


























August 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p><i>August's Flower is the Gladiola</i></p> 	<p><i>August's Birthstone is the Peridot</i></p> 	<p style="text-align: right;">1</p> <p><u>9:30am</u> Step-Up 1 class <u>10:45am</u> Step-Up 2 class</p> <p>11:30am Patio Friendship Lunch (Kentucky Fried Chicken) <u>2:15pm</u> Music with Jessica (2nd fl) <u>3:00pm</u> Get Up class</p>	<p style="text-align: right;">2</p> <p><u>10:30am</u> Tzu Chi Program</p> <p><u>12:00pm</u> Tzu Chi Lunch <u>2:30pm</u> BC Day Decorating <u>3:15pm</u> Music with Jessica (3rd)</p> <p>6:00pm Carpet Bowling</p>	<p style="text-align: right;">3</p> <p><u>9:30am</u> Step-Up 1 class <u>10:30am</u> Catholic Mass <u>11:15am</u> Step-Up 2 class</p> <p>1:30pm BC Day Ice Cream Social with Lorraine Smith <u>3:00pm</u> Get Up class</p>	<p style="text-align: right;">4</p>  <p>No Leisure Programs</p>
<p style="text-align: right;">5</p>  <p>No Leisure Programs</p>	<p style="text-align: right;">6</p> <p style="text-align: center;">BC Day</p>  <p>No Leisure Programs</p>	<p style="text-align: right;">7</p> <p><u>10:30am</u> Worship with Vancouver Chinese Mission 10:45am Lunch Outing to the White Spot Restaurant in Kerrisdale</p>	<p style="text-align: right;">8</p> <p><u>9:30am</u> Step-Up 1 class <u>10:45am</u> Step-Up 2 class</p> <p><u>2:15pm</u> Music with Jessica (2nd fl) <u>3:00pm</u> Get Up class</p>	<p style="text-align: right;">9</p> <p><u>10:30am</u> Tzu Chi Program</p> <p><u>12:00pm</u> Tzu Chi Lunch <u>3:15pm</u> Music with Jessica (3rd)</p> <p>6:00pm Carpet Bowling</p>	<p style="text-align: right;">10</p> <p><u>9:30am</u> Step-Up 1 class <u>10:30am</u> Catholic Mass <u>10:45am</u> Active Games (2nd fl) <u>11:15am</u> Step-Up 2 class</p> <p><u>3:00pm</u> Get Up class</p>	<p style="text-align: right;">11</p>  <p>No Leisure Programs</p>
<p style="text-align: right;">12</p> 	<p style="text-align: right;">13</p> <p><u>9:30am</u> Step-Up 1 class <u>9:30am</u> Exercise <u>10:30am</u> Music with Jessica (3rd) <u>10:45am</u> Step-Up 2 class</p> <p>1:30pm Scenic Drive to Stanley Park <u>2:15pm</u> Music with Jessica (2nd fl) <u>3:00pm</u> Get Up class 3:00pm Mah Jong 3:00pm Knitting Club</p>	<p style="text-align: right;">14</p> <p><u>9:30am</u> Nail Care (3rd) <u>10:30am</u> Worship with Vancouver Chinese Mission</p> <p>2:00pm Birthday Party with Shawn McKee</p> 	<p style="text-align: right;">15</p> <p><u>9:30am</u> Step-Up 1 class <u>9:30am</u> Exercise <u>10:45am</u> Step-Up 2 class 11:30am Patio Friendship Lunch (Pizza)</p> <p><u>1:30pm</u> Karaoke with Tzu Chi <u>2:15pm</u> Music with Jessica (2nd fl) <u>3:00pm</u> Home life Activities (2nd fl) <u>3:00pm</u> Get Up class</p>	<p style="text-align: right;">16</p> <p><u>10:30am</u> Tzu Chi Program</p> <p><u>12:00pm</u> Tzu Chi Lunch <u>3:15pm</u> Music with Jessica (3rd)</p> <p>6:00pm Carpet Bowling</p>	<p style="text-align: right;">17</p> <p><u>9:30am</u> Step Up 1 class <u>10:30am</u> Catholic Mass 10:45am Picnic Lunch at Maple Grove Park <u>11:15am</u> Step-Up 2 class</p> <p><u>3:00pm</u> Get Up class</p>	<p style="text-align: right;">18</p> <p style="text-align: center;">11:30-2:30 Little Mountain Place Barbeque</p>  <p>(on main floor)</p>
