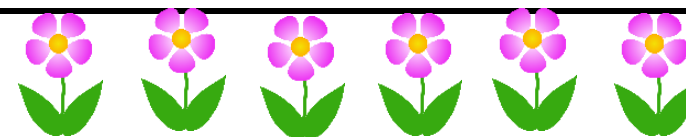
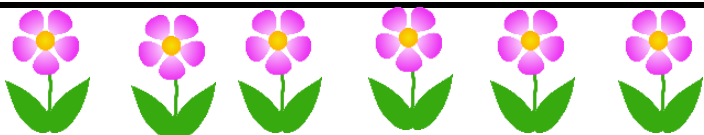

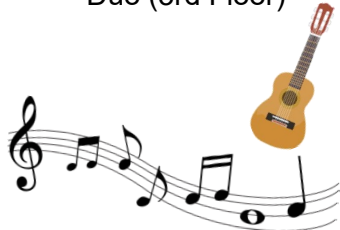

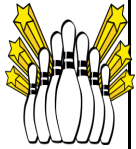





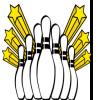





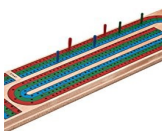







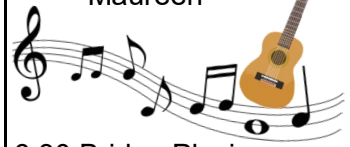




Swedish Assisted Living Residence

April 2018 Recreation and Wellness Program



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>WELLNESS DAY ¹ Easter Sunday/ April Fools Day Board Games are available all day in 2nd & 3rd floor Activity Rooms</p> <p>3:30 Blood Pressure Check (2nd floor)</p> <p>7:00 Movie Night (Living Room)</p>	<p>EASTER MONDAY ² Happy Easter !!</p> 	<p>³ 9:30 Sit & Be Fit (2nd floor)</p> <p>10:30 Food Forum (2nd floor)</p> <p>1:30 Easter Egg Hunt w/ Montecito Elem School Children</p> <p>3:00 Hymn Singing (2nd floor)</p> <p>7:00 Crib Playing (3rd floor)</p>	<p>⁴ 1:00 Art Class (2nd Floor)</p> <p>3:30 Quarter Bingo (2nd floor)</p> <p>6:30 Pub Night with Buddy & Felly Duo (3rd Floor)</p> 	<p>⁵ 9:30 Early Bird Exercise (2nd Floor)</p> <p>10:30 Activity Meeting (2nd Floor)</p> <p>1:30 Tuck Shop Thursday </p> <p>2:30 Mind joggers (3rd Floor)</p> <p>3:30 5 Pin Bowling (2nd Floor) </p> <p>7:00 Crib Playing (3rd Floor)</p>	<p>⁶ 9:15 Early Bird Exercise (2nd floor)</p> <p>10:30 Shopping Trip To Coquitlam Centre</p> <p>2:30 Birthday Socials w/ Leo (Bistro) </p> <p>6:30 Bridge Playing (2nd floor)</p>	<p>FAMILY DAY ⁷ Board Games are available all day in 2nd & 3rd floor Activity Rooms</p> <p>2:00 Bingo with Irene (2nd floor)</p> <p>7:00 Crib Playing (3rd floor)</p> <p>7:00 Movie Night (Living Room)</p>
<p>WELLNESS DAY ⁸ Board Games are available all day in 2nd & 3rd floor Activity Rooms</p> <p>3:30 Oxygen Saturation Level Check</p> <p>7:00 Movie Night (Living Room)</p> 	<p>⁹ 9:30 Early Bird Exercise (2nd floor)</p> <p>10:30 Scenic Drive To Deep Cove</p> <p>2:00 Word Games (3rd Floor) </p> <p>3:30 Quarter Bingo (2nd floor)</p> <p>6:30 Bridge Playing (2nd floor)</p>	<p>¹⁰ 9:30 Sit & Be Fit (2nd floor)</p> <p>10:30 News & Views (2nd floor)</p> <p>3:30 Hymn Singing (2nd floor)</p> <p>7:00 Crib Playing (3rd floor)</p>	<p>¹¹ 1:45 Crossword Puzzle (Bistro)</p> <p>3:30 Quarter Bingo (3rd floor) </p> <p>6:30 Pub Night with Patricia Colletta (Bistro)</p> 	<p>¹² 10:00 Strength & Balance Exercise (2nd floor)</p> <p>11:00 Lunch Outing To Cockney Kings</p> <p>2:00 Cards Bingo (2nd Floor)</p> <p>3:45 Hole in One Golf (2nd floor)</p> <p>7:00 Crib Playing (3rd floor)</p>	<p>¹³ 1:45 Mind Joggers (3rd floor) </p> <p>3:30 5 Pin Bowling (2nd floor)</p> <p>6:30 Pub Night with Music Variations</p> 	<p>FAMILY DAY ¹⁴ Board Games are available all day in 2nd & 3rd floor Activity Rooms</p> <p>2:00 Bingo with Irene (2nd floor)</p> <p>7:00 Crib Playing (3rd floor)</p> <p>7:00 Movie Night (Living Room)</p> 