

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Virtual Church Service (PDR) 1 10:30 DVD Seated Chair Yoga (GR) 1:30 <i>*NEW* Netflix Documentary: Return of the King - The Fall and Rise of Elvis Presley (FL)</i> 3:00 Card Games (Lounge) (FL) 3:30 Group Walk - Meet at Reception and Walk Together (30 mins.) (OUT) 6:00 Prime Video Movie: Christmas in Scotland (Romance) (FL)	CHRISTMAS TREE DECORATING 2 10:00 <i>Tai Chi Class with Eric Liu (GR)</i> 11:00 Fit Minds (PDR) 1:00 Monthly Life Enrichment Meeting (PDR) 2:00 <i>The Sunshine Ukulele Strummers (The Ukulele Ladies Perform) (FL)</i> 2:45 <i>Tree Decorating, Christmas Music, Rum & Eggnog, and Hot Chocolate (2:45pm to 4:00pm) (FL)</i> 4:00 Go 4 Life Walk - Group Neighbourhood Walk (30 mins.) (OUT) 6:00 Netflix Movie: Crown for Christmas (Charming Comedy) (FL)	DOOR DECORATING BEGINS 3 LLL DINNER 10:00 Gentle Chair Exercises for Seniors (YouTube) (GR) 11:00 <i>Flower Arranging (B)</i> 2:00 CRAFT: Make Cinnamon Stick, Sliced Dried Oranges, Dried Lemons & Dried Cranberry Ornaments/Garlands (FL) 2:30 Bridge (2:30pm - 4:30pm) (G) 3:00 <i>University of Victoria: "Understanding & Preventing Frailty" Talk (GR)</i> 3:30 <i>15-Minute Power Fit (OUT)</i> 4:30 <i>Living Loving Local, Farm To Table Dinner (Featuring Cranberries) (DR)</i> 6:00 Prime Video: Shall We Dance (FL)	HAIR SALON OPEN 4 10:00 <i>Lets Get Moving Fitness Class with Michel (GR)</i> 11:00 Giant Crossword (GR) 1:00 <i>Van to the Public Library & Indoor Swimming Pool (OUT)</i> 2:30 Twix Coffee, Tea & Cookies Served (B) 2:45 Java Music Sing-a-long (PDR) 3:30 <i>BINGO with Prizes! (GR)</i> 6:00 Prime Video Movie: Relative Values (Comedy Starring Julie Andrews) (FL)	10:00 Gentle Chair Exercises for Seniors (YouTube) (GR) 5 10:30 <i>CDN Chair Massage Demonstration & Educational Talk (GR)</i> 1:00 <i>Local Kerrisdale Van Shuttle (OUT)</i> 2:00 Meet Me At The MoMA (Art by Betty Goodwin) (AR) 3:00 <i>Happy Hour: Kurt Von Hahn (Piano) (FL)</i> 4:00 Scrabble Board Game (G) 6:00 Prime Video Movie: Accidental Family (Comedy) (FL)	FOOT CARE NURSE HERE 6 10:00 <i>DRUM FIT Exercise to Music w/ Brenda (30 mins.) (GR)</i> 11:00 Giant Crossword (GR) 1:30 Hymn Sing & Faith Exploration w/ Pastor Lee (FL) 2:30 CRAFT: Make Your Own Christmas Gift Tags (AR) 3:30 Play Chess with Krish (FL) 3:30 Work on the Jigsaw Puzzle in the Lounge (FL) 6:00 Prime Video Movie: The Adventures of the Wilderness Family (Adventure) (FL)	LIVE MUSIC AT 6:00PM 7 10:30 DVD Seated Chair Yoga (GR) 1:00 Anthony Bourdain The Layover (Season 1) Episodes 7 & 8 (Amsterdam & San Francisco) (Travel & Food Show) (FL) 2:30 Go 4 Life Walking Group (30 mins.) (OUT) 2:30 Mahjong (2:30pm - 4:30pm) (G) 6:00 <i>Norman Li & Renee's Piano Recital @ 6:00pm - Two 4th Year UBC Students - Classical, Jazz + Duets (4 hands) (FL)</i> 7:00 Netflix Movie: Baywatch (Action, Comedy) (FL)
