












October 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>National Senior Citizens Day OCTOBER 1st</p>	<p>National Senior's Day 1 <u>9:30am</u> Step-up 1 class 9:30am Chinese Leisure Interests <u>10:45am</u> Step-up 2 class <u>2:30pm</u> Special Moments <u>2:15pm</u> Music with Jessica (2nd fl) 3:00pm Knitting Club <u>3:00pm</u> Get Up class</p>	<p><u>9:30am</u> Nail Care (2nd fl) 2 <u>10:30am</u> Worship with Vancouver Chinese Mission 10:45am Lunch Outing to Dave's Fish & Chips Restaurant <u>1:30pm</u> Creative Arts- Thanksgiving Theme 3:00pm Mah Jong</p>	<p><u>9:30am</u> Exercise 3 <u>9:30am</u> Step-Up 1 class <u>10:30am</u> Music with Jessica (3rd fl) <u>10:45am</u> Step-Up 2 class 11:30am Thanksgiving Friendship Lunch <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>4 <u>9:30am</u> Music Session 1 <u>10:30am</u> Music Session 2 <u>10:30am</u> Tzu Chi Program <u>12:00pm</u> Tzu Chi Lunch 6:00pm Carpet Bowling</p>	<p>5 <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 <u>1:30pm</u> Gardening <u>3:00pm</u> Get Up class</p>	 <p>No Leisure Programs</p>
<p>7 </p>	<p>8  No Leisure Programs</p>	<p>9 <u>10:30am</u> Worship with Vancouver Chinese Mission 3:00pm Mah Jong</p>	<p>10 <u>9:30am</u> Exercise <u>9:30am</u> Step-Up 1 class <u>10:30am</u> Music with Jessica (3rd fl) <u>10:45am</u> Step-Up 2 class <u>1:30pm</u> Karaoke with Tzu Chi <u>3:00pm</u> Home life Activities (2nd fl) <u>2:15pm</u> Music with Jessica (2nd fl) <u>3:00pm</u> Get Up class</p>	<p>11 <u>9:30am</u> Music Session 1 <u>10:30am</u> Music Session 2 <u>10:30am</u> Tzu Chi Program <u>12:00pm</u> Tzu Chi Lunch 1:15pm Intergenerational Program 6:00pm Carpet Bowling</p>	<p>12 <u>9:30am</u> Step Up 1 class <u>9:30 am</u> Active Games (3rd) <u>9:30am</u> Exercise <u>10:30am</u> Catholic Mass <u>10:45am</u> Active Games (2nd fl) <u>11:15am</u> Step-up 2 class <u>1:30pm</u> Baking-pumpkin scones <u>3:00pm</u> Get Up class</p>	<p>13 10:15am Visit with Vancouver Chinese Baptist Church 2:00pm Oktoberfest Social with Lorraine Smith</p>
<p>14 </p>	<p>15 <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 1:30pm Scenic Drive to Finn Slough 2:30pm Bell Choir 3:00pm Knitting Club <u>3:00pm</u> Get Up class</p>	<p>16 <u>9:30am</u> Nail Care (2nd fl) <u>10:30am</u> Worship with Vancouver Chinese Mission 2:00pm Birthday Party with Lorraine Smith 3:00pm Mah Jong</p>	<p>17 <u>9:30am</u> Exercise <u>9:30am</u> Step-Up 1 class <u>10:30am</u> Music with Jessica (3rd) <u>10:45am</u> Step-Up 2 class <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>18 <u>9:30am</u> Music Session 1 <u>10:30am</u> Music Session 2 <u>10:30am</u> Tzu Chi Program <u>12:00pm</u> Tzu Chi Lunch 6:00pm Carpet Bowling</p>	<p>19 <u>9:30am</u> Step Up 1 class <u>9:30 am</u> Active Games (3rd) <u>9:30am</u> Exercise <u>10:30am</u> Catholic Mass <u>10:45am</u> Active Games (2nd fl) <u>11:15am</u> Step-up 2 class 1:30pm Garden Clean Up <u>3:00pm</u> Get Up class</p>	<p>20 10:45am Garden Clean Up 2:00pm </p>
