



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>ROOM KEY BC = BUSINESS CENTRE BI = BISTRO LI = LIBRARY FR = FRASER ROOM LL = LOUGHEED LOUNGE LO = LOBBY PDR = PRIVATE DINING ROOM RR = FITNESS ROOM</p>		<p>Happy holidays to all Mulberry residents and family. I hope this time of year brings warmth & happiness. Please join us for our new baking programs to enjoy together!!</p>	<p>If you still haven't heard about AQUASOLES please come and check them out on December 18th on the second floor between 2:00pm & 4:00pm for a test walk.</p>		<p>1 8:30 Bus Trip Sign Up (BI) 7:00 PARC Fit Strength 10:00 Stretch & Relax Hiroe 10:30 Christmas decorating (LO) 2:00 BINGO (FR) 3:30 Pet Therapy Intro (FR) 4:30 Piano with Edward (LO) 7:15 Cribbage (BI)</p>	<p>2 10:00 Fitness DVD (FR) 10-12 Tech Easy Support (BC) 2:00 to 4:00 ART w/ KAT (FR) 7:15 Movie Night "Miracle on 34th Street" 7:15 Yahtzee (BI)</p>
<p>3 10:00 Wii Bowling (FR) 1:00 Computers w/ Zijun (BC) 1:45 Vancouver Welsh Men's Choir @ Massey Theatre 2:00 Ping Pong 3:00 Sunday Movie Matinee 7:15 Series: Mr. Selfridge (FR) 7:15 Whist (BI)</p>	<p>4 9:30 - 2 Bus Shuttle 10:00 Steady Steps Mylene (FR) 2:15 Chair Yoga with Hillary 3:30 Calendar Update Meeting with Mylene (FR) 7:15 Bingo (FR)</p>	<p>5 7:00 PARC Fit Strength 10:00 Grey Matters with Mylene (FR) 1:30 Bus Trip to the Grand Villa Casino 2:00-3:00 Jubilee United Church Bible Study (FR) 7:15 Rummoli (BI)</p>	<p>6 MILK PICK UP DAY 10:00 Steady Steps Mylene (FR) 2:15 Resident Meeting (FR) 3:30 Skip- Bo (FR) 3:45 Baking with Mylene meeting (BI) 7:15 Bridge (BI) 7:30 Inspirational Time (FR)</p>	<p>7 7:00 PARC Fit Strength 9:30 - 2:00 Bus Shuttle 10:00 Documentary "Christmas Cracker" (FR) 11-2:00 Fifth Ave Jewelry (Li) 2:15 Knitting-For-A-Cause & Mulberry Crafters (FR) 7:15 Scrabble (FR)</p>	<p>8 7:00 PARC Fit Strength 10:00 Mulberry Singers with Barb & Sue (FR) 2:00 BINGO (FR) 3:30 Cocktail Hour & "I Love Lucy" on screen (FR) 7:15 Cribbage (BI)</p>	<p>9 Footcare with Ruba 9-10:00 Ear Clinic w/ Bev (BI) 10:00 Fitness DVD (FR) 10-12 Tech Easy Support (BC) 1:30 Singing Christmas Tree at Broadway Church 7:15 Movie Night (FR) "Tree Man" 7:15 Yahtzee (BI) </p>
<p>10 11:00 & 1:00 Christmas Brunch seating w/ Jennifer Lauren 1:00 Computers w/ Zijun (BC) 7:15 Series: Mr. Selfridge (FR) 7:15 Whist</p>	<p>11 9:30 - 2 Bus Shuttle 10:00 Steady Steps Mylene (FR) 11:00 St-Thomas More Choir (FR) 2:15 Chair Yoga with Hillary (FR) 3:30 All Games (FR) 7:15 Bingo (FR)</p>	<p>12 7:00 PARC Fit Strength 10:00 Baking w/ Mylene (BI) 2:15 Chair Volleyball 11:15 Lunch at the Boathouse New West Quay 6:00 VanDusen Gardens Festival of lights 7:15 Rummoli (BI) </p>	<p>13 MILK PICK UP DAY 10:00 Steady Steps Mylene (FR) 2:00 Christmas Hampers (FR) 7:15 Bridge (BI) WEAR YOUR CHRISTMAS SWEATER DAY </p>	<p>14 7:00 PARC Fit Strength 9:30 - 2:00 Bus Shuttle 10:00 Presentation on "Pedestrian Safety" by Cosco Seniors Health & Wellness 2:15 Knitting-For-A-Cause & Mulberry Crafters (FR) 7:15 Scrabble</p>	<p>15 7:00 PARC Fit Strength 9:15 Mystery Drive w/ Tony 10:00 Stretch & Relax with Hiroe 2:00 BINGO (FR) 3:30 Pet Therapy (FR) 4:30 Piano with Edward (LO) 7:15 Cribbage (BI)</p>	<p>16 Footcare with Ruba 10:00 Fitness DVD (FR) 10-12 Tech Easy Support (BC) 2:00 Magnificat Choir (FR) 7:15 Yahtzee (BI) 7:15 Movie Night (FR) "White Christmas"</p>
<p>17 9:30 Manicures/pedicures w/ Mojo Mobile Spa 1:00 Computers w/ Zijun (BC) 2:15 Anglican Church Svc (FR) 3:00 Sunday Movie Matinee 2:30 VSO "A Traditional Christmas" @ Michael J Fox 7:15 Whist 7:15 Series: Mr. Selfridge (FR)</p>	<p>18 9:30 - 2 Bus Shuttle 10:00 Steady Steps Mylene (FR) 2:00-4pm Aquasoles (LI) 2:15 New Resident Meeting 3:00 Egg Nog & Christmas Music pub W/ The Mulberry Singers (BI & FR) 7:15 Bingo (FR) </p>	<p>19 7:00 PARC Fit Strength 10-12 Hearing Clinic w/ Jamie (BC) 3:30-4:30 Christmas Pub w/ Brian Gimbel 7:00 Christmas Lights Tour with Brian 7:15 Rummoli (BI) 7:30 Inspirational Time (FR)</p>	<p>20 MILK PICK UP DAY 10:00 Steady Steps Mylene (FR) 2:15 Baking w/ Mylene (BI) 3:30 Skip- Bo (FR) 7:00 Christmas Lights Tour with Tony 7:15 Bridge (BI)</p>	<p>21 7:00 PARC Fit Strength 9:30 - 2:00 Bus Shuttle 9:30 children's Musical (FR) 2:15 Knitting-For-A-Cause & Mulberry Crafters (FR) 7:15 Christmas Show with The Suede Dogs & Cocktails</p>	<p>22 7:00 PARC Fit Strength 10:00 Trivia with Mylene (FR) 2:00 BINGO (FR) 3:30 Cocktail Hour with Drink Special & Christmas Sing-a-long with the Mulberry Singers 4:30 Piano with Edward (LO) 7:15 Cribbage (BI)</p>	<p>23 10:00 Fitness DVD (FR) 10-12 Tech Easy Support (BC) 7:15 Movie Night (FR) "While you were Sleeping" 7:15 Yahtzee (BI)</p>
<p>24/31 10:00 Wii Bowling (FR) (24) 2:15-3:15 Christmas Eve Gathering w/ Robyn (31) 7:30-9:30 New Year's Eve with "The Tunemakers"</p>	<p>25 NO SHUTTLE SERVICE </p>	<p>26 BOXING DAY 7:00 PARC Fit Strength 10:00 Grey Matters with Mylene (FR) 2:15 Chair Volleyball 3:45 Calendar Update Meeting with Mylene 7:15 Rummoli (BI)</p>	<p>27 MILK PICK UP DAY 10:00 Steady Steps Mylene 2:15 Birthday Party w/ "New Comedian" (FR) 4:00 Skip- Bo (FR) 7:15 Bridge (FR)</p>	<p>28 7:00 PARC Fit Strength 9:30 - 2:00 Bus Shuttle 2:15 Knitting-For-A-Cause & Mulberry Crafters (FR) 4:45 Dinner outing to "OSAKA ISLAND SUSHI" 7:15 Scrabble (FR)</p>	<p>29 7:00 PARC Fit Strength 10:00 Mulberry Singers with Barb & Sue 2:00 SUPER BINGO (FR) 3:30 Pet Therapy (FR) 4:30 Piano with Edward (LO) 7:15 Cribbage (BI)</p>	<p>30 10:00 Fitness DVD (FR) 10-12 Tech Easy Support (BC) 1-3 Blood Pressure Clinic with Bev (BI) 7:15 Movie Night "Scrooged" (FR) 7:15 Yahtzee (BI)</p>



