Reader's Corner		January's Gem is the Garnet 	January's Flower is the Carnation 