























































Swedish Assisted Living Residence

June 2022 Recreation and Wellness Program



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="width: 15%;"> <p style="font-size: 2em; font-weight: bold;">30 DAYS TILL</p> </div> <div style="width: 15%; text-align: center;">  </div> <div style="width: 30%; text-align: center;"> <p><i>O Canada! Our home and native land! True patriot love in all of us command. With glowing hearts we see thee rise, The True North strong and free! From far and wide, O Canada, we stand on guard for thee. God keep our land glorious and free! O Canada, we stand on guard for thee. O Canada, we stand on guard for thee.</i></p> </div> <div style="width: 15%; text-align: center;">  </div> <div style="width: 15%; text-align: center;">  </div> </div>						
			<p>1</p> <p>9:30 Exercise (2F) 10:15 Exercise (2F) 10:30 Catholic Service (3rd Floor)  11:00 Tuckshop  1:30 Hangman Game (2nd Floor) 3:00 Quarter Bingo (2F) </p>	<p>2</p> <p>Italian Republic Day  9:15 Exercise (2F) 10:15 Scenic Drive to Cypress Mtn  1:30 Activity Meeting (2nd Floor) 2:30 Meat & Cheese (3F) 3:30 Bocce Game (3rd Floor) </p>	<p>3</p> <p>9:30 Fun & Fitness Exercise (2nd Floor) 10:30 Food Forum Meeting (2nd Floor) 1:30 Crossword Puzzle (2nd Floor) 3:00 Quarter Bingo (2nd Floor) </p>	<p style="font-size: 2em; font-weight: bold;">NO ACTIVITY</p>
<p>5</p> <p>NAT'L DAY OF SWEDEN</p>  <p style="font-size: 1.5em; font-weight: bold;">NO ACTIVITY</p>	<p>6</p> <p>MASHIE ATTENDING A REFRESHER TRAINING FOR FRASER HEALTH FALLS & INJURY PREVENTION</p>	<p>7</p> <p>9:15 Exercise (2F) 10:15 Shopping Trip to Walmart  1:30 Afternoon Exercise (2nd Floor) 2:30 Arts & Crafts (2nd Floor) </p>	<p>8</p> <p>9:30 Exercise (2F) 10:15 Exercise (2F) 10:30 Catholic Service (3rd Floor)  11:00 Tuckshop  1:30 Canadian Trivia (2nd Floor) 3:00 Quarter Bingo (2nd Floor) </p>	<p>9</p> <p>9:15 Exercise (2F) 10:15 Lunch Outing at Trolls Fish & Chips (Horseshoe Bay)  1:30 Afternoon Exercise (2nd Floor) 2:30 Afternoon Music & Cake w/ Patrizia Colleta </p>	<p>10</p> <p>9:30 Fun & Fitness Exercise (2nd Floor) 10:15 Fun & Fitness Exercise (2nd Floor) 1:30 Canadian Trivia (2nd Floor) 3:00 Quarter Bingo (2nd Floor) </p>	<p style="font-size: 2em; font-weight: bold;">NO ACTIVITY</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>12</p> <p>Happy Philippine Independence Day</p> 	<p>13</p> <p>9:30 Early Bird Exercise (2nd Floor) 10:15 Early Bird Exercise (2nd Floor) 1:30 Crossword Puzzle (2nd Floor) 3:00 Quarter Bingo (2nd Floor)</p> 	<p>14</p> <p>9:30 Exercise (2F) 10:15 Strength & Balance Exercise (2F) 1:30 Coffee/Tea at Mandeville (Garden Works Marine Drive—be back by 4 Pm)Can also buy plants there</p>  	<p>15</p> <p>9:30 Exercise (2F) 10:15 Exercise (2F) 10:30 Catholic Service (3rd Floor)  11:00 Tuckshop 1:30 Decorate for Hawaiian Day (1st & 3rd Floor) 3:00 Quarter Bingo (2nd Floor)</p> 	<p>HAWAIIAN DAY (Dress Up)</p>  <p>9:15 Exercise (2F) 10:15 Trip to Grand Villa Casino  2:00 Hula Dance (by Selected Residents) (3rd Floor)  2:30 Music w/ James Burton</p> 	<p>17</p> <p>9:30 Fun & Fitness Exercise (2nd Floor) 10:15 Fun & Fitness Exercise (2nd Floor) 1:30 Afternoon Trivia (2nd Floor) 3:00 Quarter Bingo (2nd Floor)</p> 	<p>18</p> <p>NO ACTIVITY</p>
 <p>HAPPY FATHER'S DAY</p> 	<p>20</p> <p>9:30 Early Bird Exercise (2nd Floor) 10:15 Early Bird Exercise (2nd Floor) 1:30 Crossword Puzzle (2nd Floor) 3:00 Quarter Bingo (2nd Floor)</p> 	<p>21</p> <p>Nat'l Indigenous Peoples Day & Happy 1st Day of Summer</p>  <p>9:15 Exercise (2F) 10:15 Scenic Drive to Stanley Park  1:30 Exercise (2F) 2:30 Show & Tell (2nd Floor)</p>	<p>22</p> <p>9:30 Morning Exercise (2nd Floor) 10:15 Exercise (2F) 10:30 Catholic Service (3rd Floor)  11:00 Tuckshop 1:30 Decorate for Canada Day (1st & 3rd Floor) 2:30 Art Videos (3rd Floor)</p> 	<p>23</p> <p>9:15 Exercise (2F) 10:15 Trip to Centennial Rose Garden in Coquitlam (get off Bus)  1:30 Afternoon Exercise (2nd Floor) 2:30 Afternoon Music w/ Bob Collins (3rd Floor)</p> 	<p>24</p> <p>9:30 Fun & Fitness Exercise (2nd Floor) 10:15 Fun & Fitness Exercise (2nd Floor) 1:30 Cards Bingo (2nd Floor)  3:00 Quarter Bingo (2nd Floor)</p> 	<p>25</p> <p>NO ACTIVITY</p>
<p>26</p> <p>No Activity</p>	<p>27</p> <p>9:30 Early Bird Exercise (2nd Floor) 10:15 Early Bird Exercise (2nd Floor) 1:30 Crossword Game (2nd Floor) 3:00 Quarter Bingo (2nd Floor)</p> 	<p>28</p> <p>9:15 Strength & Balance Exercise (2nd Floor) 10:15 Picnic at Belcarra Park  Picnic  2:30 Exercise (2F) 3:15 5 Pin Bowling (2F)</p> 	<p>29</p> <p>9:30 Exercise (2F) 10:15 Exercise (2F) 10:30 Catholic Service (3rd Floor)  11:00 Tuckshop 1:30 Everyday Life Trivia (2nd Floor) 2:30 History Video (3F) 3:00 Quarter Bingo</p> 	<p>30</p> <p>9:15 Exercise (2F) 10:15 Scenic Drive to Iona Beach near YVR  1:30 Exercise (2nd Floor) 2:30 Afternoon Music & Ice Cream w/ Greg Alcock</p> 	<p>"Beat the Heat" this Summer</p>  <p>July 1 Canada Day</p> 	<p>Stay hydrated swig often Eat light Dress right Block the sun</p>