

**SUNDAY**

**MONDAY**

















**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

<p><b>February Is Heart Awareness month</b> Join Us for Steady Steps w/ Mylene, Stretch &amp; Relax w/ Hiroe, Chair Yoga w/ Hillary &amp; Meditation w/ Linda</p>	<p><b>Anti- Bullying Month</b> "Never look down on someone unless you are helping them up"</p>	<p>"Be an encourager. The world has plenty of critics already"- Dave Willis.Org</p>	<p><b>Friendship Month</b> </p>	<p><b>1 Bus Sign up Day</b> 7:00 - 1 PARC Fit Strength <b>8:30 BUS SIGN UP (BI)</b> 9:30 - 2:00 Bus Shuttle  <b>10:00 Library visit (FR)</b> 2:15 Knitting-For-A-Cause (FR) 7:15 Skip- Bo (BI)</p>	<p><b>2</b> 7:00 - 1 PARC Fit Strength  10:00 PARC Fit Achievement 2:15 Bingo (FR) 3:30 Mulberry Crafting &amp; Arts (LL) 4:30 Piano with Edward (LO) 7:15 Cribbage (BI)</p>	<p><b>3 Footcare with Ruba</b> <b>9:30 Scenic Drive with Tony</b> 10:00 Fitness DVD (FR) 10-12 Tech Easy Support (BC) 2:00 Bean Bag Toss (FR) 7:15 Movie Night TBA (FR) 7:15 Yahtzee (BI)</p>
<p><b>4</b> 10:00 All Games (Bi) 1:00 Computers Zijun (BC) 2:15 Afternoon Movie (FR) 7:15 Series: The Crown 7:15 Whist (BI)</p>	<p><b>5</b>  9:30 - 2 Bus Shuttle 10:00 Steady Steps Mylene (FR) 2:15 Chair yoga (FR) <b>3:30 "Life Story" Creative piece (Residents welcome) (FR)</b> 7:15 Bingo (FR)</p>	<p><b>6</b> 7:00-1 PARC Fit Strength 10:00 Grey Matter / Trivia (FR) <b>2:00 Meditation w/ Linda (LL)</b> <b>2:00 Gluu Tech Ipad Tour (FR)</b> <b>3:30 "Life Story" Creative piece (Residents welcome) (LL)</b> 7:15 Rummoli (BI)</p>	<p><b>7 MILK PICK UP DAY</b> <b>4:15 Dinner Outing to JOEYS Restaurant in Coquitlam</b> 7:15 Bridge (BI) 7:30 Inspirational Time (FR)</p>	<p><b>8</b> 7:00 - 1 PARC Fit Strength 9:30 - 12:00 Bus Shuttle 10:00 Steady Steps Sandy  <b>12:15 Tea &amp; Trumpets Outing</b> 2:00-3:00 Jubilee United Church Bible Study (LL) 2:15 Knitting-For-A-Cause &amp; Mulberry Crafting &amp; Arts (FR) 7:15 Skip- Bo (BI)</p>	<p><b>9</b> 7:00 - 1 PARC Fit Strength 10:00 Mulberry Singers (FR) 2:15 Bingo (FR) 4:00 Flower arranging (BI) 7:15 Cribbage (BI) <b>7:15 "Grease" Sing-a-long, snacks &amp; pub w/ Barb &amp; John</b></p>	<p><b>10</b> <b>9-10:00 Ear Clinic w/ Bev (BI)</b> 10:00 Fitness DVD (FR) 10-12 Tech Easy Support (BC) 2:00 Bean Bag Toss (FR) 7:15 Movie Night TBA (FR) 7:15 Yahtzee (BI)</p>
<p><b>11</b> 10:00 All Games (Bi) 1:00 Computers Zijun (BC) 2:15 Afternoon Movie (FR) 7:15 Series : The Crown 7:15 Whist (BI)</p>	<p><b>12 Happy Family Day</b>  <b>12:30 Munchies and "Their Finest" Movie at Bonsor Community centre</b></p>	<p><b>13</b> 7:00-1 PARC Fit Strength 10:00 Steady Steps Mylene 2:15 Chair Volleyball (FR) 2:00 Meditation w/ Linda (LL) <b>7:15 Valentine's Special w/ Allison Berry &amp; Mulberry singers cocktail hour</b></p>	<p><b>14 MILK PICK UP DAY</b>  10:00 Steady Steps Mylene (FR) 2:15 Resident Meeting (FR) 7:15 Bridge (BI)</p>	<p><b>15</b> 7:00 - 1 PARC Fit Strength  9:30 - 2:00 Bus Shuttle <b>10:00 Social Connectedness Presentation by COSCO (FR)</b> 