
















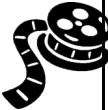














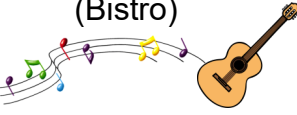









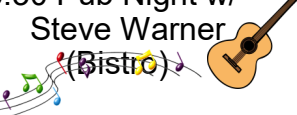




Swedish Assisted Living Residence

February 2019 Recreation and Wellness Program



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>"February makes a bridge and March breaks it."</i></p> <p><i>~ George Hebert</i></p> 		<p>HAPPY CHINESE NEW YEAR!</p>  <p>GUNG HEI FAT CHOY!</p>			<p style="text-align: right;">1</p> <p>2:00 Afternoon Exercise (2nd Floor)</p> <p>3:00 5 Pin Bowling (2nd Floor)</p> <p>4:00 Spelling Bee (2nd Floor)</p> <p>6:30 We Youth Help Burnaby North High School Concert (Bistro)</p> 	<p style="text-align: right;">2</p> <p>Board Games are Available all day in 2nd & 3rd Floor Activity Rooms</p> <p>2:00 Quarter Bingo w/ Irene (2nd Floor)</p>  <p>7:00 Crib Playing (3rd Floor)</p> <p>7:00 Netflix Pick (Living Room)</p>
<p style="text-align: right;">3</p> <p>2:00 Scrabble Sunday (2nd Floor)</p> <p>3:30 B/P Check (2nd Floor)</p> <p>7:00 Resident Pick Movie Night (Bistro)</p> 	<p style="text-align: right;">4</p> <p>9:15 News & Views (2nd Floor)</p> <p>9:30 Early Bird Exercise (2nd Floor)</p> <p>10:30 Trip To Vancouver Art Gallery</p>  <p>2:00 Armchair Travel To China (3rd Floor)</p> <p>3:00 Quarter Bingo (2nd Floor)</p> 	<p style="text-align: right;">5</p> <p>HAPPY CHINESE NEW YEAR</p> <p>9:15 Current Event (2nd Floor)</p> <p>9:30 Sit & Be Fit Exercise (2nd Floor)</p> <p>10:30 Food Forum (2nd Floor)</p> <p>2:00 Crossword Puzzle (3rd Floor)</p> <p>3:00 Making Of An Easy Chinese Dessert Chinese Almonds</p> <p>7:00 Crib Playing (3rd Floor)</p>	<p style="text-align: right;">6</p> <p>9:30 Current News (2nd Floor)</p> <p>9:45 Morning Exercise (2nd Floor)</p> <p>11:00 Catholic Service (2nd Floor)</p> <p>2:15 Burnaby Public Library Visit (2nd Floor)</p> <p>2:30 Birthday Celebration w/ Greg Hampson (3rd floor)</p>  	<p style="text-align: right;">7</p> <p>9:15 Current Events (2nd Floor)</p> <p>9:30 Strength & Balance Exercise (2nd Floor)</p> <p>1:30 Tuck Shop Thursday</p>  <p>2:00 Everyday Life Trivia (3rd Floor)</p> <p>3:00 MLA Katrina Chen (Meet and Greet) (3rd Floor)</p> <p>7:00 Crib Playing (3rd Floor)</p> 	<p style="text-align: right;">8</p> <p>9:15 Current Events (2nd Floor)</p> <p>9:30 Fun & Fitness Exercise (2nd Floor)</p> <p>10:30 Shopping Trip To Lougheed Mall</p>  <p>2:15 Price is Right (2nd Floor)</p> <p>3:15 Afternoon Sing A Long (3rd Floor)</p> 	<p style="text-align: right;">9</p> <p>Board Games are Available all day in 2nd & 3rd Floor Activity Rooms</p> <p>2:00 Quarter Bingo w/ Irene (2nd Floor)</p>  <p>7:00 Crib Playing (3rd Floor)</p> <p>7:00 Netflix Pick (Living Room)</p> 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10</p> <p>WELLNESS DAY</p> <p>2:00 Scrabble Sunday (3rd Floor)</p> <p>3:30 Temperature & Breathing Check (2nd Floor)</p> <p>7:00 Residents Pick Movie Night (3rd Floor)</p> 	<p>11</p> <p>9:15 News & Views (2nd Floor)</p> <p>9:30 Morning Exercise (2nd Floor)</p> <p>10:30 Scenic Drive To Belcarra Bay</p>  <p>2:00 Mind Jogger (3rd Floor)</p> <p>3:00 Quarter Bingo (2nd Floor)</p> 	<p>12</p> <p>9:15 Current Events (2nd Floor)</p> <p>9:30 Sit & Be Fit (2nd Floor)</p> <p>10:30 Activity Meeting (2nd Floor)</p> <p>2:00 5 Pin Bowling (2nd Floor)</p> <p>3:00 Hymn Sing (2nd Floor)</p> <p>7:00 