<p>21 </p>	<p>22 <u>9:30am</u> Step-up 1 class <u>9:30am</u> Exercise <u>10:45am</u> Step-up 2 class 3:00pm Knitting Club <u>3:00pm</u> Get Up class</p>	<p>23 <u>9:30am</u> Nail Care (3rd fl) <u>10:30am</u> Worship with Vancouver Chinese Mission 1:30pm Halloween Decorating 3:00pm Mah Jong</p>	<p>24 <u>9:30am</u> Exercise <u>9:30am</u> Step-Up 1 class <u>10:30am</u> Music with Jessica (3rd) <u>10:45am</u> Step-Up 2 class 11:30pm Dim Sum Lunch <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>25 <u>9:30am</u> Music Session 1 <u>10:30am</u> Music Session 2 <u>10:30am</u> Tzu Chi Program <u>12:00pm</u> Tzu Chi Lunch 1:15pm Intergenerational Program 6:00pm Carpet Bowling</p>	<p>26 <u>9:30am</u> Step Up 1 class <u>9:30 am</u> Active Games (3rd) <u>10:30am</u> Catholic Mass 10:45am Lunch Outing to the Old Spaghetti Factory <u>11:15am</u> Step-up 2 class <u>1:30pm</u> Baking <u>3:00pm</u> Get Up class</p>	<p>27 <u>10:45am</u> Current Events 2:00pm Saturday Social with Steve Warner</p>
<p>28 </p>	<p>29 10:00am Jack-O-Lantern Pumpkin Carving 1:30pm Scenic Drive to the Pumpkin Fields <u>2:15pm</u> Music with Jessica(2nd fl) 3:00pm Knitting Club <u>3:00pm</u> Get Up class</p>	<p>30 <u>9:30am</u> Nail Care (2nd fl) <u>10:30am</u> Worship with Vancouver Chinese Mission 1:30pm Mike's Critters "Creepy Crawly" 3:00pm Resident & Family Forum 3:00pm Mah Jong</p>	<p>31 Happy Halloween! 9:30am Brock School Halloween Costume Visit <u>9:30am</u> Step-Up 1 class <u>10:30am</u> Music with Jessica (3rd) <u>10:45am</u> Step-Up 2 class 2:00pm Department Jack-o-lantern judging and Costume Parade</p>	<p>Happy Halloween </p>	<p><i>October flower is the Marigold</i> </p>	<p><i>October's gem is the Opal</i> </p>

GARDEN TERRACE

October 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>National Senior Citizens Day OCTOBER 1st</p>	<p>1 National Senior's Day</p> <p><u>10:45am</u> Gardening</p> <p><u>1:15pm</u> Music with Jessica</p>	<p>2</p> <p><u>10:30am</u> Worship with Vancouver Chinese Mission (on main floor)</p> <p><u>10:45am</u> Nail Care</p> <p>3:30pm Sing Along with Emily & Lorraine</p>	<p>3</p> <p>11:30am Thanksgiving Friendship Lunch (on main floor)</p> <p><u>1:15pm</u> Music with Jessica</p> <p>2:45pm Mah Jong</p> <p><u>3:15pm</u> Fresh Air Walks</p>	<p>4</p> <p><u>9:30am</u> Baking</p> <p><u>10:30am</u> Snack Social</p> <p><u>1:15pm</u> Music with Jessica</p> <p><u>6:00pm</u> Carpet Bowling (on main floor)</p>	<p>5</p> <p><u>10:30am</u> Catholic Mass (Main fl)</p> <p><u>10:45am</u> Exercise</p> <p><u>2:00pm</u> Fresh Air Walks</p>	 <p>6 No Leisure Programs</p>