Health & Wellness Talk:



• Presentation on “Pedestrian Safety” with
Cosco Seniors Health– Thursday, Dec.14th @10:00am
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### PET THERAPY

Friday, December 1st, 15th & 29th  
@ 3:00pm in Fraser Room

MOJO Mobile Spa \*Book Appointments at the front desk\*  
Sunday, December 17th

### Baking with Mylene

Wednesday, Dec.6th @ 3:45pm  
Tuesday, Dec.12th @ 10:00am  
Wednesday, Dec.20th @ 2:15pm

### Aquasoles

Monday, Dec. 18th in the Library from 2:00 to 4:00pm

### St– Thomas More Choir

Wednesday, Dec. 11th @ 11:00am in the Fraser room

### Wear your Christmas Sweater all Day

On Wednesday, Dec. 13th

### Piano with Edward

Friday, Dec. 1st, 15th, 22nd and 29th in the lobby

### Fifth Avenue Jewelry

in the Library from 11:00 am to 2:00pm  
On Thursday, Dec. 7th



## BUS TRIPS

*Tuesday, Dec.5th to the  
Grande Villa Casino*

*Saturday, Dec.9th to the  
Singing Christmas Tree at  
Broadway Church @  
1:30pm (Free)*

*Tuesday, Dec.12th Buffet  
lunch at “Newlands Golf  
Course\$\$” @ 11:15am  
& Vandusen  
Gardens @ 6:00pm \$16.00*

*Friday, Dec.15th Mystery  
Drive With Tony @  
9:15am(Free)*

*Tuesday, Dec.19th  
Christmas lights Tour with  
Brian@ 7:00pm (Free)*

*Wednesday, Dec. 20th  
Christmas Lights Tour with  
Tony @ 7:00pm(Free)*

*Thursday, Dec. 28th  
Dinner outing to “Osaka  
Island Sushi” @ 4:45pm\$\$*



## Monthly Highlights

Friday, Dec.1st  
Christmas Decorating  
@ 10:30am in the Lobby

Christmas Hampers  
In the Fraser room @ 2:00pm  
on Wednesday, Dec. 13th

Egg nog & Christmas Music Pub  
with the Mulberry Singers in the  
Fraser room on Dec. 18th @  
3:00pm

Christmas Pub with  
Brian Gimbel  
From 3:30 to 4:30pm on Dec. 19th

Christmas show with The Suede  
Dogs & cocktails Dec.21st @  
7:15pm

Cocktail Hour w/ Drink Special &  
Christmas Sing-a-long w/  
Mulberry Singers Dec. 22nd @  
3:30pm

Wednesday, Dec. 27th  
Birthday celebration  
December Birthdays with  
“New Comedian” @ 2:15pm