



## Sunday

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

### ROOM KEY

BC = BUSINESS CENTRE  
BI = BISTRO  
DR = DINING ROOM  
LI = LIBRARY  
FR = FRASER ROOM  
LL = LOUGHEED LOUNGE  
LO = LOBBY  
PDR = PRIVATE DINING ROOM

## MULBERRY CHRISTMAS CRAFT MARKET



Date: November 18th, 2017  
Time: 11:00am - 3:00 pm  
Place: The 2nd Floor  
Family and Friends Welcome!

<p>5 10:00 Bean Bag Toss (FR) 1:00 Computers w/ Zijun (BC) 2:00 Ping Pong (FR) 3:00 Movie Matinee (FR) 7:15 Whist 7:15 Series: National Dream</p>	<p>6 9:30 - 2 Bus Shuttle  10:00 Steady Steps Mylene (FR) 1:00 Gardening Committee Hanging Basket Clean-up 2:15 Chair Yoga w/ Hillary (FR) 3:30 Christmas Market Prep 7:15 Bingo (FR)</p>	<p>7 7:00 PARC Fit Strength 10:00 Grey Matters w/Mylene (FR) 11:30 Jewellery Show w/ "The Suede Dogs" 2:15 "Marching Through the 40's" w/ the Suede Dogs (FR) 7:15 Rummoli (BI)</p>	<p>1 MILK PICK UP DAY 8:30 Bus Trip Sign Up (BI) 10:00 Steady Steps Mylene (FR) 2:15 Resident Meeting (FR) 3:30 Skip- Bo (FR) 7:15 Bridge (BI) Mulberry 12th Anniversary Steak Dinner</p>	<p>2 9:30 - 2:00 Bus Shuttle  10:00 Gardening Committee Hanging Basket Clean-up 2:15 Knitting-For-A-Cause &amp; Mulberry Crafters (FR) 2:15 Library Visits 3:30 Cocktail Hour</p>	<p>3 7:00 PARC Fit Strength  9:15 Scenic Drive with Tony 10:00 Stretch &amp; Relax with Hiroe 2:15 BINGO (FR) 3:30 Remembrance Day Meeting (LL) 4:30 Piano with Edward 7:15 Cribbage (BI)</p>	<p>4 Footcare with Ruba 10:00 Fitness DVD (FR) 9-10:00 Ear Clinic w/ Bev (BI) 10-12 Tech Easy Support (BC) 2:00 Art with Kat 7:00 B.C Lions vs. Toronto 7:15 Movie Night "Lion" 7:15 Yahtzee (BI)</p>
<p>12 9:30 Art with Kat 1:00 Computers w/ Zijun (BC) 2:00 Ping Pong (FR) 3:00 Movie Matinee (FR) 7:15 Whist 7:15 Series: National Dream</p>	<p>13 9:30 - 2 Bus Shuttle  10:00 Steady Steps Mylene (FR) 2:15 Chair Yoga with Hillary 3:30 All Games (FR) 7:15 Bingo (FR)</p>	<p>14 10:00 Christmas Market Prep 2:30 "Vertigo, Hip Fractures, and Lower Back Pain" presentation with Pain Pro 3:45 Calendar Update with Mylene (FR) 7:15 Rummoli (BI)</p>	<p>8 MILK PICK UP DAY  9:30 Manicures/Pedicures with Mojo Mobile Spa 10:00 Steady Steps Mylene (FR) 3:30 Skip- Bo (FR) 4:45 Dinner Outing to Trattoria Italian Kitchen 7:15 Bridge (BI)</p>	<p>9 9:30 - 2:00 Bus Shuttle  10:00 Coffee Chat with Jeri 2:15 Christmas Market Prep Knitting-For-A-Cause &amp; Mulberry Crafters (FR) 3:30 Cocktail Hour w/ drink spe- cial &amp; Dancing with Darlene (FR) 7:15 Scrabble</p>	<p>10 7:00 PARC Fit Strength  10:00 Mulberry Singers 11:15 Tsawwassen Mills Shop &amp; Lunch 2:15 BINGO (FR) 7:15 Cribbage (BI)</p>	<p>11 Remembrance Day 10:30 Remembrance Day Ceremony &amp; Pub w/ Robyn &amp; The Mulberry Singers 7:15 Movie Night (FR) "Dunkirk" 7:15 Yahtzee (BI) </p>
