






Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Programs listed on TV Channel 10. Highlighted in-person activities			1. TE Vaccine Clinic 8:45 Menno Forum Repeat 9:00 Mural Painting 9:30 Morning Prayer-1st 10:00 TV Exercise 10:15 Group Exercise- 4th 1:15 Painting Class 1:30 Bowling- 4th floor 2:30 Fellowship Group-4th fl The Chosen episode 5:00 Dinner Club- Bistro 6:30 Church Services	2. 9:15 Walmart Trip 10:00 TV Exercise 10:15 Walking Club 1:15 Bingo- TE 1st 1:15 Save on Foods 2:00 Hearing Clinic-3rd 1:30 Sunday Chapel Service-Repeat 2:15 Java Club- 1st 6:30 Church Services	3. 9:00 Northview Service 10:00 TV Exercise 10:15 Group Exercise-4th 1:15 Bingo-TE 1st 2:15 Coffee Social- 1st 6:30 Northview Service 7:45 Central Heights	4. *Riddle on screen* 10:00 TV Exercise 1:30 Concerts in Care 1:00 Ceramics-3rd 2:00 Table Games- Bistro 6:30 South Abby Church
5. Channel 10 TV Services: 9:30 Clearbrook MB 2:00 Menno Chapel Service 6:30 Church Service	6. 10:00 TV Exercise 10:15 Group Exercise 2:00 Bingo-TE 1st 6:30 Heritage Alliance Service 7:45 Gateway CRC	7. 9:00 TV Prayer 9:45 TV Menno Forum 10:00 TV Exercise 10:15 Walking Club-1st 1:30 Menno Forum Repeat 2:00 Walkers Safety Check-1st Floor 6:30 Church Service	8. 8:45 Menno Forum Repeat 9:00 Mural Painting 9:30 Morning Prayer-1st 10:00 TV Exercise *No Group Exercise* 1:15 Painting Class 1:30 Bowling -4th Floor 2:30 FG Bible & Life-4th fl. 6:30 Church Services	9. 9:25 Trip to BC Flight Museum/Lunch 10:00 TV Exercise 10:15 Walking Club 1:15 Bingo- TE 1st 1:30 Sunday Chapel Service-Repeat 2:15 Java Club- 1st 6:30 Church Services	10. 9:00 Northview Service 10:00 TV Exercise 10:15 Group Exercise-4th 1:15 Bingo-TE 1st 2:15 Coffee Social- 1st 6:30 Northview Service 7:45 Central Heights	11. Remembrance Day 10:00 TV Exercise 10:00 Shuffleboard-4th 10:45 Rupert Visit-Bistro 1:00 Ceramics-3rd 2:00 Table Games-Bistro 1:30 Concerts in Care 6:30 South Abby Church
12. Channel 10 TV Services: 9:30 Clearbrook MB 2:00 Menno Chapel Service 6:30 Church Service	13. *No Recreation Staff 10:00 TV Exercise 6:30 Heritage Alliance Service 7:45 Gateway CRC	14. 9:00 TV Prayer 9:45 TV Menno Forum 10:00 TV Exercise 10:15 Walking Club-1st 1:30 Menno Forum Repeat 2:00 Movie Matinee-1st 6:30 The Gathering Church Service	15. 8:45 Menno Forum Repeat 9:00 Mural Painting 9:30 Morning Prayer-1st 10:00 TV Exercise 10:15 Group Exercise- 4th 1:15 Painting Class 3:00 Hymn Sing-Dining Room 1:30 Bowling- 4th floor 4:05 Evening Dinner out 6:30 Church Services	16. 10:00 TV Exercise 10:15 Walking Club 1:15 Bus trip-Mennonite Heritage Museum- Christmas Market 1:15 Bingo-1st Floor 1:30 Sunday Chapel Service-Repeat 2:30 Birthday Party "Colleen D" 6:30 Church Services	17. 9:00 Northview Service 9:15 Trip to Walmart Supercentre (Highstreet) 10:00 TV Exercise 10:15 Group Exercise-4th 1:15 Bingo-TE 1st 2:15 Coffee Social- 1st 6:30 Northview Service 7:45 Central Heights	18. *Riddle on screen* 10:00 TV Exercise 1:30 Concerts in Care 1:00 Ceramics-3rd 2:00 Table Games- Bistro 6:30 South Abby Church
19. Channel 10 TV Services: 9:30 Clearbrook 2:00 Menno Chapel Service 6:30 Church Service	20. 10:00 TV Exercise 10:15 Group Exercise 2:00 Bingo-TE 1st 6:30 Heritage Alliance Service 7:45 Gateway CRC	21. 9:00 TV Prayer 9:45 TV Menno Forum 10:00 TV Exercise 10:15 Walking Club-1st 1:30 Menno Forum Repeat 2:00 Movie Matinee-1st 6:30 The Gathering Church Service	22. 8:45 Menno Forum Repeat 9:00 Mural Painting 9:30 Morning Prayer-1st 10:00 TV Exercise 10:30 Concert in Care (Hospital Chapel) 1:15 Painting Class 2:30 FG-Bible & Life-4th fl. 7:30 Church of God Choir Group-Christmas Program	23. 9:15 MCC Trip 10:00 TV Exercise 10:15 Walking Club 1:15 Trip to Cabela's 1:15 Bingo- 1st Floor 1:30 Sunday Chapel Service-Repeat 2:15 Java Club- 1st 6:30 Church Services	24. 9:00 Northview Service 10:00 TV Exercise 10:15 Group Exercise-4th 1:15 Bingo-TE 1st 2:15 Coffee Social- 1st 6:30 Northview Service 7:45 Central Heights	25. *Riddle on screen* 10:00 TV Exercise 1:30 Concerts in Care 1:00 Ceramics-3rd 2:00 Table Games- Bistro 6:30 South Abby Church
26. 9:30 Clearbrook MB 2:00 In-Person Chapel Service (Hospital Chapel) 6:30 Church Service	27. 10:00 TV Exercise 10:15 Group Exercise 1:30 – 3:30 Nail Painting-5th fl. 2:30 Community Meeting 6:30 Heritage Alliance Service 7:45 Gateway CRC	28. 9:00 TV Prayer 9:45 TV Menno Forum 10:00 TV Exercise 10:15 Walking Club-1st 1:30 Menno Forum Repeat 1:30 Christmas Decorating 6:30 The Gathering Church Service	29. 8:45 Menno Forum-R 9:00 Mural Painting 9:30 Morning Prayer-1st 10:00 TV Exercise 10:15 Group Exercise- 4th 1:15 Painting Class 1:30 Bowling- 4th floor 2:30 Communion-Dining Room 5:00 Dinner Club 6:30 Church Services	30. 9:15 Save on Foods 10:00 TV Exercise 1:15 Bus trip: Potters Christmas Store 1:15 Bingo-1st floor 1:30 Sunday Chapel Service-Repeat 2:15 Java Club- 1st 6:30 Church Services		Morning Beak in Dining Room: Every Day 8:15 AM- 10:00 AM 