










MAY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 2:00 Table Games	2 9:00 CareFit 9-11 Mocha Monday Cart: Suites #201-249 & #201w-215w 1:45 Prayer Group 7:30 Table Games	3 9:00 CareFit 9:45 Champlain Square  2:00 Blood Pressure Clinic 2-4 Petting Zoo! 3:00 Cantonese Chapel 7:30 New Series: "Our Great National Parks: Ep.1, A World of Wonder"	4 9:00 Stretch and Strength 10:00 Chapel w/ Communion 2:00 Resident Reno Q&A 7:30 Table Games	5 9:00 CareFit 10:00 Trivia 1:45 Walmart (Queensborough)  7:30 Chaplain's Choice: "Rising Free"	6 9:00 Balance and Relaxation 10:00 Trivia 11:00 Mobile Library 2:00 Mother's Day Tea  7:30 Table Games	7 10:00 Gentle Fit 1:30 Catholic Prayer Group 2:00 Creative Hour w/ Maddy: "Make Your Own Bookmark" 7:30 Movie: "Brian Banks"
8  2:00 Table Games	9 9:00 CareFit 9-11 Mocha Monday Cart: Suites #201-249 & #201w-215w 1:45 Prayer Group 7:30 Table Games	10 9:00 CareFit 10:00 Trivia 10:45 Richmond Mall w/ Lunch at Food Court 7:30 Chaplain's Choice: "Rising Free"	11 9:00 Stretch and Strength 10:00 Chapel w/ Communion 2:00 Resident Reno Q&A 7:30 New Series: "Our Great National Parks: Ep.2, Chilean Patagonia"	12 9:00 Balance and Relaxation 10:00 Trivia 1:45 Walking Club (Local) 7:30 Chaplain's Choice: "Risen"	13 9:00 CareFit 10:00 Trivia 11:00 Mobile Library  1:30 Donut Crawl 2:00 Catholic Prayer Group at CCT 7:30 Table Games	14 10:00 Gentle Fit 2:00 Creative Hour w/Maddy: "Mandalas" 7:30 Movie: "Ad Astra"
15 2:00 Table Games	16 9:00 CareFit 1:45 Prayer Group 2:00 Flower Arranging w/ Sharon 7:30 Table Games	17 9:00 CareFit 10:00 Trivia 2:15 Health Art Society Concert w/ Tina Chang & Karen Lee-Morlang 3:00 Cantonese Chapel 7:30 New Series: "Our Great National Parks: Ep.3, Tsavo, Kenya"	18 9:00 CareFit 1:45 Prayer Group 2:00 Flower Arranging w/ Sharon 7:30 Table Games	19 9-3pm Ferry Day  Trip w/ Lunch on the Boat 7:30 Chaplain's Choice: "Luther"	20 9:00 Balance and Relaxation 10:00 Trivia 11:00 Mobile Library 1:45 Walking Club Outing: "Central Park"  2:00 Bingo 7:30 Table Games	21 1:30 Catholic Prayer Group 7:30 Movie: "Bob Ross: Happy Accidents Betrayal and Greed" 
22 2:00 Table Games 7:30 Hymn Sing 	23 <i>Victoria Day</i> <i>*No Fitness Today</i> 1:45 Prayer Group (Self-Run) 7:30 Table Games	24 9:00 CareFit 9:45 Champlain Square  2:00 Ice Cream Social 2:45 Coping with Grief Strategies w/ Claudia 7:30 New Series: "Our Great National Parks: Ep.4, Monterey Bay National Marine Sanctuary, USA"	25 <i>Jean Up Day</i> <i>*Make donation and wear jeans in support of BC Children's Hospital</i> 9:00 Stretch and Strength 10:00 Chapel w/ communion 2:00 Birthday & Welcome Tea w/ Mike Kinal  7:30 Table Games	26 9:00 CareFit 10:00 Trivia 1:45 Walking Club (Local) 7:30 Chaplain's Choice: "Phil Callaway Live: Learning to Laugh Again"	27 9:00 Balance and Relaxation 11:00 Mobile Library 2:00 Bingo 7:30 Table Games	28 10:00 Gentle Fit 1:30 Catholic Prayer Group 2:00 Creative Hour w/ Maddy: "Beginner Drawing" 7:30 Movie: "Tolkien"
29 2:00 Table Games	30 9:00 CareFit 10:00 Trivia 1:45 Prayer Group 7:30 Table Games	31 9:00 CareFit 10:00 Trivia 11:00 Lunch at Triple O's & SAS Shoes Burnaby  7:30 New Series: "Our Great National Parks: Ep. 5, Gunung Leuser, Indonesia"	If you have any questions or comments for our activities team, please call:		Michelle - Activity Manager ext. 5170 Maddy - Activity Assistant ext. 5229	<i>Daily events are subject to change. Please check your weekly schedules and daily boards for the most up to date details.</i>