<p>7</p> 	<p>8 <i>Thanksgiving Day</i></p>  <p>No Leisure Programs</p>	<p>9</p> <p><u>10:30am</u> Worship with Vancouver Chinese Mission (on main floor)</p> <p><u>10:45am</u> Nail Care</p> <p><u>2:00pm</u> Arts & Crafts</p>	<p>10</p> <p><u>10:45am</u> Exercise</p> <p><u>1:15pm</u> Music with Jessica</p> <p>2:45pm Mah Jong</p> <p><u>3:15pm</u> Fresh Air Walks</p>	<p>11</p> <p><u>9:30am</u> Baking</p> <p><u>10:30am</u> Snack Social</p> <p><u>1:15pm</u> Music with Jessica</p> <p><u>6:00pm</u> Carpet Bowling (on main floor)</p>	<p>12</p> <p><u>10:30am</u> Catholic Mass (Main fl)</p> <p><u>10:45am</u> Exercise</p> <p><u>2:00pm</u> Fresh Air Walks</p>	<p>13</p> <p>10:15am Visit with Vancouver Chinese Baptist Church</p> <p>2:00pm Oktoberfest Social with Lorraine Smith</p>
<p>14</p> 	<p>15</p> <p><u>10:45am</u> Exercise</p> <p><u>1:15pm</u> Music with Jessica</p> <p>1:30pm Scenic Drive to Finn Slough (Dyke)</p> <p>2:30pm Bell Choir (on main floor)</p>	<p>16</p> <p><u>10:30am</u> Worship with Vancouver Chinese Mission (on main floor)</p> <p><u>10:45am</u> Nail Care</p> <p>2:00pm Birthday Party with Lorraine Smith (on main floor)</p>	<p>17</p> <p><u>10:45am</u> Exercise</p> <p><u>1:15pm</u> Music with Jessica</p> <p>2:45pm Mah Jong</p> <p><u>3:15pm</u> Fresh Air Walks</p>	<p>18</p> <p><u>9:30am</u> Baking</p> <p><u>10:30am</u> Snack Social</p> <p><u>1:15pm</u> Music with Jessica</p> <p><u>6:00pm</u> Carpet Bowling (on main floor)</p>	<p>19</p> <p><u>10:30am</u> Catholic Mass (Main fl)</p> <p><u>10:45am</u> Exercise</p> <p><u>2:00pm</u> Fresh Air Walks</p>	<p>20</p> <p><u>9:30am</u> Home Life Program</p> <p>2:00pm</p>  <p>(on main floor)</p>
<p>21</p> 	<p>22</p> <p><u>10:45am</u> Exercise</p> <p><u>1:15pm</u> Music with Jessica</p> <p>2:00pm Halloween Decorating</p>	<p>23</p> <p><u>10:30am</u> Worship with Vancouver Chinese Mission (on main floor)</p> <p><u>10:45am</u> Nail Care</p> <p>1:45pm October Birthday Party with Peter Campbell</p>	<p>24</p> <p><u>1:15pm</u> Music with Jessica</p> <p>2:45pm Mah Jong</p> <p><u>3:15pm</u> Fresh Air Walks</p>	<p>25</p> <p><u>9:30am</u> Baking</p> <p><u>10:30am</u> Snack Social</p> <p><u>1:15pm</u> Music with Jessica</p> <p><u>6:00pm</u> Carpet Bowling (on main floor)</p>	<p>26</p> <p><u>10:30am</u> Catholic Mass (Main fl)</p> <p><u>10:45am</u> Exercise</p> <p>3:30pm Sing Along with Emily & Lorraine</p>	<p>27</p> <p>9:30am All About Halloween</p> <p>2:00pm Saturday Social with Steve Warner (on main floor)</p>
<p>28</p> 	<p>29</p> <p>10:00am Jack-O-Lantern Pumpkin Carving (on main floor)</p> <p><u>1:15pm</u> Music with Jessica</p> <p>1:30pm Scenic Drive to the Pumpkin Fields</p>	<p>30</p> <p>10:00pm Arts & Crafts Flower Pumpkins</p> <p><u>10:30am</u> Worship with Vancouver Chinese Mission (on main floor)</p> <p>1:30pm Mike's Critters "Creepy Crawly" (on main floor)</p> <p>3:00pm Resident & Family Forum (on main floor)</p>	<p>31</p> <p>Happy Halloween!</p> <p>9:30am Brock School Halloween Costume Visit</p> <p>2:00pm Department Jack-o-lantern judging and Costume Parade (on main floor)</p>		<p><i>October flower is the Marigold</i></p> 	<p><i>October's gem is the Opal</i></p> 