





















July 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1  CANADA DAY	2 10:30am Music with Jessica (3 rd) 2:15pm Music with Jessica (2 nd fl) 3:00pm Mah Jong 3:00pm Knitting Club	3 9:30am Nail Care (3 rd) 10:30am Worship with Vancouver Chinese Mission 10:45am Lunch Outing to Ricky's Country Restaurant 1:30pm Fresh Air Walks	4 9:30am Exercise 11:30am Patio Friendship Lunch (Kentucky Fried Chicken) 1:30pm Karaoke with Tzu Chi 2:15pm Music with Jessica (2 nd fl) 3:00pm Home life Activities (2 nd fl)	5 10:30am Tzu Chi Program 12:00pm Tzu Chi Lunch 3:15pm Music with Jessica (3 rd) 1:30pm Gardening 6:00pm Carpet Bowling	6 9:30am Exercise 9:30 am Active Games (3 rd) 10:30am Catholic Mass 10:45am Active Games (2 nd fl) 2:30pm Ice Cream Social with Steve Warner	7 10:45 Current Events 2:00pm Saturday Social with Colleen Durdon
8 	9 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 Get Up class 3:00pm Mah Jong 3:00pm Knitting Club	10 9:30am Nail Care(2 nd) 10:30am Worship with Vancouver Chinese Mission 2:00pm Birthday Party with Lorraine Smith 	11 9:30am Step-Up 1 class 9:30am 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	12 10:30am Tzu Chi Program 12:00pm Tzu Chi Lunch 3:15pm Music with Jessica (3 rd) 6:00pm Carpet Bowling	13 9:30am Step Up 1 class 10:30am Catholic Mass 10:45am Picnic Lunch at Maple Grove Park 11:15am Step-Up 2 class 3:00pm Get Up class	14 10:45 Gardening 2:00pm 
15 	16 9:30am Step-Up 1 class 9:30am Exercise 10:30am Music with Jessica (3 rd) 10:45am Step-Up 2 class 1:30pm Scenic Drive to Burnaby Mountain 2:15pm Music with Jessica (2 nd fl) 3:00pm Get Up class 3:00pm Mah Jong 3:00pm Knitting Club	17 9:30am Nail Care (3rd) 10:30am Worship with Vancouver Chinese Mission 1:30pm Creative Arts	18 9:30am Step-Up 1 class 9:30am Exercise 10:45am Step-Up 2 class 11:30pm Dim Sum 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	19 10:30am Tzu Chi Program 12:00pm Tzu Chi Lunch 3:15pm Music with Jessica (3 rd) 6:00pm Carpet Bowling	20 9:30am Step-Up 1 class 9:30am Exercise 10:30am Catholic Mass 10:45am Active Games (2 nd fl) 1:30pm Fresh Air Walks 3:00pm Get Up class	21 10:45 Gardening 2:00pm Saturday Social with Steve Warner
22 	23 9:30am Step-Up 1 class 10:30am Music with Jessica (3 rd) 10:45am Step-Up 2 class 2:30pm Bell Choir 3:00pm Get Up class 3:00pm Mah Jong 3:00pm Knitting Club	24 9:30am Nail Care (2 nd) 10:30am Worship with Vancouver Chinese Mission 1:30pm Creative Arts	25 9:30am Step-Up 1 class 9:30am Exercise 10:45am Step-Up 2 class 1:30pm Karaoke with Tzu Chi 2:15pm Music with Jessica (2 nd fl) 2:30pm Resident & Family Forum 3:00pm Home life Activities (2 nd fl) 3:00pm Get Up class	26 10:30am Tzu Chi Program 12:00pm Tzu Chi Lunch 1:30pm Gardening 3:15pm Music with Jessica (3 rd)	27 9:30am Step-Up 1 class 9:30 am Active Games (3 rd) 10:30am Catholic Mass 11:15am Step-Up 2 class 1:30pm Fresh Air walks 3:00pm Get Up class	28 10:45 Current Events 2:00pm 
29 	30 9:30am Step-Up 1 class 10:30am Music with Jessica (3 rd) 10:45am Step-Up 2 class 1:30pm Scenic Drive to Westham Island (Emma Lea's Ice Cream) 2:15pm Music with Jessica (2 nd fl) 3:00pm Mah Jong 3:00pm Knitting Club	31 9:30am Nail Care (3rd) 10:30am Worship with Vancouver Chinese Mission 1:30pm Creative Arts		<p style="color: red; font-weight: bold;">PLEASE NOTE: Gideon's Exercises classes CANCELLED from July 1st – 6th returning July 9th</p>	<p style="font-style: italic;">July's Flower is the Water Lily</p> 	<p style="font-style: italic;">July's Birthstone is the Ruby</p> 