9:30 Virtual Church Service (PDR) 8 10:30 DVD Seated Chair Yoga (GR) 1:30 Card Games (Lounge) (FL) 2:30 <i>Live Classical Music, Youth Musician & Artist Association (FL)</i> 3:30 Group Walk - Meet at Reception and Walk Together (30 mins.) (OUT) 6:00 Prime Video Movie: The Son (Hugh Jackman & Laura Dern) (FL)	10:00 <i>Tai Chi Class with Eric Liu (GR)</i> 9 11:00 Fit Minds (PDR) 1:30 <i>15-Minute Power Fit Class to Music (GR)</i> 2:00 <i>Brock House Kerrisdale Handbell Ringers Sextet (FL)</i> 3:00 Warm Cider Served in the Bistro (B) 3:30 <i>Bean Bag Toss Game (FL)</i> 4:00 Go 4 Life Walk - Group Neighbourhood Walk (30 mins.) (OUT) 6:00 Prime Video Movie: Along Came Polly (Romantic Comedy)(Jennifer Aniston & Ben Stiller) (FL)	10:00 Gentle Chair Exercises for Seniors (YouTube) (GR) 10 11:00 <i>Flower Arranging (B)</i> 1:00 Kings in the Corner Card Game (FL) 1:30 ART: Watercolour Painting - Snowflake Snowman (AR) 2:30 Bridge (2:30pm - 4:30pm) (G) 2:30 <i>Pet Therapy Visit (Lounge) (FL)</i> 3:30 <i>Educational Talk: Stay Safe from Telephone Scams & Online Scams! (FL)</i> 6:00 Prime Video Movie: An Unfinished Life (Drama)(Robert Redford, Morgan Freeman & Jennifer Lopez) (FL)	HAIR SALON OPEN 11 9:30 Make Rosemary Bread in the Bread Machine (PDR) 10:00 <i>Lets Get Moving Fitness Class with Michel (GR)</i> 11:00 Giant Crossword (GR) 1:00 <i>Van to the Public Library & Indoor Swimming Pool (OUT)</i> 2:30 Rosemary Bread, Tea & Cookies Served (B) 2:45 Java Music Sing-a-long (Christmas Tunes) (PDR) 3:30 <i>BINGO with Prizes! (GR)</i> 6:00 Prime Video Movie: The King's Speech (4 Time Oscar Winner, Starring Colin Firth) (FL)	GINGERBREAD HOUSE DAY WEAR RED & WHITE DAY 12 10:00 <i>Local Kerrisdale Van Shuttle (OUT)</i> 10:00 (YouTube) Relieve Back Pain! Breathe & Let Go - Kickstart Chair Yoga Therapy w/ Sherry Zak Morris (GR) 2:00 CRAFT: Gingerbread House Building/Decorating (AR) 3:00 <i>Happy Hour: Greg Alcock (Classical Piano) Rum & Eggnog Served (FL)</i> 6:00 Prime Video Movie: Bruce Almighty (Comedy)(Jim Carey) (FL)	10:00 <i>DRUM FIT Exercise to Music w/ Brenda (30 mins.) (GR)</i> 13 10:30 CRAFT: Finish The Gingerbread Houses (AR) 1:00 <i>Magee Secondary School Seniors' Tea - Chamber Choir, Strings & Jazz (1:30 - 2:30pm) (OUT)</i> 1:30 Hymn Sing & Faith Exploration w/ Pastor Lee (FL) 3:00 <i>Heart and Sole Adult Tap Dance Group Performs (GR)</i> 3:30 Play Chess with Krish (FL) 3:30 Tera & Treats with the Tap Dancers (PDR) 6:00 Prime Video Movie: A Family Lost (FL)	10:30 <i>Tappercise Seated Tap Dance Class to Music (NOTE 10:30am START TIME) (GR)</i> 14 1:00 Anthony Bourdain The Layover (Season 1) Episodes 9 & 10 (London & Los Angeles)(Travel & Food Show) (FL) 2:30 Go 4 Life Walking Group (30 mins.) (OUT) 2:30 Mahjong (2:30pm - 4:30pm) (G) 3:00 <i>"One Key" Youth Performance @ 3pm (OUT)</i> 4:00 <i>Group Walk - Meet at Reception and Walk Together (30 mins.) (OUT)</i> 6:00 Prime Video Movie: The Choice (Romance Drama PG-13) (FL)
