





















Swedish Assisted Living Residence

January 2023 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>~ Robert Burns</p>		<p>DISCLAIMER: PROGRAMS MAY CHANGE</p>				<p>2023 is the year of the water Rabbit. It symbolizes Peace, Prosperity & Vigor.</p>
<p>HAPPY NEW YEAR</p>	<p>2</p> <p>ADAM & MASHIE ARE OFF</p>	<p>3</p> <p>9:15 Morning Exercise (2nd Floor) 10:15 Shopping Trip to Walmart 1:30 Exercise (2nd Floor) 2:30 Art Class (2nd Floor) </p>	<p>4</p> <p>9:30 Exercise (2F) 10:15 Exercise (2F) 10:30 Catholic Service (3rd Floor) 11:00 Tuckshop 1:30 Guess That Phrase (2nd Floor) 3:00 Quarter Bingo (2F) </p>	<p>5</p> <p>9:15 Morning Exercise (2nd Floor) 10:15 Scenic Drive to Stanley Park 1:30 Activity Meeting (2nd Floor) 2:30 Music w/ Patricia Colleta (3rd Floor) </p>	<p>6</p> <p>9:15 Fun & Fitness Exercise (2nd Floor) 10:00 Food Forum Meeting (2nd Floor) 1:30 Crossword Puzzle (2nd Floor) 3:00 Quarter Bingo (2nd Floor) </p>	<p>7</p> <p>UKRAINIAN CHRISTMAS</p>
<p>8</p> <p>No Activity</p>	<p>9</p> <p>9:30 Morning Exercise (2nd Floor) 10:15 Morning Exercise (2nd Floor) 1:30 Crossword Puzzle (2nd Floor) 3:00 Quarter Bingo (2nd Floor) </p>	<p>10</p> <p>9:15 Exercise (2F) 10:15 Scenic Drive to Granville Island, Vanier Park 1:30 Taking Decorations Down (1st & 3F)</p>	<p>11</p> <p>9:30 Morning Exercise (2nd Floor) 10:15 Exercise (2F) 10:30 Catholic Service (3rd Floor) 11:00 Tuckshop 1:30 Word Jogger Game (2nd Floor) 3:00 Quarter Bingo (2nd Floor) </p>	<p>12</p> <p>9:15 Exercise (2nd Floor) 10:15 Lunch Outing at No.1 Beef Noodle (Taiwanese Food) 1:30 Exercise (2nd Floor) 2:30 Afternoon Music w/ Greg Leighton (3rd Floor) </p>	<p>13</p> <p>9:15 Fun & Fitness Exercise (2nd Floor) 10:00 Quarterly Res. General Meeting (2F) 1:30 Everyday Life Trivia (2nd Floor) 3:00 Quarter Bingo (2nd Floor) </p>	<p>14</p> <p>No Activity</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15 No Activity	16 9:30 Early Bird Exercise (2nd Floor) 10:15 Exercise (2F) 1:30 Crossword Puzzle (2nd Floor) 3:00 Quarter Bingo (2nd Floor) 	17 9:15 Exercise (2F) 10:15 Scenic Drive to Rocky Point Park & Reed Point Marina  1:30 Afternoon Exercise (2nd Floor) 2:30 5 Pin Indoor Bowling (2nd Floor) 	18 9:30 Morning Exercise (2nd Floor) 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) 	19 9:15 Exercise (2F) 10:15 Shopping Trip To Dollarama (Kingsway)  1:30 Afternoon Exercise (2nd Floor) 2:30 Afternoon Music & January Birthdays w/ Bo Fred Olsson(3F) 	20 9:30 Fun & Fitness Exercise (2nd Floor) 10:15 Fun & Fitness Exercise (2nd Floor) 1:30 Mind Jogger Game (2nd Floor) 3:00 Quarter Bingo (2nd Floor) 	21 No Activity
22 	23 9:30 Early Bird Exercise (2nd Floor) 10:15 Exercise (2F) 1:30 Crossword Puzzle (2nd Floor) 3:00 Quarter Bingo (2nd Floor) 	24 9:15 Exercise (2F) 10:15 Scenic Drive to Ambleside Park (WestVan)  1:30 Afternoon Exercise (2nd Floor) 2:30 Show & Tell (2nd Floor) 	25 10:30 Catholic Service (3rd Floor) 1:30 Afternoon Exercise (3rd Floor) 1:30 Burnaby Public Library (2nd Fl) 2:15 Everyday Life Trivia (3rd Floor)  3:00 Quarter Bingo (2nd Floor) 6:30 Pub Night w/ Jason Matheny (3F) 	26 9:15 Exercise (2F) 10:15 Scenic Drive to Pitt Lake  1:30 Afternoon Exercise (2nd Floor) 2:30 Bocce Game (2nd Floor) 	27 9:30 Fun & Fitness Exercise (2nd Floor) 10:15 Exercise (2F) 1:30 Family Feud Game (2nd Floor)  3:00 Quarter Bingo (2nd Floor) 	28 No Activity
29 No Activity	30 9:30 Exercise (2nd Fl) 10:15 Exercise (2F) 1:30 Crossword Puzzle (2nd Floor) 2:15 Quarter Bingo (2nd Floor) 