<p>19 10:00 Bean Bag Toss (FR) 1:00 Computers w/ Zijun (BC) 2:00 Anglican Church Svc (FR) 3:00 Movie Matinee (FR) 7:15 Whist 7:15 Series: National Dream</p>	<p>20 9:30 - 2 Bus Shuttle  10:00 Steady Steps Mylene (FR) 1:00 Gardening Committee Hanging Basket Clean-up (if needed) 2:15 Chair Yoga with Hillary 3:30 All Games (FR) 7:15 Bingo (FR)</p>	<p>21 7:00 PARC Fit Strength  10:00 Retirement Income Planning with RBC 1:30 Trip to Starlight Casino 2:00 Jubilee United Church Bible Study (LL) 7:15 Rummoli (BI)</p>	<p>15 MILK PICK UP DAY 10:00 Steady Steps Mylene (FR) 11:15 Buffet Lunch at "Newlands Golf Course" 2:15 "Nia" with Lulu 3:30 Skip- Bo (FR)  7:15 Bridge (BI) 7:30 Inspirational Time (FR)</p>	<p>16 9:30 - 2:00 Bus Shuttle  10:00 St. Michaels Parish Elementary School Visit 2:15 Christmas Market Prep Knitting-For-A-Cause &amp; Mulberry Crafters (FR) 7:15 Scrabble</p>	<p>17 10:00 Mulberry Singers with Barb &amp; Sue (Christmas Sing-along) 2:00 Christmas Market Set- up and Prep (FR) 4:30 Piano with Edward 7:15 Cribbage (BI)</p>	<p>18 10-12 Tech Easy Support (BC) 11:00-3:00 Mulberry Christmas Market (2 floor) 7:15 Movie Night (FR) "The Beguiled" 7:15 Yahtzee (BI)</p>
<p>26 10:00 Bean Bag Toss (FR) 1:00 Computers w/ Zijun (BC) 3:00 105th Grey Cup 7:15 Whist 7:15 Series: National Dream</p>	<p>27 9:30 - 2 Bus Shuttle  10:00 Steady Steps Mylene (FR) 2:15 Chair Yoga with Hillary 2:15 New Resident Meeting 2:30 Bus Trip to Burnaby Village Museum "Heritage Christmas" 3:30 All Games (FR) 7:15 Bingo (FR)</p>	<p>28 7:00 PARC Fit &amp; Health Assessments w/ Hiroe &amp; Bev 10:00 Grey Matters with Mylene 10-12 Hearing Clinic with Jamie 2:15 Chair Volleyball 3:45 Calendar Update with Mylene 7:15 Rummoli (BI)</p>	<p>22 MILK PICK UP DAY 9:30 Manicures/Pedicures with Mojo Mobile Spa 10:00 Steady Steps Mylene (FR) 11:00-3:00 "Bejewelled Fashion &amp; Accessories" Shortbread Sale (LI) 3:30 Dancing w/ Darlene &amp; cocktail hour w/ drink special 7:15 Bridge (BI)</p>	<p>23 7:00 PARC Fit Strength  9:30 - 2:00 Bus Shuttle 10:00 "Falls Prevention" by Cosco Seniors Health 2:15 Knitting-For-A-Cause &amp; Mulberry Crafters (FR) 7:15 Scrabble</p>	<p>24 7:00 PARC Fit Strength 10:00 Mulberry Singers 2:15 SUPER BINGO (FR) 7:15 Cribbage (BI) 7:15 The Sound of Music Sing- along Snacks &amp; cocktails with Barb &amp; John (FR)</p>	<p>25 10:00 Fitness DVD (FR) 10-12 Tech Easy Support (BC) 1-3 Blood Pressure Clinic (BI) 2:00 Art with Kat 7:15 Movie Night (FR)</p>
<p>26 10:00 Bean Bag Toss (FR) 1:00 Computers w/ Zijun (BC) 3:00 105th Grey Cup 7:15 Whist 7:15 Series: National Dream</p>	<p>27 9:30 - 2 Bus Shuttle  10:00 Steady Steps Mylene (FR) 2:15 Chair Yoga with Hillary 2:15 New Resident Meeting 2:30 Bus Trip to Burnaby Village Museum "Heritage Christmas" 3:30 All Games (FR) 7:15 Bingo (FR)</p>	<p>28 7:00 PARC Fit &amp; Health Assessments w/ Hiroe &amp; Bev 10:00 Grey Matters with Mylene 10-12 Hearing Clinic with Jamie 2:15 Chair Volleyball 3:45 Calendar Update with Mylene 7:15 Rummoli (BI)</p>	<p>29 MILK PICK UP DAY 10:00 Steady Steps Mylene (FR) 2:15 Birthday Party  with Jennifer Lauren 3:30 Skip- Bo (FR) 7:15 Bridge (BI) 7:30 Inspirational Time (FR)</p>	<p>30 7:00 PARC Fit &amp; Health Assessments w/ Hiroe &amp; Bev 9:30 - 11:45 Bus Shuttle  10:00 Coffee Chat with Keith 12:15 Bus Trip to the VSO Tea &amp; Trumpets "Festivals &amp; Marches" 2:15 Knitting-For-A-Cause &amp; Mulberry Crafters (FR) 2:15 Library Visits 7:15 Scrabble</p>		<p>For Bus Trips &amp; the Shuttle look for the bus symbol </p>