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WELLNESS DAY 15 Board Games are available all day in 2nd & 3rd floor Activity Rooms 3:30 Temperature & Breathing Check (2nd floor) 7:00 Movie Night (Living Room) 	16 9:30 Early Bird Exercise (2nd floor) 10:30 Shopping Trip To Lougheed Mall 2:00 Word Games (3rd floor)  3:30 Quarter Bingo (2nd floor) 7:00 Bridge Playing (2nd floor)	17 9:30 Early Bird Exercise (2nd floor) 10:30 Church Service with Pastor Suzanne (2nd floor) 2:00 Healthy Choices (2nd floor) 3:30 Hymn Singing (Family Room) 7:00 Crib Playing (3rd floor)	18 2:00 Crossword Puzzle (3rd floor) 3:30 Quarter Bingo (2nd floor) 6:30 Pub Night with John Parson (3rd floor) 	19 9:15 Strength and Balance Exercise (2nd floor) 10:00 Quarterly General Residents Meeting (3rd floor) 1:30 Tuck Shop Thursday 7:00 Crib Playing (3rd floor) 	20 9:15 Fun Fitness (2nd floor) 10:00 Scenic Drive to Stanley Park & Jack Poole Plaza 2:00 Everyday Life Trivia (Bistro) 3:30 Afternoon Sing A Long (3rd floor)  6:30 Movie Night (Living Room)	FAMILY DAY 21 Board Games are available all day in 2nd & 3rd floor Activity Rooms 2:00 Bingo with Irene (2nd floor) 7:00 Crib Playing (3rd floor) 7:00 Movie Night (Living Room)
WELLNESS DAY 22 Board Games are available all day in 2nd & 3rd floor Activity Rooms 3:30 Blood Pressure Check (2nd floor) 7:00 Movie Night (Living Room) 	23 9:15 Early Bird Exercise (2nd floor) 10:30 Scenic Drive To Queens Park/Deer Lake 2:00 Word Games (3rd floor)  3:30 Quarter Bingo (2nd floor) 7:00 Bridge Playing (2nd floor)	24 9:30 Sit & Be Fit (2nd floor) 10:30 Residents Council Meeting (2nd floor) 2:00 5 Pin Bowling (2nd floor)  3:30 Hymn Singing (2nd floor) 7:00 Crib Playing (3rd floor)	25 2:00 Word Games/ Buzz Games (2nd floor) 2:15 Burnaby Public Library (2nd floor) 3:30 Quarter Bingo (2nd floor)  6:30 Pub Night With Peter Paulus (Bistro) 	26 10:15 Strength & Balance Exercise (2nd floor) 1:30 Tuck Shop Thursday  2:00 Robbie Burns Poetry Reading (Bistro) 3:30 Cards Bingo (3rd Bingo) 7:00 Crib Playing (3rd Floor)	27 9:30 Early Bird Exercise (2nd floor) 10:30 Shopping Trip To Garden Works 2:30 Afternoon w/ Ivan & Maureen  6:30 Bridge Playing (2nd Floor)	FAMILY DAY 28 Great Poetry Reading Board Games are available all day in 2nd & 3rd floor Activity Rooms 2:00 Bingo with Irene (2nd floor) 7:00 Crib Playing (3rd floor)  7:00 Movie Night (Living Room)
WELLNESS DAY 29 Board Games are available all day in 2nd & 3rd floor Activity Rooms 3:30 Oxygen Saturation level check (2nd floor) 7:00 Movie Night (Living Room)	30 9:15 Early Bird Exercise (2nd Floor) 10:15 Shopping Trip to Lougheed Mall 2:00 Crossword Puzzle (3rd Floor) 3:30 Quarter Bingo (2nd Floor) 6:30 Bridge Playing (2nd Floor)		<p><i>“Spring makes its own statement, so loud and clear that the gardener seems to be only one of the instructions, not the composer.”</i> ~Geoffrey B. Charlesworth</p>			