GARDEN TERRACE

July 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p>  <p>Happy Canada Day</p>	<p>2</p> <p>1:15pm Music with Jessica</p> 	<p>3</p> <p>10:30am Worship with Vancouver Chinese Mission (on main floor)</p> <p>10:45am Nail Care</p> <p>3:30pm Home Life Program</p>	<p>4</p> <p>11:30am Patio Friendship Lunch (on main fl)</p> <p>1:15pm Music with Jessica</p> <p>2:45pm Mah Jong</p> <p>3:15pm Fresh Air Walks</p>	<p>5</p> <p>1:15pm Music with Jessica</p> <p>6:00pm Carpet Bowling (on main floor)</p>	<p>6</p> <p>10:30am Catholic Mass (Main fl)</p> <p>10:45am Exercise</p> <p>2:30pm Ice Cream Social with Steve Warner (on main floor)</p>	<p>7</p> <p>9:30am Home Life Activities</p> <p>2:00pm Saturday Social with Colleen Durdon (on main floor)</p>
<p>8</p>  <p>Summer Fun</p>	<p>9</p> <p>10:45am Gardening</p> <p>1:15pm Music with Jessica</p> <p>3:30pm One to One Visits</p>	<p>10</p> <p>10:30am Worship with Vancouver Chinese Mission (on main floor)</p> <p>10:45am Nail Care</p> <p>2:00pm Birthday Party with Lorraine Smith (on main floor)</p>	<p>11</p> <p>10:45am Folding</p> <p>11:00am Exercise</p> <p>1:15pm Music with Jessica</p> <p>2:45pm Mah Jong</p> <p>3:15pm Fresh Air Walks</p>	<p>12</p> <p>9:30am Baking</p> <p>10:30am Snack Social</p> <p>1:15pm Music with Jessica</p> <p>6:00pm Carpet Bowling (on main floor)</p>	<p>13</p> <p>10:30am Catholic Mass (Main fl)</p> <p>10:45pm Picnic Lunch at Maple Grove Park</p>	<p>14</p> <p>9:30am Home Life Activities</p> <p>2:00pm</p>  <p>(on main floor)</p>
<p>15</p> 	<p>16</p> <p>10:45am Gardening</p> <p>1:15pm Music with Jessica</p> <p>1:30pm Scenic Drive to Burnaby Mountain</p>	<p>17</p> <p>10:30am Worship with Vancouver Chinese Mission (on main floor)</p> <p>10:45am Nail Care</p> <p>1:45pm July Birthday Party with Shawn McKee</p>	<p>18</p> <p>10:45am Folding</p> <p>11:00am Exercise</p> <p>1:15pm Music with Jessica</p> <p>2:45pm Mah Jong</p> <p>3:15pm Fresh Air Walks</p>	<p>19</p> <p>9:30am Baking</p> <p>10:30am Snack Social</p> <p>1:15pm Music with Jessica</p> <p>6:00pm Carpet Bowling (on main floor)</p>	<p>20</p> <p>10:30am Catholic Mass (Main fl)</p> <p>10:45am Exercise</p> <p>2:00pm Fresh Air Walks</p>	<p>21</p> <p>9:30am Home Life Activities</p> <p>2:00pm Saturday Social with Steve Warner (on main floor)</p>
<p>22</p> 	<p>23</p> <p>1:15pm Music with Jessica</p> <p>2:30pm Bell Choir (on main floor)</p>	<p>24</p> <p>10:30am Worship with Vancouver Chinese Mission (on main floor)</p>	<p>25</p> <p>10:45am Folding</p> <p>11:00am Exercise</p> <p>1:15pm Music with Jessica</p> <p>2:30pm Resident & Family Forum (on main floor)</p> <p>2:45pm Mah Jong</p> <p>3:15pm Fresh Air Walks</p>	<p>26</p> <p>9:30am Baking</p> <p>10:30am Snack Social</p> <p>1:15pm Music with Jessica</p>	<p>27</p> <p>10:30am Catholic Mass (Main fl)</p> <p>10:45am Exercise</p>	<p>28</p> <p>9:30am Home Life Activities</p> <p>2:00pm</p>  <p>(on main floor)</p>
<p>29</p> 	<p>30</p> <p>10:45am Gardening</p> <p>1:15pm Music with Jessica</p> <p>1:30pm Scenic Drive to Westham Island (Emma Lea's Ice Cream)</p>	<p>31</p> <p>10:30am Worship with Vancouver Chinese Mission (on main floor)</p> <p>10:45am Nail Care</p> <p>1:45pm Ice Cream Social with Emily Roskelly</p>	<p>July's Flower is the Water Lily</p> 	<p>July's Birthstone is the Ruby</p> 