Crib Playing (3rd Floor)</p>  	<p>13</p> <p>11:00 Catholic Service (2nd Floor)</p> <p>1:30 Valentines Card Making with Montecito Elem School Children (2nd Floor)</p> <p>3:00 Quarter Bingo (2nd Floor)</p> <p>6:30 Pre Valentine Pub Night w/ Rob Johnson (Bistro)</p>  	<p>14</p> <p>Valentines Day</p> <p>9:15 Current Event (2nd Floor)</p> <p>9:30 Strength & Balance (2nd Floor)</p> <p>10:30 Bean Bag Toss (2nd Floor)</p> <p>1:00 Tuck Shop</p> <p>2:00 Valentines Photo Booth For Photo Collage (Bistro)</p> <p>3:00 Cards Bingo (3F)</p> <p>7:00 Crib Playing (3rd Floor)</p>  	<p>15</p> <p>9:15 Current News (2nd Floor)</p> <p>9:30 Fun & Fitness (2nd Floor)</p> <p>10:30 Scenic Drive To Burnaby Mtn, Cate Park, Deep Cove</p>  <p>2:00 Sing-Along with Mashie (3rd Floor)</p> <p>3:00 Decorating Committee All Floors</p> <p>7:00 Netflix Evening (Living Room)</p>	<p>16</p> <p>Board Games are Available all day in 2nd & 3rd Floor Activity Rooms</p> <p>2:00 Quarter Bingo w/ Irene (2nd Floor)</p>  <p>7:00 Crib Playing (3rd Floor)</p> <p>7:00 Netflix Pick (Living Room)</p>
<p>17</p> <p>WELLNESS DAY</p> <p>2:00 Scrabble Sunday (3rd Floor)</p> <p>3:30 Blood Pressure Check (2nd Floor)</p> <p>7:00 Residents Pick Movie Night (3rd Floor)</p> 	<p>18</p> <p>HAPPY FAMILY DAY!</p> 	<p>19</p> <p>9:30 Current Events (2nd Floor)</p> <p>9:45 Sit & Be Fit Exercise (2F)</p> <p>1:30 Trip to Shadbolt Center For Art & Music</p>  <p>3:00 Quarter Bingo (2nd Floor)</p> <p>7:00 Crib Playing (3F)</p>	<p>20</p> <p>11:00 Catholic Service (2nd Floor)</p> <p>2:00 Afternoon Yoga (2nd Floor)</p> <p>3:00 Quarter Bingo (2nd Floor)</p> <p>6:30 Pub Night w/ Music Variations (Bistro)</p>  	<p>21</p> <p>9:30 News & Views (2nd Floor)</p> <p>9:45 Strength & Balance Exercise (2nd F)</p> <p>10:30 Trip To Alouette Lake</p>  <p>1:30 Tuck Shop Thursday</p>  <p>2:00 You Be the Judge (3rd Floor)</p> <p>3:00 Cards Bingo (3F)</p> <p>7:00 Crib Playing (3F)</p>	<p>22</p> <p>1:00 Afternoon Yoga (2nd Floor)</p> <p>2:00 Afternoon w/ Rory (Bistro)</p> <p>3:30 Ring Toss</p>  <p>6:30 Chinese Dance Demonstration With Jessica Yue</p> 	<p>23</p> <p>Board Games are available all day in 2nd & 3rd Floor Activity Rooms</p> <p>2:00 Quarter Bingo w/ Irene (2nd Floor)</p>  <p>7:00 Crib Playing (3rd Floor)</p> <p>7:00 Netflix Pick (Living Room)</p>
<p>24</p> <p>WELLNESS DAY</p> <p>2:00 Scrabble Sunday (2nd Floor)</p> <p>3:30 Oxygen Saturation Check (2nd Floor)</p> <p>7:00 Residents Pick Movie Night (3rd Floor)</p> 	<p>25</p> <p>9:15 Current Events (2nd Floor)</p> <p>9:30 Early Morning Exercise (2nd Floor)</p>  <p>10:30 Scenic Drive To Stanley Park</p>  <p>2:00 Crossword Puzzle (2F)</p> <p>3:00 Quarter Bingo (3F)</p>	<p>26</p> <p>9:15 Current News (2nd Floor)</p> <p>9:30 Early Morning Exercise (2nd Floor)</p> <p>10:30 Spiritual Time with Pastor Suzanne (2nd Floor)</p> <p>2:00 Spelling Bee (3F)</p> <p>3:00 Family Feud (3F)</p> <p>7:00 Crib Playing (3F)</p>	<p>27</p> <p>11:00 Catholic Service (2nd Floor)</p> <p>2:00 Mind Jogger (2nd Floor)</p> <p>3:00 Quarter Bingo (2nd Floor)</p> <p>6:30 Pub Night w/ Steve Warner (Bistro)</p>  	<p>28</p> <p>9:15 Current Events (2F)</p> <p>9:30 Strength & Balance Exercise (2nd Floor)</p> <p>10:30 Lunch Outing To Greek Taverna</p>  <p>1:30 Tuck Shop Thursday</p>  <p>2:00 You Be D'Judge(3F)</p> <p>3:00 Cards Bingo (3F)</p> <p>7:00 Crib Playing (3F)</p>	