9:30 Virtual Church Service (PDR) 15 10:30 DVD Seated Chair Yoga (GR) 1:00 <i>Reading Out Loud by Ashvin (PDR)</i> 2:00 Card Games (Lounge) (FL) 3:00 <i>Chantal's Music Students' Classical Music Recital @ 3:00pm (FL)</i> 3:30 Group Walk - Meet at Reception and Walk Together (30 mins.) (OUT) 6:00 Prime Video Movie: 5 Flights Up (New York/Comedy Drama) (Morgan Freeman & Diane Keaton) (FL)	COOKIE DECORATING 16 10:00 <i>Tai Chi Class with Eric Liu (GR)</i> 11:00 Fit Minds (PDR) 1:00 Card Games in the Lounge (FL) 2:00 CRAFT: <i>Cookie Decorating (AR)</i> 3:30 <i>Bean Bag Toss Game (FL)</i> 4:00 Go 4 Life Walk - Group Neighbourhood Walk (30 mins.) (OUT) 6:00 Prime Video Movie: The Face of Love (Mystery Drama)(Annette Bening, Ed Harris, Robin Williams) (FL)	10:00 Gentle Chair Exercises for Seniors (YouTube) (GR) 17 11:00 <i>Flower Arranging (B)</i> 1:30 Travel Show with Alison: African Safari (GR) 2:30 <i>Pet Therapy Visit (Lounge) (FL)</i> 2:30 Bridge (2:30pm - 4:30pm) (G) 3:00 <i>Harlene's Talk: "Living Together, Apart - My Coping Tools" (Treats Served) (PDR)</i> 6:00 Prime Video Movie: Shotgun (1955 Western)(Sterling Hayden & Yvonne De Carlo) (FL)	HAIR SALON OPEN 18 10:00 <i>Lets Get Moving Fitness Class with Michel (GR)</i> 11:00 Giant Crossword (GR) 1:00 <i>Van to the Public Library & Indoor Swimming Pool (OUT)</i> 2:30 <i>Candy Cane Coffee, Peppermint Cocoa & Cookies Served (B)</i> 2:45 Java Music Sing-a-long (Christmas Tunes) (PDR) 3:30 <i>BINGO with Prizes! (GR)</i> 6:00 Prime Video Movie: Becoming Jane (Drama/Romance) (FL)	10:00 (YouTube) Relieve Back Pain! Breathe & Let Go - Kickstart Chair Yoga Therapy w/ Sherry Zak Morris (GR) 19 10:00 <i>Van to Shoppers Drug Mart (DUNBAR) (OUT)</i> 11:00 Jenga (Wood Stacking Table Game) (FL) 2:00 <i>Resident General Meeting (GR)</i> 2:30 <i>Chef Chat with Chef Pavle (GR)</i> 3:00 <i>"Wear Your Ugly Christmas Sweater" Happy Hour: The Shoe Shakers Duo (Door Contest Winners Announced) (FL)</i> 6:00 Prime Video: The Outdoorsman (2017 Comedy) (FL)	10:00 <i>DRUM FIT Exercise to Music w/ Brenda (30 mins.) (GR)</i> 20 10:30 Meet Me At The MoMA - (Art by J.M.W. Turner) (AR) 1:00 <i>Wellness Clinic w/ Ayne (PDR)</i> 1:30 Hymn Sing & Faith Exploration w/ Pastor Lee (FL) 3:00 <i>15-Minute Power Fit Class to Music (OUT)</i> 3:30 Play Chess with Krish (FL) 4:30 <i>RESIDENT CHRISTMAS DINNER (4:30pm to 6:00pm) (DR)</i> 6:00 Prime Video: The Man Who Saved Christmas (Ed Asner & Jason Alexander)(Based on a true story about the efforts of a toymaker to continue making toys during World War I (FL)	10:30 <i>Tappercise Seated Tap Dance Class to Music (NOTE 10:30am START TIME) (GR)</i> 21 1:00 Anthony Bourdain The Layover (Season 2) Episodes 1 & 2 (Chicago & Paris)(Travel and Food Show) (FL) 2:30 Go 4 Life Walking Group (30 mins.) (OUT) 2:30 Mahjong (2:30pm - 4:30pm) (G) 3:00 <i>Infinitus Student Recital (Trio) Live Classical Music (FL)</i> 6:00 Prime Video Movie: And So It Goes (Michael Douglas and Diane Keaton) (FL)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Virtual Church Service (PDR) 22 10:30 DVD Seated Chair Yoga (GR) 11:00 Card Games (Lounge) (FL) 1:00 Reading Out Loud by Ashvin (PDR) 1:00 Netflix: The World's Most Amazing Vacation Rentals (Lifestyle, Relaxing) (FL) 3:30 Group Walk - Meet at Reception and Walk Together (30 mins.) (OUT) 6:00 Prime Video Movie: Max Lucado's The