<p style="text-align: right;">19</p> 	<p style="text-align: right;">20</p> <p><u>9:30am</u> Step-Up 1 class <u>9:30am</u> Exercise <u>10:30am</u> Music with Jessica (3rd) <u>10:45am</u> Step-Up 2 class</p> <p><u>1:30pm</u> Special Moments 2:30pm Bell Choir <u>3:00pm</u> Get Up class 3:00pm Mah Jong 3:00pm Knitting Club</p>	<p style="text-align: right;">21</p> <p><u>9:30am</u> Nail Care (2nd) <u>10:30am</u> Worship with Vancouver Chinese Mission</p> <p><u>1:30pm</u> Creative Arts</p>	<p style="text-align: right;">22</p> <p><u>9:30am</u> Step-Up 1 class <u>9:30am</u> Exercise <u>10:45am</u> Step-Up 2 class 11:30pm Dim Sum Lunch</p> <p><u>1:30pm</u> Karaoke with Tzu Chi <u>2:15pm</u> Music with Jessica (2nd fl) <u>3:00pm</u> Get Up class</p>	<p style="text-align: right;">23</p> <p><u>10:30am</u> Tzu Chi Program</p> <p><u>12:00pm</u> Tzu Chi Lunch <u>3:15pm</u> Music with Jessica (3rd)</p> <p>6:00pm Carpet Bowling</p>	<p style="text-align: right;">24</p> <p><u>9:30am</u> Step-Up 1 class <u>9:30am</u> Exercise <u>9:30 am</u> Active Games (3rd) <u>10:30am</u> Catholic Mass <u>10:45am</u> Active Games (2nd fl) <u>11:15am</u> Step-Up 2 class</p> <p>1:30pm Scenic Drive to Southlands <u>1:30pm</u> Fresh Air walks <u>3:00pm</u> Get Up class</p>	<p style="text-align: right;">25</p> <p>10:45am Visit with the Vancouver Chinese Baptist Church</p> <p>2:00pm</p> 
<p style="text-align: right;">26</p> 	<p style="text-align: right;">27</p> <p><u>9:30am</u> Step-Up 1 class <u>10:30am</u> Music with Jessica (3rd) <u>10:45am</u> Step-Up 2 class</p> <p><u>2:15pm</u> Music with Jessica (2nd fl) <u>3:00pm</u> Get Up class 3:00pm Mah Jong 3:00pm Knitting Club</p>	<p style="text-align: right;">28</p> <p><u>9:30am</u> Nail Care (3rd) <u>10:30am</u> Worship with Vancouver Chinese Mission</p> <p><u>1:30pm</u> Creative Arts</p>	<p style="text-align: right;">29</p> <p><u>9:30am</u> Step-Up 1 class <u>10:45am</u> Step-Up 2 class</p> <p><u>1:30pm</u> Karaoke with Tzu Chi 2:00pm Music with Peter Campbell <u>3:00pm</u> Home life Activities (2nd fl) <u>3:00pm</u> Get Up class</p>	<p style="text-align: right;">30</p> <p><u>10:30am</u> Tzu Chi Program</p> <p><u>12:00pm</u> Tzu Chi Lunch <u>1:30pm</u> Gardening</p>	<p style="text-align: right;">31</p> <p><u>9:30am</u> Step-Up 1 class <u>9:30 am</u> Active Games (3rd) <u>10:30am</u> Catholic Mass <u>11:15am</u> Step-Up 2 class</p> <p>2:00pm Labour Day Reminiscing</p>	<p style="text-align: center;">Labor Day Weekend</p> 

GARDEN TERRACE

