




















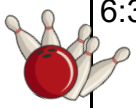










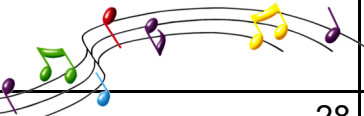












Swedish Assisted Living Residence

November 2018 Recreation and Wellness Program

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p style="text-align: center;">It's time to "Fall Back!" Daylight Savings Time</p>	<p style="text-align: center;">It's time to "Fall Back!" Daylight Savings Time</p> 			<p style="text-align: right;">1</p> <p>9:15 Flu Clinic (2nd F) 9:15 Current Events (3rd Floor) 9:30 Early Bird Exercise (3rd Floor) 10:30 Activity Meeting (2nd F) 1:30 Tuck Shop Thursday  2:30 November Birthday Celebration (Bistro) 7:30 Crib Playing (3rd Floor) </p>	<p style="text-align: right;">2</p> <p>9:00 News & Views (2nd Floor) 9:15 Strength & Balance Exercise (2nd Floor) 10:00 Scenic Drive to Stanley Park  2:30 Afternoon w/ Ivan & Maureen (Bistro) </p>	<p style="text-align: right;">3</p> <p>Board Games are Available all day in 2nd & 3rd Floor Activity Rooms  2:00 Quarter Bingo w/ Irene (2nd Floor) 6:30 Netflix Pick (Living Room)  7:30 Crib Playing (3rd Floor)</p>
<p>WELLNESS DAY 4</p> <p>Daylight Saving Time</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 (Bistro) </p>	<p style="text-align: right;">5</p> <p>9:15 Current News (2nd Floor) 9:30 Sit & Be Fit Exercise (2nd F) 10:00 Fall Scenic Drive & Lunch Outing to Fort Langley  2:00 Crossword Puzzle (3rd Floor) 3:00 Quarter Bingo (2nd Floor) </p>	<p style="text-align: right;">6</p> <p>9:15 News & Views (2nd Floor) 9:30 Early Bird Exercise (2nd F) 10:30 Food Forum (2nd Floor) 1:30 Spelling Bee (3rd Floor) 2:15 Burnaby Public Library Visit (2F) 2:30 Cards Bingo (3rd Floor)  3:30 Hymn Sing (3rd Floor)</p>	<p style="text-align: right;">7</p> <p>11:00 Catholic Service (2nd Floor) 2:00 Afternoon Yoga (2nd Floor) 3:00 Quarter Bingo (2nd Floor)  6:30 Pub Night w/ Parsons (Bistro) </p>	<p style="text-align: right;">8</p> <p>9:30 Current Events (2nd Floor) 9:45 Morning Exercise (2nd Floor) 10:30 Montecito ElemSch Remembrance Day Assembly  1:30 Tuck Shop Thursday 2:30 Fall Prevention Presentation (Bistro) 3:30 Fall Prevention Game (Bistro) 7:30 Crib Playing (3rd Floor)</p>	<p style="text-align: right;">9</p> <p>9:15 News & Views (2nd Floor) 9:30 Strength & Balance Exercise (2nd F) 10:30 Bowling at Zone Coquitlam  2:00 Sing A Long w/ Mashie (Bistro)  3:00 Bazaar Pricing/ Planning (3rd Floor)</p>	<p style="text-align: right;">10</p> <p>Board Games are Available all day in 2nd & 3rd Floor Activity Rooms  2:00 Quarter Bingo w/ Irene (2nd Floor) 6:30 Netflix Pick (living Room)  7:30 Crib Playing (3rd Floor)</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>WELLNESS DAY 11</p> <p>REMEMBRANCE DAY 2:00 Scrabble Sunday (2nd Floor) 3:30 Temperature Check (2nd Floor) 7:00 Residents Pick Movie Night (Bistro)</p> 	<p>12</p> <p>2:00 Netflix Afternoon (Living Room)</p> <p>REMEMBRANCE DAY</p> <p>LEST WE FORGET</p> 	<p>13</p> <p>9:15 