



















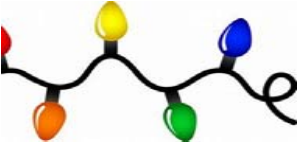




















# Swedish Assisted Living Residence December 2021 Recreation and Wellness Program



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>"Should auld acquaintance be forgot and never brought to mind? Should auld acquaintance be forgot and days of auld lang syne? For auld lang syne, my dear, for auld lang syne, we'll take a cup of kindness yet, for auld lang syne."</i></p> <p style="text-align: right;"><i>~ Robert Burns</i></p>		<p><b>DISCLAIMER: PROGRAMS MAY CHANGE</b></p> <p><b>LIMIT OF 6 ONLY PER ACTIVITY FOR NOW UNTIL FURTHER NOTICE</b></p>	<p style="text-align: right;">1</p> <p>9:30 Morning Exercise (2nd Floor) 10:15 Morning Exercise (2nd Floor) 11:00 Tuckshop  1:30 Quarter Bingo (2nd Floor) 3:00 Quarter Bingo (2nd Bingo) </p>	<p style="text-align: right;">2</p> <p>9:15 Exercise (2nd Floor) 10:00 Catholic Service(3F) <b>10:15 Lunch Outing at White Spot</b>  1-4 Christmas Decorating (1st &amp; 3rd Floor)  </p>	<p style="text-align: right;">3</p> <p>9:30 Fun &amp; Fitness Exercise (2nd Floor) 10:15 Exercise (2F) 1:30 Crossword Puzzle (2nd Floor) 2:15 Quarter Bingo (2F) 3:30 Quarter Bingo (2F) Limit of 6 </p>	<p style="text-align: right;">4</p> <p>9:30 Exercise (2nd Floor) 10:15 Exercise (2nd Floor)</p>
<p style="text-align: right;">5</p> <p><b>No Activity</b></p>	<p style="text-align: right;">6</p> <p>9:30 Early Bird Exercise (2nd Floor) 10:15 Exercise (2F) 1:30 Words w/in Word (2nd Floor) 2:15 Quarter Bingo (2nd Floor) 3:30 Quarter Bingo (2F) </p>	<p style="text-align: right;">7</p> <p>9:15 Exercise (2F) <b>10:15 Scenic Drive to Stanley Park</b>  1:30 Exercise (2F) 2:00 Bocce Game (3rd Floor)  2:30 Crossword Puzzle (2nd Floor)</p>	<p style="text-align: right;">8</p> <p>9:30 Morning Exercise (2nd Floor) 10:15 Exercise (2F) 11:00 Tuckshop  1:30 Crossword Puzzle (2nd Floor) 2:15 Quarter Bingo (2nd Floor) 3:30 Quarter Bingo (2F) </p>	<p style="text-align: right;">9</p> <p>9:15 Exercise (2nd Floor) 10:00 Catholic Service(3F) <b>10:15 Scenic Drive to China Town, Downtown Vancouver</b>  1:30 Afternoon Exercise (2nd Floor) 2:00 Hangman Game (3F) 3:15 Bocce Game (3F) </p>	<p style="text-align: right;">10</p> <p>9:30 Fun &amp; Fitness Exercise (2nd Floor) 10:15 Exercise (2F) 1:30 You Be the Judge (2nd Floor)  2:00 Quarter Bingo (2nd Floor) 3:00 Quarter Bingo (2F) </p>	<p style="text-align: right;">11</p> <p><b>No Activity</b></p>
<p style="text-align: right;">12</p> <p><b>No Activity</b></p>	<p style="text-align: right;">13</p> <p>9:30 Early Bird Exercise (2nd Floor) 10:15 Exercise (2F) 1:30 Family Feud (2F) 1-4 Art Therapy w/ Adam (3rd Floor) 2:15 Quarter Bingo (2nd Floor) 3:30 Quarter Bingo (2nd Floor) </p>	<p style="text-align: right;">14</p> <p>9:15 Exercise (2F) <b>10:15 Shopping Trip to Walmart</b>  1:30 Exercise (2nd Floor) <b>2-4 Photo w/ Santa (3rd Floor)</b> <b>Christmas