August 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p><i>August's Flower is the Gladiola</i></p> 	<p><i>August's Birthstone is the Peridot</i></p> 	<p>1 <u>11:30am</u> Patio Friendship Lunch (on main fl) <u>1:15pm</u> Music with Jessica <u>2:45pm</u> Mah Jong <u>3:15pm</u> Fresh Air Walks</p>	<p>2 <u>1:15pm</u> Music with Jessica <u>6:00pm</u> Carpet Bowling (on main floor)</p>	<p>3 <u>10:30am</u> Catholic Mass (Main fl) <u>10:45pm</u> BC Day Decorating 1:30pm B.C. Day Ice Cream Social with Lorraine Smith (on main floor)</p>	 <p>No Leisure Programs</p>
 <p>No Leisure Programs</p>	<p>5 BC Day</p>  <p>No Leisure Programs</p>	<p>7 <u>10:30am</u> Worship with Vancouver Chinese Mission (on main floor) 3:30pm Sing Along with Emily & Lorraine</p>	<p>8 <u>1:15pm</u> Music with Jessica 2:45pm Mah Jong <u>3:15pm</u> Fresh Air Walks</p>	<p>9 <u>1:15pm</u> Music with Jessica <u>2:15pm</u> Garden Social <u>6:00pm</u> Carpet Bowling (on main floor)</p>	<p>10 <u>9:30am</u> Exercise <u>10:30am</u> Catholic Mass (Main fl) <u>2:00pm</u> Fresh Air Walks</p>	 <p>No Leisure Programs</p>
	<p>13 <u>10:45am</u> Gardening <u>1:15pm</u> Music with Jessica 1:30pm Scenic Drive to Stanley Park</p>	<p>14 <u>10:30am</u> Worship with Vancouver Chinese Mission (on main floor) <u>10:45am</u> Nail Care 2:00pm Birthday Party with Shawn McKee (on main floor)</p>	<p>15 11:30am Patio Friendship Lunch (on main fl) <u>1:15pm</u> Music with Jessica 2:45pm Mah Jong <u>3:15pm</u> Fresh Air Walks</p>	<p>16 <u>9:30am</u> Baking <u>10:30am</u> Snack Social <u>1:15pm</u> Music with Jessica <u>6:00pm</u> Carpet Bowling (on main floor)</p>	<p>17 <u>10:30am</u> Catholic Mass (Main fl) 10:45am Picnic Lunch at Maple Grove Park</p>	<p>18 11:30-2:30 Little Mountain Place Barbeque  (on main floor)</p>
	<p>20 <u>10:45am</u> Gardening <u>1:15pm</u> Music with Jessica 2:30pm Bell Choir (on main floor) 3:30pm One to One Visits</p>	<p>21 <u>10:30am</u> Worship with Vancouver Chinese Mission (on main floor) 1:45pm August Birthday Party with Lorraine Smith</p>	<p>22 <u>10:45am</u> Folding <u>11:00am</u> Exercise <u>1:15pm</u> Music with Jessica 2:45pm Mah Jong <u>3:15pm</u> Fresh Air Walks</p>	<p>23 <u>9:30am</u> Baking <u>10:30am</u> Snack Social <u>1:15pm</u> Music with Jessica <u>6:00pm</u> Carpet Bowling (on main floor)</p>	<p>24 <u>10:30am</u> Catholic Mass (Main fl) <u>10:45am</u> Exercise 1:30pm Scenic Drive to Southlands</p>	<p>25 10:45am Visit with the Vancouver Chinese Baptist Church (on main floor) 2:00pm Saturday Social with Peter Campbell (on main floor)</p>
	<p>27 <u>1:15pm</u> Music with Jessica</p>	<p>28 <u>10:30am</u> Worship with Vancouver Chinese Mission (on main floor)</p>	<p>29 1:30pm Music with Peter Campbell</p>	<p>30 <u>9:30am</u> Baking <u>10:30am</u> Snack Social</p>	<p>31 <u>10:30am</u> Catholic Mass (Main fl) <u>10:45am</u> Exercise 2:00pm Labour Day Reminiscing (on main floor)</p>	<p>Labor Day Weekend</p> 