
























August 2019

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|--|---|--|---|
|  Provincial Flag |  BC's Animal – Spirit Bear |  BC's Stone – Jade |  BC's Fish – Pacific Salmon |  BC's Bird – Stellar Jay |  BC's Flower – Dogwood |  BINGO |
|  BC's Tree – Western Red Cedar |  Happy BC Day ~Sorry No Programs~ | <p>10:30am Worship with Vancouver Chinese Mission</p> <p>10:45am <i>Lunch Outing to White Spot</i></p> <p>2:00pm Music with Peter Campbell (2nd Floor)</p> <p>3:00pm Mah Jong</p> | <p>11:30am <i>Patio Friendship Lunch</i></p> <p>1:30pm Tzu Chi Karaoke</p> <p>2:30pm Resident & Family Forum</p> | <p>10:30am Tzu Chi Program</p> <p>12:00pm Tzu Chi Lunch</p> <p>2:30pm Fresh Air Walks (3rd floor)</p> <p>6:00pm Fresh Air Walks (3rd)</p> | <p>10:30am Catholic Mass</p> | <p>10:45am Gardening</p> <p>2:00pm BINGO</p> |
|  BC's Tartan | <p>9:30am Step Up 1 class</p> <p>9:30am Strength & Balance</p> <p>10:45am Step Up 2 class</p> <p>2:00pm Music with Peter Campbell (2nd Floor)</p> <p>2:00pm Chinese Leisure Interests</p> <p>3:00pm Get Up class</p> | <p>10:30am Worship with Vancouver Chinese Mission</p> <p>3:00pm Mah Jong</p> | <p>9:30am Step-Up 1 class</p> <p>10:45am Step-Up 2 class</p> <p>1:30pm Tzu Chi Karaoke</p> <p>3:00pm Get Up class</p> | <p>10:30am Tzu Chi Program</p> <p>12:00pm Tzu Chi Lunch</p> <p>2:30pm Fresh Air Walks (2nd Fl)</p> <p>6:00pm Carpet Bowling</p> | <p>9:30am Step Up 1 class</p> <p>10:45am <i>Picnic Lunch at Maple Grove Park</i></p> <p>11:15am Step-up 2 Class</p> <p>3:00pm Get Up Class</p> | <p>10:45am Gardening</p> <p>2:00pm BINGO</p> |
| <p>9:45am Active Games (3rd fl)</p> <p>1:30pm Baking</p> | <p>9:30am Strength & Balance</p> <p>1:15pm <i>Scenic Drive to Stanley Park</i></p> | <p>10:30am Worship with Vancouver Chinese Mission</p> <p>2:00pm <i>Birthday Party with Shawn Mckee</i></p> <p>3:00pm Mah Jong</p> | <p>9:30am Step-Up 1 class</p> <p>9:30am Exercise</p> <p>10:45am Step-Up 2 class</p> <p>11:30am <i>Dim Sum Lunch</i></p> <p>1:30pm Tzu Chi Karaoke</p> <p>3:00pm Get Up class</p> | <p>10:30am Tzu Chi Program</p> <p>12:00pm Tzu Chi Lunch</p> <p>2:30pm Fresh Air Walks (3rd fl)</p> <p>6:00pm Carpet Bowling</p> | <p>9:30am Step Up 1 class</p> <p>9:30am Active Games (3rd fl)</p> <p>9:30am Exercise</p> <p>11:15am Step-up 2 Class</p> <p>10:30am Catholic Mass</p> <p>10:45am Active Games (2nd fl)</p> <p>2:00pm <i>Garden Social</i></p> | <p>10:15am Vancouver Baptist Church</p> <p>2:00pm BINGO</p> |
|  BC's Bird – Stellar Jay | <p>9:30am Step Up 1 class</p> <p>10:45am Step Up 2 class</p> <p>3:00pm Get Up Class</p> | <p>10:30am Worship with Vancouver Chinese Mission</p> <p>10:30am Music with Peter Campbell (2nd Floor)</p> <p>9:30am Nail Care (2nd fl)</p> <p>2:00pm Creative Arts—BC Day Theme</p> <p>3:00pm Mah Jong</p> | <p>9:30am Step-Up 1 class</p> <p>10:45am Step-Up 2 class</p> <p>1:30pm Tzu Chi Karaoke</p> <p>2:30pm Resident & Family Forum</p> <p>3:00pm Get Up Class</p> | <p>10:30am Tzu Chi Program</p> <p>12:00pm Tzu Chi Lunch</p> <p>2:30pm Fresh Air Walks (3rd fl)</p> <p>6:00pm Carpet Bowling</p> | <p>9:30am Step Up 1 class</p> <p>9:30am Active Games (3rd fl)</p> <p>9:30am Exercise</p> <p>10:45am Active Games (2nd fl)</p> <p>11:15am Step-up 2 Class</p> <p>2:00pm <i>Labour Day Reminiscing</i></p> | <p>10:45am Gardening</p> <p>2:00pm BINGO</p> |