2:15 Knitting-For-A-Cause (FR) <b>7:15 "Joie de vivre" Valentine's Day Dance &amp; Pub w/ Suede Dogs (FR)</b></p>	<p><b>16 Chinese New Year</b>  7:00-1 PARC Fit Strength 10:00 Stretch &amp; Relax w/ Hiroe <b>11:30 Lunch Outing to "Pink Pearl" Restaurant</b>  4:30 Piano with Edward (LO) 7:15 Cribbage (BI)</p>	<p><b>17 Footcare with Ruba</b> 10:00 Fitness DVD (FR) 10-12 Tech Easy Support (BC) 2:00 Bean Bag Toss (FR) 7:15 Movie Night TBA (FR) 7:15 Yahtzee (BI)</p>
<p><b>18</b> 10:00 All Games (Bi) 1:00 Computers w/ Zijun (BC) <b>2:15 Anglican Church (FR)</b> 7:15 Series : The Crown 7:15 Whist (BI)</p>	<p><b>19</b>  9:30 - 2 Bus Shuttle 10:00 Steady Steps Mylene (FR) 2:15 Chair yoga (FR) <b>3:30 Chinese New Year Presentation &amp; Dance with Jessica (FR)</b> 7:15 Bingo (FR)</p>	<p><b>20</b>  7:00-1 PARC Fit Strength <b>1:30 Outing to Starlight Casino in New Westminster</b> 2:00 Meditation w/ Linda (LL) 3:30 Billiard Matches (LI) 7:15 Rummoli (BI)</p>	<p><b>21 MILK PICK UP DAY</b> 10:00 Steady Steps Mylene (FR) 2:15 Mulberry Crafting (LL) 4:45 Captain's Table 7:15 Bridge (BI) 7:30 Inspirational Time (FR)</p>	<p><b>22</b>  7:00-1PARC Fit Strength 9:30 - 2:00 Bus Shuttle <b>10:00 Coffee Chat w/ Ray (FR)</b> 2:00-3:00 Jubilee United Church Bible Study (LL) 2:15 Knitting-For-A-Cause (FR) <b>4:00 "I Love Lucy" Cocktail Hour (FR)</b> 7:15 Skip- Bo (BI)</p>	<p><b>23</b> 7:00-1 PARC Fit Strength 10:00 Mulberry Singers (FR) <b>10:30 Charlie's Chocolate Factory Tour Outing</b> 2:15 SUPER BINGO (FR) 3:30 Pet Visits 7:15 Cribbage (BI) </p>	<p><b>24</b> 10:00 Fitness DVD (FR) 10-12 Tech Easy Support (BC) <b>1-3 Blood Pressure Clinic with our Nurse Bev (BI)</b> 2:00 Bean Bag Toss (FR) 7:15 Movie Night TBA (FR) 7:15 Yahtzee (BI)</p>
<p><b>25</b> <b>9:30 Manicures/pedicures w/ Mojo Mobile Spa</b> 1:00 Computers w/ Zijun (BC) 2:00 Bean Bag Toss (FR) 2:15 Afternoon Movie (FR) 7:15 Series: The Crown 7:15 Whist (BI)</p>	<p><b>26</b>  9:30 - 2 Bus Shuttle 10:00 Steady Steps Mylene (FR) <b>2:15 New Resident Meeting (LI)</b> 2:15 Chair yoga (FR) <b>3:45 Calendar update meeting with Mylene (FR)</b> 7:15 Bingo (FR)</p>	<p><b>27</b> 7:00-1 PARC Fit Strength 10:00 Grey Matter / Trivia (FR) 10-12 Hearing Clinic Jamie (BC) <b>11:30 Bonsor Activities Programs Presentation w/ Michelle (FR)</b> 2:00 Meditation w/ Linda (LL) 2:15 Chair Volleyball (FR) 7:15 Rummoli (BI)</p>	<p><b>28 MILK PICK UP DAY</b> 10:00 Steady Steps Mylene <b>2:15 Birthday Party w/ Bill Dobinson</b> 7:15 Bridge (BI) <b>PINK SHIRT DAY</b> </p>	<p><b>ROOM KEY</b> BC = BUSINESS CENTRE BI = BISTRO LI = LIBRARY FR = FRASER ROOM LL = LOUGHEED LOUNGE LO = LOBBY RR = FITNESS ROOM</p>	<p><b>Hair Salon with Anna</b> • <b>Massage with Tanner</b> • <b>Footcare with Ruba</b> • <b>Manicures/Pedicures with Mojo Mobile Spa</b> <b>Book your appointments at the front desk</b></p>	<p><b>Bus Trip &amp; Shuttle service</b> <b>Look for this symbol</b> </p>

**Health & Wellness Talk:**

**BUS TRIPS**

**Monthly Highlights**

“All about me” creative collage  
Group