




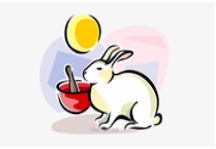















# September 2019

| SUNDAY   | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY   |
|--|--|---|---|--|---|--|
| 1  | 2  | 3   | 4   | 5  | 6   | 7  |
| <p>9:45am Active Games (3<sup>rd</sup> fl)</p> <p>1:30pm Baking</p>  | <p style="text-align: center;"><i>Labour Day Weekend</i></p> <div style="text-align: center;">  <p>~Sorry No Programs~</p> </div>   | <p>10:45am Nail Care (3<sup>rd</sup> fl)</p> <p>10:30am Worship with Vancouver Chinese Mission</p> <p>2:00pm Creative Corner-<br/><i>Moon Festival Theme</i></p> <p>3:00pm Mah Jong</p>   | <p>9:30am Step-Up 1 class</p> <p>9:30am Exercise</p> <p>10:30am Music with Angela (3<sup>rd</sup>fl)</p> <p>10:45am Step-Up 2 class</p> <p><b>11:30am Patio Friendship</b></p> <p>1:30pm Tzu Chi Karaoke</p> <p>2:30pm Music with Angela (2<sup>nd</sup>fl)</p> <p>3:00pm Get Up class</p>                | <p>10:30am Tzu Chi Program</p> <p>12:00pm Tzu Chi Lunch</p> <p><b>6:00pm Carpet Bowling</b></p> <div style="text-align: center;">  </div>   | <p>9:30am Step-up 1 class</p> <p><b>9:30am Decorating: Moon Festival</b> (main floor)</p> <p>10:30am Music with Angela (3<sup>rd</sup>fl)</p> <p>10:45am Active Games (2<sup>nd</sup>)</p> <p>11:15am Step-up 2 class</p> <p><b>2:00pm Out for Coffee</b></p> <p>3:00pm Get Up Class</p>  | <p>10:45am Current Events</p> <p><b>2:00pm</b></p> <p style="text-align: center;"><b>Grandparent's Day Social with Entertainment by Patricia Colleta</b></p>   |
| 8  | 9  | 10  | 11  | 12   | 13  | 14   |
| <p style="text-align: center;"><i>Grandparents Day</i></p> <div style="text-align: center;">  </div> | <p>9:30am Step up 1 class</p> <p>9:30am Strength &amp; Balance</p> <p>10:30am Musical Visits with Sterling</p> <p>10:45am Step up 2 class</p> <p><b>2:00pm Chinese leisure Interests</b></p> <p>2:30pm Music with Sterling (2<sup>nd</sup>fl)</p> <p>3:00pm Get up class</p> | <p>10:30am Nail Care (2<sup>nd</sup> fl)</p> <p>10:30am Worship with Vancouver Chinese Mission</p> <p><b>2:00pm Birthday party with Lorraine Smith</b></p> <p><b>3:00pm Mah Jong</b></p>  | <p>9:30am Step-Up 1 class</p> <p>9:30am Exercise</p> <p>10:30am Music with Angela (3<sup>rd</sup>fl)</p> <p>10:45am Step-Up 2 class</p> <p><b>11:30am Dim Sum</b></p> <p><b>1:30pm Tzu Chi Karaoke</b></p> <p>2:30pm Music with Angela (2<sup>nd</sup>fl)</p> <p>3:00pm Get Up class</p>                  | <p>10:30am Musical Visits with Sterling</p> <p>10:30am Tzu Chi Program</p> <p><b>12:00pm Moon Festival Tzu Chi Lunch</b></p> <p>2:30pm Music with Sterling (2<sup>nd</sup> fl)</p> <p><b>6:00pm Carpet Bowling</b></p>         | <p style="text-align: center;"><i>Moon Festival</i></p> <p>10:30am Musical Visits with Sterling</p> <p>10:30am Moon Festival Entertainment – <i>Evergreen Dancers</i></p> <p><b>10:45am Lunch outing to the Flamingo Restaurant</b></p> <p>2:00pm <b>Moon Festival Theme – Baking</b></p> <p>2:30pm Music with Sterling (2<sup>nd</sup> fl)</p> <p>3:00pm Get Up Class</p> <div style="text-align: center;">  </div> | <p>10:45am <b>Moon Festival Reminiscing</b></p> <p><b>2:00pm</b></p> <div style="text-align: center;">  </div>                    |
| 15   | 16   | 17  | 18  | 19   | 20  | 21   |