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|--|--|--|---|
|  <p>BC's Coat of Arms</p> |  <p>BC's animal-Spirit Bear</p> |  <p>BC's flower - Dogwood</p> |  <p>BC's bird - Stellar's Jay</p> | <p>1</p> <p>9:30am Baking 10:30am Snack Social</p> <p>6:00pm Carpet Bowling (on main floor)</p> | <p>2</p> <p>9:30am Exercise</p> <p>2:00pm BC Day Ice Cream Social with Lorraine Smith (on main floor)</p> | <p>3</p> <p>9:30am Active Games</p> <p>2:00pm BINGO (on Main Floor)</p> |
| <p>4</p>  <p>BC's Gem Stone - Jade</p> | <p>5</p> <p>Happy B.C. Day</p>  <p>No Leisure Programs</p> | <p>6</p> <p>10:30am Worship with Vancouver Chinese Mission (on main floor)</p> <p>10:45am Lunch Outing to the White Spot</p> <p>1:30pm Music with Peter</p> | <p>7</p> <p>11:30pm Patio Friendship Lunch -KFC- (on main floor)</p> <p>1:30pm Tzu Chi Karaoke (on main floor)</p> <p>2:45pm Mah Jong</p> | <p>8</p> <p>9:30am Active Games 10:30am Visits with Abhi</p> <p>1:00pm Fresh Air Walks</p> <p>6:00pm Carpet Bowling (on main floor)</p> | <p>9</p> <p>10:30am Catholic Mass (on Main fl)</p> <p>10:45am Exercise</p> <p>12:00pm Garden Terrace BBQ</p> | <p>10</p> <p>9:30am Active Games</p> <p>2:00pm BINGO (on Main Floor)</p> |
| <p>11</p>  <p>BC's fish-Pacific Salmon</p> | <p>12</p> <p>10:45am Gardening 1:30pm Music with Peter</p> | <p>13</p> <p>10:30am Worship with Vancouver Chinese Mission (on main floor)</p> <p>10:45am Nail Care</p> <p>1:45pm Birthday Party with Peter Campbell</p> | <p>14</p> <p>10:45am Exercise</p> <p>1:30pm Tzu Chi Karaoke (on main floor)</p> <p>2:45pm Mah Jong</p> | <p>15</p> <p>9:30am Baking 10:30am Snack Social</p> <p>1:00pm Fresh Air Walks</p> <p>6:00pm Carpet Bowling (on main floor)</p> | <p>16</p> <p>10:45am Exercise</p> <p>10:45am Picnic Lunch at Maple Grove Park</p>  <p>Picnic</p> | <p>17</p> <p>9:30am Active Games</p> <p>2:00pm BINGO (on Main Floor)</p> |
| <p>18</p>  <p>BC's Tartan</p> | <p>19</p> <p>10:45am Gardening</p> <p>1:30pm Scenic Drive to Stanley Park</p> | <p>20</p> <p>10:30am Worship with Vancouver Chinese Mission (on main floor)</p> <p>2:00pm Birthday Party with Shawn Mckee (on main floor)</p> | <p>21</p> <p>10:45am Exercise</p> <p>1:30pm Tzu Chi Karaoke (on main floor)</p> <p>2:45pm Mah Jong</p> | <p>22</p> <p>9:30am Baking 10:30am Snack Social</p> <p>1:00pm Fresh Air Walks</p> <p>6:00pm Carpet Bowling (on main floor)</p> | <p>23</p> <p>10:30am Catholic Mass (on Main fl)</p> <p>10:45am Exercise</p> <p>2:00pm Garden Social (on Main Floor)</p> | <p>24</p> <p>10:30am Vancouver Baptist Church (on main floor)</p> <p>2:00pm BINGO (on Main Floor)</p> |
| <p>25</p>  <p>BC's tree-Western Red Cedar</p> | <p>26</p>  <p>No Leisure Programs</p> | <p>27</p> <p>10:00pm Music with Peter 10:30am Worship with Vancouver Chinese Mission (on main floor)</p> | <p>28</p> <p>9:30am Nail Care 1:30pm Tzu Chi Karaoke (on main floor)</p> <p>2:30pm Resident & Family Forum (on main floor)</p> <p>2:45pm Mah Jong</p> | <p>29</p> <p>9:30am Baking 10:30am Snack Social</p> <p>1:00pm Fresh Air Walks</p> <p>6:00pm Carpet Bowling (on main floor)</p> | <p>30</p> <p>10:45am Exercise</p> <p>2:00pm Labour Day Reminiscing (on main floor)</p>  | <p>31</p> <p>10:30am Active Games</p> <p>2:00pm BINGO (on Main Floor)</p> |