## Health & Wellness Talks:

. Presentation on “Falls Prevention” with  
Cosco Seniors Health— Thursday, November 23rd

. Presentation on “Vertigo, Hip Fractures and Lower  
Back Pain” with Pain Pro—Tuesday November 14th

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“Nia” with Lulu – Wednesday, November 15th  
2:15pm in the Fraser Room

MOJO Mobile Spa \*Book Appointments at the front desk\*  
Wednesday, November 8th  
& Wednesday, November 22nd

Dancing with Darlene— come have some cocktails  
and dance the afternoon away with your friends!  
November 9th & November 22nd  
3:30pm in the Fraser Room

Retirement Income Planning  
with (RBC) *Royal Bank of Canada*  
Tuesday, November 21st at 10:00am

Art with Kat- (No experience needed)  
. Saturday November 4th @ 2:00pm  
. Sunday November 12th @9:30am  
. Saturday November 25th @2:00pm

\*Bible Study with “Jubilee United Church”  
Tuesday, November 21st 2:00pm  
in the Lougheed Lounge

## BUS TRIPS

*The sign-up for November bus trips  
will be in the Bistro on  
Wednesday November 1st at 8:30am*

Scenic Drive with Tony –November 3rd

Tsawwassen Mills  
Shopping & Lunch-November 10th  
(Bring \$\$\$ for shopping & meal)

Buffet Lunch at  
Newlands Golf Course- November 15th  
(\$14 for buffet lunch + beverage)

Starlight Casino - November 21st

Out for Italian Dinner—  
Trattoria Italian Kitchen— November 8th  
(Bring \$\$\$ for meal)

Burnaby Village Museum  
“Heritage Christmas”-November 27th  
(FREE!!)

VSO Tea & Trumpets - November 30th



## Monthly Highlights:

Wednesday November 1st  
Mulberry 12th Anniversary

Tuesday, November 7th  
11:30am Jewelry Show  
2:15pm “Marching Through the  
40’s” with the Suede Dogs

Saturday, November 11th  
Remembrance Day with Robyn  
& The Mulberry Singers

Saturday, November 18th  
Mulberry Christmas Market  
11am-3pm

Friday, November 24th  
“The Sound of Music” Singalong  
& Snacks with Barb & John

Wednesday, November 29th  
November Birthday  
Celebration with  
“Jennifer Lauren”