| <p>9:45am Active Games (3<sup>rd</sup> fl)</p> <p>1:30pm Baking</p>  | <p>9:30am Step Up 1 class</p> <p>9:30am Strength &amp; Balance</p> <p>10:45am Step Up 2 class</p> <p><b>1:15pm Scenic Drive to Chinatown – Crab park @ Portside</b></p> <p>3:00pm Get Up class</p>   | <p>10:30am Nail Care (3<sup>rd</sup> fl)</p> <p>10:30am Worship with Vancouver Chinese Mission</p> <p><b>3:00pm Mah Jong</b></p>  | <p>9:30am Step-Up 1 class</p> <p>9:30am Exercise</p> <p>10:30am Music with Angela (3<sup>rd</sup>fl)</p> <p>10:45am Step-Up 2 class</p> <p><b>1:30pm Tzu Chi Karaoke</b></p> <p>2:30pm Music with Angela (2<sup>nd</sup>fl)</p> <p>3:00pm Get Up class</p>  | <p>10:30am Tzu Chi Program</p> <p>12:00pm Tzu Chi Lunch</p> <p><b>6:00pm Carpet Bowling</b></p>  | <p>9:30am Step Up 1 class</p> <p>9:30am Music with Angela (3<sup>rd</sup>fl)</p> <p>10:30am Music with Angela (2<sup>nd</sup> fl)</p> <p>11:15am Step-up 2 Class</p> <p>3:00pm Get Up Class</p>   | <p style="text-align: center;"><b>OKTOBERFEST BEGINS</b></p> <p>10:45am Oktoberfest Reminiscing</p> <p><b>2:00pm</b></p> <p style="text-align: center;">Saturday Social with entertainment by <i>Shawn Mckee</i></p> |
| 22   | 23   | 24  | 25  | 26   | 27  | 28   |
| <div style="text-align: center;">  </div>  | <p style="text-align: center;"><b>First Day of Autumn</b></p> <p>9:30am Step Up 1 class</p> <p>9:30am Strength &amp; Balance</p> <p>10:45am Step Up 2 class</p> <p>2:00pm Music with Pete (2<sup>nd</sup> Fl)</p> <p>3:00pm Get up class</p>                                 | <p>10:30am Nail Care (2<sup>nd</sup> fl)</p> <p>10:30am Worship with Vancouver Chinese Mission</p> <p>2:00pm Creative Corner – <b>OKTOBERFEST THEME</b></p> <div style="text-align: center;">  </div> | <p>9:30am Step-Up 1 class</p> <p>9:30am Exercise</p> <p>10:30am Music with Angela (3<sup>rd</sup>fl)</p> <p>10:45am Step-Up 2 class</p> <p><b>1:30pm Tzu Chi Karaoke</b></p> <p>2:30pm Music with Angela (2<sup>nd</sup>fl)</p> <p><b>2:30pm Resident and Family Forum</b></p> <p>3:00pm Get Up class</p> | <p>10:30am Tzu Chi Program</p> <p>12:00pm Tzu Chi Lunch</p> <p><b>6:00pm Carpet Bowling</b></p> <div style="text-align: center;">  </div> | <p>9:30am Step Up 1 class</p> <p>9:30am Active Games (3<sup>rd</sup> fl)</p> <p>9:30am Strength &amp; Balance</p> <p>9:30am Music with Angela (3<sup>rd</sup> fl)</p> <p><b>10:30am Catholic Mass</b></p> <p>10:45am Active Games (2<sup>nd</sup> fl)</p> <p>11:15am Step-up 2 Class</p> <p><b>1:15pm Scenic Drive to Finn Slough</b></p> <p><b>2:00pm MANDALAS AND MEDITATION</b></p> <p>3:00pm Get Up Class</p>   | <p>10:45am Current Events</p> <p><b>2:00pm</b></p> <div style="text-align: center;">  </div>                                    |
| 29   | 30   |   |   |  |   |  |
| <p>9:45am Active Games (3<sup>rd</sup> fl)</p> <p>1:30pm Baking</p>  | <p>9:30am Step Up 1 class</p> <p>9:30am Strength &amp; Balance</p> <p>10:45am Step Up 2 class</p> <p>3:00pm Get Up Class</p>   |   |   |  |   |  |

| SUNDAY   | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY  |
|--|---|---|--|---|---|---|
| <p>1</p> <p><u>11:00am</u> Active Games</p>  | <p>2</p>  <p>Happy Labour Day</p> <p>No Leisure Programs</p> | <p>3</p> <p><u>9:30am</u> Nail Care with Amanda</p> <p><u>10:30am</u> Worship with Vancouver Chinese Mission (on main floor)</p> <p><u>2:00pm</u> Arts &amp; Crafts Moon Festival Theme</p> | <p>4</p> <p><u>11:30pm</u> Patio Friendship Lunch (on main floor)</p> <p><u>1:30pm</u> Music with Angela</p> <p><u>2:45pm</u> Mah Jong</p>                                     | <p>5</p> <p><u>9:30am</u> Baking</p> <p><u>10:30am</u> Snack Social</p> <p><u>6:00pm</u> Carpet Bowling (on main floor)</p>   | <p>6</p> <p><u>9:30pm</u> Musical Visits with Angela</p> <p><u>10:45am</u> Exercise</p> <p><u>1:30pm</u> Music with Sterling</p> <p><u>2:00pm</u> Out for Coffee</p>  | <p>7</p> <p><u>9:30am</u> Creative Arts</p> <p><u>2:00pm</u> Grandparent's Day Social with Entertainment by Patricia Colletta (on main floor)</p> |
