

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	 GRANVILLE GARDENS	New Year's Day 1 10:30 🌿 Guided Meditation via Youtube [G] 11:00 😊 Chats with Teresa 2:00 🧠 Monday Matinee: New Years Eve [G] 7:00 🎮 Drop In Games	9:45 Go4Life Walking Club [L] 2 10:30 🌿 Rise 'n' Shine 'n' move [GR] 11:30 Lunch Outing: Continental Seafood Restaurant *Dim Sum [L] 2:30 🧠 New Year's Trivia 2.0 7:00 TV Series: The Crown [G]	10:30 ☀️ Gentle Fit [GR] 3 1:00 🧠 Chicago Style Bridge 2:00 Shopping Drop Off [L] 7:00 Classic Film [G]	9:45 Go4Life Walking Club [L] 4 10:30 Strength & Stretch [GR] 2:00 Scenic Drive	10:30 🌿 Oakridge Mall Walk with Meghan [L] 5 2:30 Special Prize Bingo [GR] 7:00 🎮 Drop In Games (Mahjong)	9:30 Bridge 6 11:00 🌿 Community Walk [L] 2:00 🌿 Neighbourhood Walks 7:00 🧠 Feature Film	
January Special Events Ukrainian Performance with Slava and Dancers Tuesday January 9th 7:00pm-8:00pm NEW *Art Program with Volunteer Parisa Monday's starting January 15th 7:00pm-8:00pm Birthday Bash and Welcome Tea Wednesday January 17th 3:30pm-4:30pm	10:30 ☀️ The Joy Of Chair Yoga DVD [L] 7 2:30 🎮 Bingo [GR] 7:00 🎮 Drop-in Games: Scrabble, Rummikub	10:30 🌿 Laughter Yoga [GR] 8 11:00 😊 Chats with Teresa 2:30 TED Talks [G] 7:00 🧠 Evening Documentary [G]	9:45 Go4Life Walking Club [L] 9 10:30 🌿 Mindful Guided Meditation via Youtube [G] 7:00 Ukrainian Performance with Slava and The Dancers	10:30 🌿 Chair Yoga with Sylvia [GR] 10 1:00 🧠 Chicago Style Bridge 2:00 Platinum Dental [GR] 3:00 Community walk with Jennifer [L] 7:00 Classic Film [G]	9:45 Go4Life Walking Club [L] 11 10:30 Strength & Stretch with Linda [GR] 2:30 Home Scents Mason Jars with Linda	10:30 Oakridge Mall walk with Meghan [L] 12 1:30 Shopping Drop Off [L] 3:30 Fireside Chat with Staff 7:00 🎮 Drop In Games (Mahjong)	9:30 Bridge 13 11:00 🌿 Community Walk [L] 2:00 🌿 Neighbourhood Walks 7:00 🧠 Feature Film	
	10:30 ☀️ The Joy Of Chair Yoga DVD [L] 14 2:30 🎮 Bingo [GR] 7:00 🎮 Drop-in Games: Scrabble, Rummikub	10:30 🌿 Bells and Balls [GR] 15 11:00 😊 Chats with Teresa 2:00 Shopping Drop Off [L] 2:30 TED Talks [G] 7:00 🧠 Progressive Art with Parisa	9:45 Go4Life Walking Club [L] 16 10:30 🌿 Rise 'n' Shine 'n' move [G] 1:30 Winter Matinee Movie in Vancouver [L] 7:00 TV Series: The Crown [G]	10:30 ☀️ Gentle Fit 17 10:30 🌿 Gentle Fit [GR] 1:00 🧠 Chicago Style Bridge 2:00 🎮 Resident Advisory Meeting [GR] 3:30 Birthday and Welcome Tea with The Suede Dogs 7:00 Classic Film [G]	9:45 Go4Life Walking Club [L] 18 10:30 Strength & Stretch [GR] 11:30 Costco Lunch Outing [L] 3:00 Groundworks Movement Class	10:30 🌿 Melodic Moves with Gail [GR] 19 2:30 Piano Bar with Gail 3:00 Musical Happy Hour 7:00 🎮 Drop In Games (Mahjong)	9:30 Bridge 20 11:00 🌿 Community Walk [L] 2:00 🌿 Neighbourhood Walks 7:00 🧠 Feature Film	
	10:30 ☀️ The Joy Of Chair Yoga DVD [L] 21 2:30 🎮 Bingo [GR] 7:00 🎮 Drop-in Games: Scrabble, Rummikub	10:30 🌿 Bells and Balls [GR] 22 11:00 😊 Chats with Teresa 2:30 Dancing Class with Faye Hung [GR] 2:30 TED Talks [G] 7:00 🧠 Progressive Art with Parisa	9:45 Go4Life Walking Club [L] 23 10:30 🌿 Rise 'n' Shine 'n' move [GR] 2:00 Shopping Drop Off 3:30 Winter Olympics Trivia 7:00 Simple Gifts Choir	10:30 🌿 Chair Yoga with Sylvia [GR] 24 1:00 🧠 Chicago Style Bridge 2:00 Outing to Mundy Park [L] 7:00 Classic Film [G]	9:45 Go4Life Walking Club [L] 25 10:30 Strength & Stretch [GR] 2:00 Tax Benefits for Seniors [GR] 3:30 Groundworks Movement Class	10:30 🌿 Melodic Moves with Gail [GR] 26 2:30 MUSICAL BINGO with Gail [GR] 7:00 🎮 Drop In Games (Mahjong)	9:30 Bridge 27 11:00 🌿 Community Walk [L] 2:00 🌿 Neighbourhood Walks 7:00 🧠 Feature Film	
	10:30 ☀️ The Joy Of Chair Yoga DVD [L] 28 2:30 🎮 Bingo [GR] 7:00 🎮 Drop-in Games: Scrabble, Rummikub	10:30 🌿 Bells and Balls [GR] 29 11:00 😊 Chats with Teresa 2:00 TED Talks [G] 2:30 Travel Slideshow to Puerto Morales, Mexico [GR] 7:00 🧠 Progressive Art with Parisa	9:45 Go4Life Walking Club [L] 30 10:30 🌿 Rise 'n' Shine 'n' move [GR] 2:00 Shopping Drop Off 7:00 TV Series: The Crown [G]	10:30 🌿 Gentle Fit [GR] 31 1:00 🧠 Chicago Style Bridge 2:00 Chef Chat and Education Series Featuring: Carrots [GR] 7:00 Classic Film [G]	Location Legend Garden Lounge (GL) Great Room (GR) Lobby (L) Fireplace Lounge (FL) Dining Room (DR) Games Room (G)			😊 Emotional 🧠 Intellectual 🌿 Physical 🎮 Purposeful 🎮 Social ☀️ Spiritual