




























November 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>November's Gem is the Topaz</p> 	<p>November's flower is the Chrysanthemum</p> 			<p>1</p> <p>9:30am Music Session 1 10:30am Music Session 2 10:30am Tzu Chi Program</p> <p>12:00pm Tzu Chi Lunch</p> <p>6:00pm Carpet Bowling</p>	<p>2</p> <p>9:30am Step Up 1 class 9:30 am Halloween Decoration take down 10:30am Catholic Mass 11:15am Step-up 2 class</p> <p>1:30pm Baking 3:00pm Get Up class</p>	<p>3</p> <p>10:45am Current Events</p> <p>2:00pm</p> 
<p>4</p>  <p>Daylight Savings time ends</p>	<p>5</p> <p>9:30am Step-up 1 class 9:30am Exercise 10:30am Music with Jessica (3rd) 10:45am Step-up 2 class</p> <p>2:15pm Music with Jessica (2nd fl) 3:00pm Knitting Club 3:00pm Get Up class</p>	<p>6</p> <p>9:30am Nail Care (2nd fl) 10:30am Worship with Vancouver Chinese Mission 10:45am Lunch Outing to Ricky's Country Restaurant</p> <p>1:30pm Creative Arts-Remembrance Day Theme 3:00pm Mah Jong</p>	<p>7</p> <p>9:30am Step-Up 1 class 9:30am Exercise 10:30am Music with Jessica (3rd fl) 10:45am Step-Up 2 class 11:30am Friendship Lunch</p> <p>1:30pm Karaoke with Tzu Chi 2:15pm Music with Jessica (2nd fl) 3:15pm Brain Games 3:00pm Get Up class</p>	<p>8</p> <p>9:30am Music Session 1 10:30am Music Session 2 10:30am Tzu Chi Program</p> <p>12:00pm Tzu Chi Lunch 1:15pm Intergenerational Program</p> <p>6:00pm Carpet Bowling</p>	<p>9</p> <p>9:30am Step Up 1 class 10:30am Remembrance Day Music with Lorraine Smith</p> <p>2:00pm Service of Remembrance</p> 	<p>10</p>  <p>No Leisure Programs</p>
<p>11</p>  <p>Remembrance Day</p>	<p>12</p> <p>9:30am Step-up 1 class 10:30am Music with Jessica (3rd) 10:45am Step-up 2 class</p> <p>2:15pm Music with Jessica (2nd fl) 3:00pm Get Up class</p>	<p>13</p> <p>10:30am Worship with Vancouver Chinese Mission</p> <p>2:00pm Birthday Party with Shawn McKee 3:00pm Mah Jong</p>	<p>14</p> <p>9:30am Step-Up 1 class 10:30am Music with Jessica (3rd) 10:45am Step-Up 2 class 2:30pm Deck The Halls</p>  <p>2:15pm Music with Jessica (2nd fl) 3:00pm Get Up class</p>	<p>15</p> <p>9:30am Music Session 1 10:30am Music Session 2 10:30am Tzu Chi Program</p> <p>12:00pm Tzu Chi Lunch 6:00pm Trimming the Christmas Tree</p>	<p>16</p> <p>9:30am Step Up 1 class 10:30am Catholic Mass 11:15am Step-up 2 class</p> <p>1:30pm Christmas Baking 3:00pm Get Up class</p>	<p>17</p> <p>1:20pm Music with Peter (2nd Fl) 1:40pm Music with Peter (3rd Fl)</p>
<p>18</p> 	<p>19</p> <p>9:30am Step-up 1 class 9:30am Exercise 10:30am Music with Jessica (3rd) 10:45am Step-up 2 class</p> <p>1:30pm Scenic Drive to Stanley Park 2:30pm Bell Choir 3:00pm Knitting Club 3:00pm Get Up class</p>	<p>20</p> <p>9:30am Nail Care (2nd fl) 10:30am Worship with Vancouver Chinese Mission</p> <p>1:30pm Creative Arts-Christmas Theme 3:00pm Mah Jong</p>	<p>21</p> <p>9:30am Step-Up 1 class 9:30am Exercise 10:30am Music with Jessica (3rd) 10:45am Step-Up 2 class 11:30pm Dim Sum Lunch</p> <p>1:30pm Karaoke with Tzu Chi 2:15pm Music with Jessica (2nd fl) 3:00pm Get Up class</p>	<p>22</p> <p>9:30am Music Session 1 10:30am Music Session 2 10:30am Tzu Chi Program</p> <p>12:00pm Tzu Chi Lunch</p> <p>6:00pm Carpet Bowling</p>	<p>23</p> <p>9:30am Step Up 1 class 9:30 am Active Games (3rd) 9:30am Exercise 10:30am Catholic Mass 10:45am Active Games (2nd fl) 11:15am Step-up 2 class</p> <p>2:00pm Christmas Choir Kerrisdale Singers 3:00pm Get Up class</p>	<p>24</p> <p>10:45am Current Events</p> <p>2:00pm</p> 
<p>25</p> 	<p>26</p> <p>9:30am Step-up 1 class 9:30am Exercise 10:30am Music with Jessica (3rd) 10:45am Step-up 2 class</p> <p>2:15pm Music with Jessica(2nd fl) 3:00pm Knitting Club 3:00pm Get Up class</p>	<p>27</p> <p>9:30am Nail Care (3rd fl) 10:30am Worship with Vancouver Chinese Mission</p> <p>1:30pm Creative Arts-Christmas Theme 3:00pm Mah Jong</p>	<p>28</p> <p>9:30am Step-Up 1 class 9:30am Exercise 10:30am Music with Jessica (3rd) 10:45am Step-Up 2 class</p> <p>1:30pm Karaoke with Tzu Chi 2:15pm Music with Jessica (2nd fl) 2:30pm Resident & Family Forum</p> <p>3:15pm Brain Games 3:00pm Get Up class</p>	<p>29</p> <p>9:30am Music Session 1 10:30am Music Session 2 10:30am Tzu Chi Program</p> <p>12:00pm Tzu Chi Lunch 1:15pm Intergenerational Program</p> <p>6:00pm Carpet Bowling</p>	<p>30</p> <p>9:30am Step Up 1 class 9:30 am Active Games (3rd) 9:30am Exercise 10:30am Catholic Mass 10:45am Active Games (2nd fl) 11:15am Step-up 2 class</p> <p>1:30pm Christmas Baking 3:00pm Get Up class</p>	

