

# SHANNON OAKS VANCOUVER [SAMPLE]

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY




SHANNON OAKS  
VANCOUVER

A BAPTIST HOUSING COMMUNITY

*If you have any Questions or Comments about Activities Team, please call:*


**Pia, Activities Manager**  
Ext.5170  
**Amber, Activities Assistant**  
Ext.5229

**4**  
2:00 Table Games  
**7:00 Limited Series:**  
**'Self Made E1+E2'**

**5**   
9:00 Fitness with Ed  
10:00 Prayer Group  
**1:30 Walmart Queensborough**  
7:30 Table Games  
Canasta & Yatzee

**6**  
9:00 Fitness with Amber  
**10:00 Creative Corner:**  
**Cupcake Liner Dragon**  
**2:00 Storytelling with**  
**John Lam**  
7:00 TV Show:  
'Downton Abbey S5 E5 + E6'

**7**  
9:00 Gentle Fit with Amber  
**10:00 Chapel w/ Communion**  
7:30 Table Games  
**\*AUDITORIUM CLOSED  
IN THE AFTERNOON\***


**8**   
9:00 Sit & Stretch with Gail  
**9:45 Champlain Square**  
10:00 Carpet Bowling &  
Ping Pong  
2:00 Tai Chi with Ena  
2:30 Lunar New Year Trivia  
**4:00 Melissa & Emily on Piano**  
**7:00 Chaplain's Choice:**  
**'One Night in Miami'**

**9**  
9:00 Fitness with Ed  
10:00 Cranium Crunches  
1:30 Catholic Prayer Group  
2:45 Bingo with Christine  
6:45 Bridge/ Billiards  
7:30 Table Games/Crokinole

**10 LUNAR NEW YEAR**  
9:00 Fitness with Amber  
10:00 Carpet Bowling &  
Ping Pong  
1:30 Tech Support  
**3:00 Lunar New Year Dance  
Performance by Students**  
2:45 Pet Therapy with  
Anita & Milo  
**7:00 Resident's Choice:**  
**'The Sound of Music - Part 2'**

**11**  
2:00 Table Games  
**7:00 Limited Series:**  
**'Self Made E3+E4'**

**12**  
9:00 Fitness with Ed  
10:00 Prayer Group  
**2:00 Lunar New Year**  
**w/ Dianne Wu & Bob York**  
7:30 Table Games  
Canasta & Yatzee

**13**   
9:00 Fitness with Amber  
**10:00 Creative Corner:**  
**Heart Fingerprint Tree**  
**11-1 Lunch Out at De Dutch**  
**2:30 Healths Arts**  
**Society Concert**  
**3:30 Bible Study**  
7:00 TV Show:  
'Downton Abbey S5 E7 + E8'

**14 VALENTINE'S DAY**  
9:00 Gentle Fit with Amber  
**10:00 Chapel**  
**2:00 Armchair Travel to**  
**New Orleans**  
3:00 Cantonese Chapel  
7:30 Table Games

**15**  
9:00 Sit & Stretch with Gail  
10:00 Carpet Bowling &  
Ping Pong  
2:00 Tai Chi with Ena  
2:30 Valentine's Trivia  
**7:00 Chaplain's Choice:**  
**'Selma'**


**16 \*NO BINGO\***  
9:00 Fitness with Ed  
10:00 Cranium Crunches  
**2:00 Resident Meeting**  
**3:00 Catholic**  
**Holy Communion**  
6:45 Bridge/ Billiards  
7:30 Table Games/Crokinole


**17 \*NO FITNESS\***  
10:00 Carpet Bowling &  
Ping Pong  
1:30 Tech Support  
**2:00 Afternoon Painting**  
**with Maddy**  
2:45 Pet Therapy with  
Anita & Milo  
**7:00 Resident's Choice:**  
**'The Dig'**


**18**  
2:00 Table Games  
**7:00 Hymn Sing**


**19 FAMILY DAY**  
10:00 Prayer Group (Self Run)  
7:30 Table Games  
Canasta & Yatzee

**20**  
9:00 Fitness with Amber  
**10:00 Creative Corner:**  
**Yarn Art Canvas Part 1**  
**2:00 Floral Arranging**  
**2:00 Kitchen Tour**  
7:00 TV Show:  
'Downton Abbey S5 E9'


**21**  
9:00 Gentle Fit with Amber  
**10:00 Chapel**  
**2:00 Birthday & Welcome Tea**  
**w/ Greg Alcock**  
7:30 Table Games 

**22 \*NO TAI CHI\***   
9:00 Sit & Stretch with Gail  
10:00 Carpet Bowling &  
Ping Pong  
**1:30 Superstore Grandview**  
2:30 Black History Trivia  
**7:00 Chaplain's Choice:**  
**'The Color Purple'**


**23**   
9:00 Fitness with Ed  
10:00 Mini Manicures  
**1:30 Chinatown Storytelling**  
**Guided Tour**  
1:30 Catholic Prayer Group  
2:45 Bingo with Christine  
6:45 Bridge/ Billiards  
7:30 Table Games/Crokinole


**24**   
9:00 Fitness with Amber  
10:00 Carpet Bowling &  
Ping Pong  
1:30 Tech Support  
2:45 Pet Therapy with  
Anita & Milo  
**3:00 Card Making with**  
**Marian & Caroline**  
**7:00 Resident's Choice:**  
**'Phantom of the Opera'**

**25**  
2:00 Table Games  
**7:00 Black History**  
**Month Movie:**  
**'Ruby Bridges'**

**26**   
9:00 Fitness with Ed  
10:00 Prayer Group  
**11-1 Scenic Drive:**  
**Horseshoe Bay**  
**2:00 Blood Pressure Clinic**  
7:30 Table Games  
Canasta & Yatzee

**27**  
9:00 Fitness with Amber  
**10:00 Creative Corner:**  
**Yarn Art Canvas Part 2**  
**2:00 Wellness Talk with**  
**Justin Chipperfield**  
**3:00 Bible Study**  
7:00 TV Show:  
'Downton Abbey S6 E1 + E2'

**28**   
9:00 Gentle Fit with Amber  
**10:00 Chapel**  
**1:30 Market Crossing**  
3:00 Cantonese Chapel  
7:30 Table Games

**29**   
9:00 Sit & Stretch with Gail.  
**9:45 Champlain Square**  
10:00 Carpet Bowling &  
Ping Pong  
2:00 Tai Chi with Ena  
2:30 Leap Year Trivia  
7:00 Chaplain's Choice:

**Daily events are subject  
to change. Please check  
the weekly and daily  
boards for the most up  
to date changes.**