

February 2018 Activities



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>CALENDAR PROGRAMMING</p> <p>LEGEND</p> <p>Bus Trips - RED</p> <p>1st Floor Programs- BLUE</p> <p>2nd Floor Programs-BLACK</p>			<p>1</p> <p>10:30 PARC FIT Video</p> <p>7:00 Ukulele Ensemble Performance</p> <p>7:15 Meditation with Betty</p>	<p>2</p> <p>10:30 Grey Matters with Danya</p> <p>1:30 VCMT Student Massages</p> <p>2:30 PARC FIT Video</p> <p>7:00 Cribbage</p>	<p>3</p> <p>10:30 PARC FIT Video (Stretch)</p> <p>3:00 TV Room — Impressionist Art Video with Betty</p>
<p>4</p> <p>10:30 Sit and Be Fit Video -Osteoporosis Workout</p> <p>7:00 TV Room Movie— Resident Choice The Crown</p>	<p>5</p> <p>10:30 PARC FIT Video (Stretch)</p> <p>10:30 Painting with Pat</p> <p>2:00 Jokers are Wild</p> <p>6:45 Bridge</p>	<p>6</p> <p>9:30 Bus Trip to Capilano Mall</p> <p>10:00 Hear at Home</p> <p>10:30 Chair Yoga with Jie</p> <p>1:00 Afternoon Scenic Drive</p> <p>2:00 Needleworking Group</p> <p>7:00 Inspirational Service with Chaplain Dan</p>	<p>7</p> <p>10:30 PARC FIT video</p> <p>10:30 Safe-T—Brella Sale Lobby</p> <p>2:00 Creative Expressions Art —Queen of Hearts</p> <p>2:00 Scrabble</p> <p>7:00 Bingo</p>	<p>8</p> <p>10:00 Foot Care with Ruba</p> <p>10:30 Zumba Gold with Karen</p> <p>12:45 Bus Trip Tea & Trumpets— Musical Legends</p> <p>7:15 Meditation with Betty</p>	<p>9</p> <p>10:30 PARC FIT Video</p> <p>1:30 VCMT Student Massages</p> <p>7:00 Cribbage</p>	<p>10</p> <p>10:30 PARC FIT Video (Stretch)</p> <p>3:00 Camille Harp Entertainment</p>
<p>11</p> <p>10:30 Sit and Be Fit Video -Osteoporosis Workout</p> <p>2:00 Newsletter Meeting with Samantha</p> <p>7:00 TV Room Movie— Resident Choice The Crown</p>	<p>12</p> <p>10:30 PARC FIT Video (Stretch)</p> <p>2:00 Jokers are Wild</p> <p>6:45 Bridge</p> <p style="text-align: center;">FAMILY DAY</p>	<p>13</p> <p>10:30 PARC Fit Video</p> <p>10:30 Bring your own Device -GLUU Technology</p> <p>2:00 Needleworking Group</p> <p>2:00 Tell us your Summerhill Story with Lorna & Cindy</p> <p>3:30 Floor Curling</p>	<p>14</p> <p>9:30-3 PARC FIT with Hiroe</p> <p>10:30 PARC FIT Video</p> <p>11:30 Lunch Outing— Dai Tung Chinese</p> <p>2:00 Scrabble</p> <p>7:00 Bingo</p> <p>Happy Valentines Day!</p>	<p>15</p> <p>10:30 PARC FIT Video</p> <p>6:00-7:30 Saul Berson Jazz Trio - Mardi Gras Pub Night</p> <p>7:15 Meditation with Betty</p>	<p>16</p> <p>10:30 PARC FIT Video</p> <p>1:30 VCMT Student Massages</p> <p>7:00 Cribbage</p> <p>Happy Chinese New Year!</p>	<p>17</p> <p>10:30 Seated Yoga with Eleanor</p> <p>2:00 Student Piano Recital</p> <p>2:30 St. John— Dog Visits with Juno</p>
<p>18</p> <p>10:30 Sit and Be Fit Video -Osteoporosis Workout</p> <p>7:00 TV Room Movie— Resident Choice The Crown</p>	<p>19</p> <p>9:30-3 PARC FIT with Hiroe</p> <p>10:30 PARC FIT Video (Stretch)</p> <p>10:30 Painting with Pat</p> <p>2:00 Birthday Party with John Cronin</p> <p>3:15 Jokers are Wild</p> <p>6:45 Bridge</p>	<p>20</p> <p>10:30 PARC Fit Video</p> <p>2:00 Needleworking Group</p> <p>2:30 The Summerhill Resident Update Meeting</p> <p>7:00 Inspirational Service with Chaplain Dan</p>	<p>21</p> <p>9:30-3 PARC FIT with Hiroe</p> <p>10:15 Casino Trip</p> <p>2:00 Scrabble</p> <p>2:30 PARC Fit Fitness Class with Hiroe</p> <p>7:00 Bingo</p>	<p>22</p> <p>10:00 Foot Care with Ruba</p> <p>10:30 Zumba Gold with Karen</p> <p>3:00 Brain Games with Alli</p> <p>7:15 Meditation with Betty</p>	<p>23</p> <p>10:00 Morning Scenic Drive</p> <p>10:30 PARC FIT Video</p> <p>1:00 Bus Trip to Capilano Mall</p> <p>1:30 VCMT Student Massages</p> <p>7:00 Cribbage</p>	<p>24</p> <p>10:00 Tradex Abbotsford Pet Lovers Show</p> <p>10:30 PARC FIT Video (Stretch)</p> <p>2:30 The Summerhill Book Club Meeting</p> <p>3:00 TV Room — Impressionist Art Video with Betty</p>
<p>25</p> <p>10:30 Sit and Be Fit Video -Osteoporosis Workout</p> <p>7:00 TV Room Movie— Resident Choice The Crown</p>	<p>26</p> <p>9:30-2 PARC FIT with Hiroe</p> <p>10:30 PARC FIT Video (Stretch)</p> <p>11:30 Lunch Cheshire Cheese and Lonsdale Quay</p> <p>2:00 Jokers are Wild</p> <p>6:45 Bridge</p>	<p>27</p> <p>10:30 PARC FIT Video</p> <p>10:30 Bring your own Device -GLUU Technology</p> <p>2:00 Needleworking Group</p> <p>2:00 Chat about your Dining Experience with Lorna & Cindy</p> <p>3:30 Floor Curling</p>	<p>28</p> <p>9:30-3 PARC FIT with Hiroe</p> <p>2:00 Scrabble</p> <p>2:30 PARC Fit Fitness Class with Hiroe</p> <p>7:00 Bingo</p>			