GARDEN TERRACE

November 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>November's flower is the Chrysanthemum</p> 	<p>November's Gem is the Topaz</p> 	<p><u>9:30am</u> Baking 1 <u>10:30am</u> Snack Social <u>1:15pm</u> Music with Jessica <u>6:00pm</u> Carpet Bowling (on main floor)</p>	<p><u>9:30 am</u> Halloween decoration take down 2 <u>10:30am</u> Catholic Mass (Main fl) <u>1:30pm</u> Fresh Air Walks</p>	<p><u>9:30am</u> Brain Games 3 <u>2:00pm</u>  (on Main Floor)</p>
<p>4</p>  <p>Daylight Savings time ends</p>	<p>5</p> <p><u>10:45am</u> Exercise <u>1:15pm</u> Music with Jessica</p>	<p>6</p> <p><u>10:30am</u> Worship with Vancouver Chinese Mission (on main floor) <u>10:45am</u> Nail Care <u>3:30pm</u> Sing Along with Emily & Lorraine</p>	<p>7</p> <p><u>11:30am</u> Friendship Lunch-pizza (on main floor) <u>1:15pm</u> Music with Jessica <u>2:45pm</u> Mah Jong <u>3:15pm</u> Fresh Air Walks</p>	<p>8</p> <p><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>9</p> <p><u>10:30am</u> Remembrance Day Music with Lorraine Smith (on main floor) <u>2:00pm</u> Service of Remembrance  (on Main Floor)</p>	<p>10</p>  <p>No Leisure Programs</p>
<p>11</p> 	<p>12</p> <p><u>1:15pm</u> Music with Jessica</p>	<p>13</p> <p><u>10:30am</u> Worship with Vancouver Chinese Mission (on main floor) <u>2:00pm</u> Birthday Party with Shawn McKee (on main floor)</p>	<p>14</p> <p><u>1:15pm</u> Music with Jessica <u>2:45pm</u> Mah Jong</p>	<p>15</p> <p><u>10:00pm</u> <i>Deck The Halls</i>  <u>1:15pm</u> Music with Jessica</p>	<p>16</p> <p><u>10:30am</u> Catholic Mass (Main fl) <u>1:30pm</u> Fresh Air Walks</p>	<p>17</p> <p><u>2:00pm</u> Music with Peter Campbell</p>
<p>18</p> 	<p>19</p> <p><u>10:45am</u> Exercise <u>1:15pm</u> Music with Jessica <u>1:30pm</u> Scenic Drive to Stanley Park <u>2:30pm</u> Bell Choir (on main floor)</p>	<p>20</p> <p><u>10:30am</u> Worship with Vancouver Chinese Mission (on main floor) <u>10:45am</u> Nail Care <u>1:45pm</u> Birthday Party with Bob Collins</p>	<p>21</p> <p><u>10:45am</u> Exercise <u>1:15pm</u> Music with Jessica <u>2:45pm</u> Mah Jong <u>3:15pm</u> Reader's Corner</p>	<p>22</p> <p><u>9:30am</u> Christmas 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>23</p> <p><u>10:30am</u> Catholic Mass (Main fl) <u>10:45am</u> Exercise <u>2:00pm</u> Christmas Choir Kerrisdale Singers (on main floor)</p>	<p>24</p> <p><u>9:30am</u> Brain Games <u>2:00pm</u>  (on Main Floor)</p>
<p>25</p> 	<p>26</p> <p><u>10:45am</u> Exercise <u>1:15pm</u> Music with Jessica</p>	<p>27</p> <p><u>10:30am</u> Worship with Vancouver Chinese Mission (on main floor) <u>10:45am</u> Nail Care <u>2:00pm</u> Arts & Crafts-Christmas Theme</p>	<p>28</p> <p><u>10:45am</u> Exercise <u>1:15pm</u> Music with Jessica <u>2:30pm</u> Resident & Family Forum (on Main Floor) <u>2:45pm</u> Mah Jong <u>3:15pm</u> Reader's Corner</p>	<p>29</p> <p><u>9:30am</u> Christmas 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>30</p> <p><u>10:30am</u> Catholic Mass (Main fl) <u>10:45am</u> Exercise <u>1:30pm</u> Fresh Air Walks</p>	