News & Views (2nd Floor) 9:30 Sit & Be Fit Exercise (2nd F) 10:30 Lunch Outing to Cockney Kings 2:00 Indoor Bocce (2nd Floor) 3:00 Cards Bingo (3rd Floor) 7:30 Crib Playing (3rd Floor)</p> 	<p>14</p> <p>11:00 Catholic Service (2nd Floor) 2:00 Afternoon Yoga (2nd Floor) 3:00 Quarter Bingo (2nd Floor) 6:30 Pub Night w/ Steve Warner (Bistro)</p>  	<p>15</p> <p>9:00 Current Events (2nd Floor) 9:15 Early Morning Exercise (2nd Floor) 10:30 Scenic Drive to Cypress Mtn 1:30 Tuck Shop Thursday 2:00-4:00 Ornament Making w/ Adam (2nd Floor)</p>  	<p>16</p> <p>9:15 News & Views (2F) 9:30 Strength & Balance Exercise (2nd F) 10:30 Bazaar Planning (3rd Floor) 2:30 Afternoon w/ Ivan & Maureen (3rd F) 3:30 Holiday Decorating (1st & 3rd Floors)</p>	<p>FAMILY DAY 17</p> <p>Board Games are available all day in 2nd & 3rd Floor activity Rooms</p> <p>2:00 Quarter Bingo w/ Irene (2nd Floor) 6:30 Netflix Pick (Living Room) 7:30 Crib Playing (3rd Floor)</p> 
<p>WELLNESS DAY 18</p> <p>2:00 Scrabble Sunday (2nd floor) 3:30 Blood Pressure Check (2nd floor) 7:00 Residents Pick Movie Night (Bistro)</p> 	<p>19</p> <p>9:15 News & Views (2nd Floor) 9:30 Early Bird Exercise (2nd Floor) 10:30 Shopping Trip to Coquitlam Center 2:00 Crossword Puzzle (Bistro) 3:00 Quarter Bingo (2nd Floor)</p>  	<p>20</p> <p>9:30 Current News (2nd Floor) 9:45 Sit & Be Fit Exercise (2nd F) 10:30 Coffee & Tea Time w/ Pastor Suzanne (2nd F) 2:00 Bazaar Planning (Baking Corner 2nd F) 7:30 Crib Playing (3rd Floor)</p> 	<p>21</p> <p>11:00 Catholic Service (2nd Floor) 2:00 Afternoon Yoga (2nd Floor) 3:00 Quarter Bingo (2nd Floor) 6:30 Movember Pub Night w/ Rob Johnson (Bistro)</p>  	<p>22</p> <p>9:30 Current Event (2nd Floor) 9:45 Morning Exercise (2nd Floor) 1:30 Tuck Shop Thursday 2:00-4:00 Art Class w/ Adam (2nd Floor) 7:30 Crib Playing (3rd Floor)</p>  	<p>23</p> <p>9:15 News & Views (2nd Floor) 9:30 Fun & Fitness Exercise (2nd F) 10:30 Lunch Outing to White Spot 2:00 Bazaar Preparation Afternoon (3rd Floor) 7:00 Netflix Evening (Living Room)</p> 	<p>24</p> <p>BAZAAR 10 AM TO 4 PM BISTRO</p> <p>6:00 We Youth Group Concert (Bistro)</p> 
<p>WELLNESS DAY 25</p> <p>2:00 Scrabble Sunday (2nd Floor) 3:30 Oxygen Saturation Check (2nd Floor) 7:00 Residents Pick Movie Night (Bistro)</p> 	<p>26</p> <p>9:30 Current Event (2nd Floor) 9:45 Sit & Be Fit Exercise (2nd Floor) 1:00 Trip to End of the Line in NorthVan</p> 	<p>27</p> <p>9:30 News & Views (2nd Floor) 9:45 Morning Exercise (2nd Floor) 11:30 Shadbolt Concert 2:00 Word Joggers (3rd Floor) 3:00 Quarter Bingo (2nd Floor)</p> 	<p>28</p> <p>11:00 Catholic Service (2nd Floor) 2:00 Afternoon Yoga (2nd Floor) 3:00 Quarter Bingo (3rd Floor) 6:30 Pub Night w/ Pete Mason (3rd Floor)</p> 	<p>29</p> <p>9:30 Current News (2nd Floor) 9:45 Morning Exercise (2nd Floor) 1:30 Tuck Shop Thursday 2:00 Bananagram (2nd Floor) 3:00 Hymn Sing (2nd Floor)</p>  	<p>30</p> <p>2:00 Netflix Afternoon (Living Room)</p> 