

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			9:30 AM: Sit and Fit (Fitness Rm) 2:30 PM: Management/Resident Food Forum (Dining Room) 7:00 PM: Movie (Media Rm) 7:30 PM: Cards - Uno (Dining Rm)	9:30 AM: Get up and go (Fitness Rm) Arbutus Club event for 90+ 3:00 PM: Mystery Cards (Dining Rm)	9:30 AM: Stretch Fit (Fitness Rm) Room 10:30 AM: Ping Pong (Fitness Rm) 10:30 AM: VPL Books (Media Rm) 2:30 PM: Bridge (South Activity Room) 2:30 PM: Happy Hour & Trivia (Dining Room)	10:30 AM: Resident Run Fitness Fun & Games (Fitness Rm) 10:30 AM Scrabble (Media Room) 7:00 PM: Movie (Media Rm)
5	6	7	8	9	10	11
10:30 AM: Resident Run Fitness Fun & Games (Fitness Rm) 2:00 PM: Movie (Media Rm) 3:00 PM: Resident Run Bingo (Sth Act Rm) 6:15 PM: Hymn Sings (Chapel)	9:30 AM: Get up and go (Fitness Rm) 10:30 AM: Kraft Korner (Sth Act Rm) 10:30 AM: News & Views (Media Room) 2:15 PM: Resident Council Meeting (Private Dining Rm) 2:30 PM: Bridge (Sth Act Rm) 7:00 PM: Movie (Media Rm)	9:30 AM: Tai Chi (Fitness Rm) 10:00 AM: Catholic Mass (Chapel) 10:30 AM: Scrabble (Media Rm) 10:30 AM: London Drugs - Bus Outing 3:00 PM: Bingo (Sth Act Rm) 7:00 PM: Christian Fellowship (Chapel) 7:00 PM: Concert (Media Rm)	9:30 AM: Sit and Fit (Fitness Rm) 3:00 PM: Horse Racing (Dining Rm) 7:00 PM: Movie (Media Rm) 7:30 PM: Cards - Uno (Dining Rm)	9:30 AM: Get up and go (Fitness Rm) 9:30 AM: Medical/Banking 2:30 PM: Mystery Cards (Dining Rm)	9:30 AM: Stretch Fit (Fitness Rm) 10:30 AM: Ping Pong (Fitness Rm) 10:30 AM: - QE Park - Bus Outing 2:30 PM: Bridge (South Activity Room) 2:30 PM: Happy Hour & Music w/ Nadia Von Hahn - Songbird (Dining Room)	10:30 AM: Resident Run Fitness Fun & Games (Fitness Rm) 10:30 AM Scrabble (Media Room) 2:30 PM: Virtual Scenic Drive - Wonders of Scotland The Most Amazing Places in Scotland Trip Insight 7:00 PM: Movie (Media Rm)
12	13 Thanksgiving	14	15	16	17	18
10:30 AM: Resident Run Fitness Fun & Games (Fitness Rm) 2:00 PM: Movie (Media Rm) 3:00 PM: Resident Run Bingo (Sth Act Rm) 6:15 PM: Hymn Sings (Chapel)	10:30 AM: Kraft Korner (Sth Act Rm) 2:30 PM: Bridge (Sth Act Rm) 7:00 PM: Movie (Media Rm) 	9:30 AM: Tai Chi (Fitness Rm) 10:30 AM: Scrabble (Media Rm) 11:15 AM: - North Van Scenic Drive - Bus outing 3:00 PM: Bingo (Sth Act Rm) 7:00 PM: Concert (Media Rm)	9:30 AM: Sit and Fit (Fitness Rm) 10:00 AM: Blood Pressure & Weight (Media Room) 3:00 PM: Horse Racing (Dining Rm) 7:00 PM: Movie (Media Rm) 7:30 PM: Cards - Uno w/ St. Pat's Volunteers (Dining Rm)	9:30 AM: Get up and go (Fitness Rm) 11:30 AM: Lunch @ White Spot - Bus outing 3:00 PM: Mystery Cards (Dining Rm)	9:30 AM: Stretch Fit (Fitness Rm) 10:30 AM: Ping Pong (Fitness Rm) 2:30 PM: Bridge (South Activity Room) 2:30 PM: Oktoberfest Celebration - Pretzels & Beer (Dining Room) 	10:30 AM: Resident Run Fitness Fun & Games (Fitness Rm) 10:30 AM Scrabble (Media Room) 7:00 PM: Movie (Media Rm)