Snacks &amp; Music</b> </p>	<p style="text-align: right;">15</p> <p>9:30 Morning Exercise (2nd Floor) 10:15 Exercise (2F) 11:00 Tuckshop  1:30 Crossword Puzzle (2nd Floor) 2:15 Quarter Bingo (2nd Floor) 3:30 Quarter Bingo (2F) </p>	<p style="text-align: right;">16</p> <p>9:15 Exercise (2nd Floor) 10:00 Catholic Service(3F) <b>10:15 Trip to Charlie's Chocolate Factory</b>  <b>2-4 Art Therapy Group w/ Adam (2nd Floor)</b></p>	<p style="text-align: right;">17</p> <p>9:30 Fun &amp; Fitness Exercise (2nd Floor) 10:15 Exercise (2F) 1:30 Everyday Life Trivia (2nd Floor) 2:15 Quarter Bingo (2nd Floor) 3:30 Quarter Bingo (2F) </p>	<p style="text-align: right;">18</p> <p>9:30 Exercise (2nd Floor) 10:15 Exercise (2nd Floor)</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>19</p> <p><b>No Activity</b></p>	<p>20</p> <p>9:30 Early Bird Exercise (2nd Floor)            10:15 Exercise (2F)            1:30 Crossword Puzzle (2nd Floor)            2:15 Quarter Bingo (2nd Floor)            3:30 Quarter Bingo (2nd Floor)</p> 	<p>21</p> <p>1:30 Afternoon Exercise (2nd Floor)            2:30 Christmas Music Video (3rd Floor)  <b>5-7 Christmas Light Tour around Burnaby</b></p>  	<p>22</p> <p>9:30 Morning Exercise (2nd Floor)            10:15 Exercise (2F)            11:00 Tuckshop            1:30 You Be the Judge (2nd Floor)            2:15 Quarter Bingo (2nd Floor)            3:30 Quarter Bingo (2nd Floor)</p>   	<p>23</p> <p>10:00 Catholic Service (3rd Floor)            1:30 Afternoon Exercise (2nd Floor)            2:30 5 Pin Bowling (2nd Floor)  <b>5-7 Christmas Light Tour Vancouver</b></p>    	<p>24</p> <p>9:30 Fun &amp; Fitness Exercise (2nd Floor)            10:15 Fun &amp; Fitness Exercise (2nd Floor)            1:30 Family Feud Game (2nd Floor)            2:15 Quarter Bingo (2nd Floor)            3:30 Quarter Bingo (2nd Floor)</p> 	<p>25</p>  <p><b>Merry Christmas</b></p>
<p>26</p> <p><b>Boxing Day</b></p>	<p>27</p> <p>9:30 Early Bird Exercise (2nd Floor)            10:15 Exercise (2F)            1:30 Crossword Puzzle (2nd Floor)            2:15 Quarter Bingo (2nd Floor)            3:30 Quarter Bingo (2nd Floor)</p> 	<p>28</p> <p>9:15 Morning Exercise (2nd Floor)            10:15 Morning Exercise (2nd Floor)            1:30 Words w/in a Word (2nd Floor)            3:00 Bean Bag Toss (2nd Floor)</p> 	<p>29</p> <p>9:30 Morning Exercise (2nd Floor)            10:15 Exercise (2F)            11:00 Tuckshop            1:30 Everyday Life Trivia (2nd Floor)            2:15 Quarter Bingo (2nd Floor)            3:30 Quarter Bingo (2nd Floor)</p>  	<p>30</p> <p>9:15 Exercise (2F)            10:00 Catholic Service (3rd Floor)  <b>10 :15 Scenic Drive to Deer Lake &amp; Trout Lake</b>            1:30 Afternoon Exercise (2nd Floor)            2:30 Art Class w/ Adam (2nd Floor)</p>  	<p>31</p> <p><b>Mashie &amp; Adam are Off</b></p> 	<p><b>Happy New Year !!</b></p> 