| <p>8</p> <p><b>National Grandparent's Day</b></p>  | <p>9</p> <p><u>10:45am</u> Gardening</p> <p><u>1:30pm</u> Music with Sterling</p>   | <p>10</p> <p><u>10:30am</u> Worship with Vancouver Chinese Mission (on main floor)</p> <p><u>2:00pm</u> Birthday Party with Lorraine Smith (on main floor)</p>                              | <p>11</p> <p><u>10:45am</u> Exercise</p> <p><u>1:30pm</u> Music with Angela</p> <p><u>2:45pm</u> Mah Jong</p>  | <p>12</p> <p><u>9:30am</u> Baking</p> <p><u>10:30am</u> Snack Social</p> <p><u>12:00pm</u> Moon Festival Tzu Chi Lunch for Residents &amp; Staff (on main floor)</p> <p><u>1:30pm</u> Music with Sterling</p> <p><u>6:00pm</u> Carpet Bowling (on main floor)</p> | <p>13</p> <p><u>10:30pm</u> Musical Visits with Angela</p> <p><u>10:30am</u> Moon Festival Evergreen Dancers (on main floor)</p> <p><u>10:45am</u> Lunch Outing to the Flamingo Restaurant</p> <p><u>1:30pm</u> Music with Sterling</p> | <p>14</p> <p><u>9:30am</u> Creative Arts</p> <p><u>2:00pm</u> BINGO (on Main Floor)</p>   |
| <p>15</p> <p><u>11:00am</u> Active Games</p>   | <p>16</p> <p><u>10:45am</u> Gardening</p> <p><u>1:30pm</u> Scenic Drive to Chinatown &amp; Crab Park at Portside</p>                          | <p>17</p> <p><u>10:30am</u> Worship with Vancouver Chinese Mission (on main floor)</p> <p><u>1:45pm</u> Birthday Party with Bob Collins</p>   | <p>18</p> <p><u>10:45am</u> Arts &amp; Crafts Country/Western Theme</p> <p><u>1:30pm</u> Music with Angela</p> <p><u>2:45pm</u> Mah Jong</p>                                   | <p>19</p> <p><u>9:30am</u> Baking – Country/Western Theme</p> <p><u>10:30am</u> Snack Social</p> <p><u>6:00pm</u> Carpet Bowling (on main floor)</p>  | <p>20</p> <p><u>12:00PM</u> GARDEN TERRACE COUNTRY WESTERN BBQ</p>    | <p>21</p> <p><u>9:30am</u> Oktoberfest Reminiscing</p> <p><u>2:00pm</u> Saturday Social with Shawn McKee (on main floor)</p>                      |
| <p>22</p>                                        | <p>23</p> <p><i>First day of Fall</i></p> <p><u>10:45am</u> Gardening</p> <p><u>1:30pm</u> Music with Peter</p>                               | <p>24</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> Fresh Air Walks</p>                                 | <p>25</p> <p><u>10:45am</u> Exercise</p> <p><u>1:30pm</u> Music with Angela</p> <p><u>2:30pm</u> Resident &amp; Family Forum (on main floor)</p> <p><u>2:45pm</u> Mah Jong</p> | <p>26</p> <p><u>9:30am</u> Baking</p> <p><u>10:30am</u> Snack Social</p> <p><u>6:00pm</u> Carpet Bowling (on main floor)</p>  | <p>27</p> <p><u>9:30pm</u> Musical Visits with Angela</p> <p><u>10:30am</u> Catholic Mass (on Main fl)</p> <p><u>10:45am</u> Exercise</p> <p><u>1:30pm</u> Scenic Drive to Finn Slough</p>  | <p>28</p> <p><u>9:30am</u> Brain Games</p> <p><u>2:00pm</u> BINGO (on Main Floor)</p>   |
| <p>29</p> <p><u>11:00am</u> Active Games</p>   | <p>30</p> <p><u>10:45am</u> Gardening</p>                  | <p>September Flower is the Aster</p>   | <p>September Birthstone is the Sapphire</p>   | <p>Happy Moon Festival September 13th</p>    |    |    |