19	20	21	22	23	24	25
10:30 AM: Resident Run Fitness Fun & Games (Fitness Rm) 2:00 PM: Movie (Media Rm) 3:00 PM: Resident Run Bingo (Sth Act Rm) 6:15 PM: Hymn Sings (Chapel)	9:30 AM: Get up and go (Fitness Rm) 10:30 AM: Kraft Korner (Sth Act Rm) 10:30 AM: News & Views (Media Room) 2:30 PM: Bridge (Sth Act Rm) 7:00 PM: Movie (Media Rm)	9:30 AM: Tai Chi (Fitness Rm) 10:30 AM: Scrabble (Media Rm) 10:30 AM: Fall Prevention Presentation (Fitness Room) 3:00 PM: Bingo (Sth Act Rm) 7:00 PM: Christian Fellowship (Chapel) 7:00 PM: Concert (Media Rm)	9:30 AM: Sit and Fit (Fitness Rm) 3:00 PM: Horse Racing (Courtyard) 7:00 PM: Movie (Media Rm) 7:30 PM: Cards - Uno (Dining Rm)	9:30 AM: Get up and go (Fitness Rm) 9:30 AM: Medical/Banking 2:30 PM: Pumpkin Decorating (Sth Act Room)	9:30 AM: Stretch Fit (Fitness Rm) 10:30 AM: Ping Pong (Fitness Rm) 11:15 AM: Fall Leaves Scenic Drive - Bus Outing 2:30 PM: Bridge (South Activity Room) 2:30 PM: Happy Hour and music w/ The Suede Dogs (Dining Room)	10:30 AM: Resident Run Fitness Fun & Games (Fitness Rm) 10:30 AM Scrabble (Media Room) 2:30 PM: Virtual Scenic Drive - Wonders of Greece Greece's Most Beautiful Towns and Villages You Need to See trip insight 7:00 PM: Movie (Media Rm)
26	27	28	29	30	31 Halloween	
10:30 AM: Resident Run Fitness Fun & Games (Fitness Rm) 2:00 PM: Movie (Media Rm) 2:30 PM: Hawaiian Day - Waialele Wai Wai Hula Dance Group (Dining Room) 3:00 PM: Resident Run Bingo (Sth Act Rm) 7:00 PM: Hymn Sings (Chapel)	9:30 AM: Get up and go (Fitness Rm) 10:30 AM: Kraft Korner (Sth Act Rm) 1:15 PM: - Bloedel Conservatory - Bus outing 2:15 PM: Book Club (Private Din Rm) 2:30 PM: Bridge (Sth Act Rm) 7:00 PM: Movie (Media Rm)	9:30 AM: Tai Chi (Fitness Rm) 10:30 AM: Scrabble (Media Rm) 3:00 PM: Bingo (Sth Act Rm) 7:00 PM: Concert (Media Rm)	9:30 AM: Sit and Fit (Fitness Rm) 3:00 PM: Horse Racing (Courtyard) 7:00 PM: Movie (Media Rm) 7:30 PM: Cards - Uno (Dining Rm)	9:30 AM: Get up and go (Fitness Rm) 1:15 PM: Kingsgate Mall - Bus outing 3:00 PM: Mystery Cards (Dining Rm)	9:30 AM: Stretch Fit (Fitness Rm) 10:30 AM: Ping Pong (Fitness Rm) 10:30 AM: VPL Books (Media Rm) 2:30 PM: Bridge (South Activity Room) 2:30 PM: Halloween Dress Up Party (Dining Rm) 	