Christmas Candle (FL)	WEAR YOUR CRAZY CHRISTMAS SOCKS DAY 23 10:00 Tai Chi Class with Eric Liu (GR) 11:00 Java Music Sing-a-long (PDR) 1:30 Fit Minds & Brain Games (PDR) 2:30 10-Minute K-Pop Youth Dance from West Point Grey High School (GR) 3:30 Bean Bag Toss Game (FL) 4:00 Go 4 Life Walk - Group Neighbourhood Walk (30 mins.) (OUT) 6:00 Prime Video Movie: Miracle Maker (FL)	HAIR SALON OPEN 24 10:00 Gentle Chair Exercises for Seniors (YouTube) (GR) 10:30 Flower Arranging (B) 11:00 Winter Spelling Bee with Brenda (PDR) 1:00 Meet Me At The MoMA - (Art by Anthony Eyton) (AR) 2:00 15-Minute Power Fit Class to Music (OUT) 2:30 Kings in the Corner Card Game (FL) 2:30 Bridge (2:30pm - 4:30pm) (G) 3:30 Work on the Jigsaw Puzzle in the Lounge (FL) 6:00 Netflix Movie: I'll Be Home For Christmas (Heartfelt Feel-Good) (Starring James Brolin) (FL)	CHRISTMAS DAY 25 10:00 DVD Seated Chair Exercises (GR) 11:00 Scrabble Board Game in the Lounge (FL) 1:30 Netflix Series: Blue Ribbon Baking Championship (FL) 2:30 Christmas Adult Colouring Christmas Collection (AR) 3:00 Snakes & Ladders Board Game (FL) 6:00 DVD Movie: Elf (Starring Will Ferrell) (FL)	BOXING DAY 26 10:00 (YouTube) Relieve Back Pain! Breathe & Let Go - Kickstart Chair Yoga Therapy w/ Sherry Zak Morris (GR) 11:00 Jenga (Wood Stacking Table Game) (FL) 1:00 Prime Video: Gordon Ramsay's Christmas Cookalong 1 (Cooking Show) (FL) 2:00 Kings in the Corner Card Game (FL) 3:00 Happy Hour: Roberto Risman (Guitar/Vocals) (FL) 6:00 Prime Video Movie: NOEL (FL)	10:00 DRUM FIT Exercise to Music w/ Brenda (30 mins.) (GR) 27 11:00 Card Games (FL) 1:30 Hymn Sing & Faith Exploration w/ Pastor Lee (FL) 2:30 "Tony's Talk" Education Session 2 of 2: Residential Schools (GR) 3:30 Work on the Jigsaw Puzzle in the Lounge (FL) 3:30 Play Chess with Krish (FL) 6:00 Prime Video Movie: Miracle at Manchester (FL)	10:30 Tappercise Seated Tap Dance Class to Music (NOTE 10:30am START TIME) (GR) 28 1:00 Anthony Bourdain The Layover (Season 2) (E. 3 & 4) (Philadelphia & Sao Paolo)(Travel & Food) (FL) 2:30 Go 4 Life Walking Group (30 mins.) (OUT) 2:30 Mahjong (2:30pm - 4:30pm) (G) 3:30 Card Games (FL) 6:00 Prime Video Movie: All Good Things (FL)
9:30 Virtual Church Service (PDR) 29 10:30 DVD Seated Chair Yoga (GR) 1:00 Reading Out Loud by Ashvin (PDR) 1:00 Prime Video: Rick Steve's European Christmas (Travel Show) (FL) 3:00 Wallace Lung (Violinist) & Sean Lung (Cellist) (Lord Byng High School Students Perform - 30 mins.) (FL) 3:30 Group Walk - Meet at Reception and Walk Together (30 mins.) (OUT) 6:00 Prime Video Movie: The Miracle of the Cards (FL)	10:00 Tai Chi Class with Eric Liu (GR) 30 11:00 Fit Minds (PDR) 1:30 Card Games in the Lounge (FL) 2:00 Meet Me At The MoMA - (Art by Christopher Pratt) (AR) 3:30 Bean Bag Toss Game (FL) 4:00 Go 4 Life Walk - Group Neighbourhood Walk (30 mins.) (OUT) 6:00 Prime Video Movie: The Woodcarver (FL)	NEW YEARS EVE 31 HAIR SALON OPEN 10:00 Gentle Chair Exercises for Seniors (YouTube) (GR) 11:00 Flower Arranging (B) 1:00 CRAFT: Beading Class (Make a Necklace) (PDR) 2:30 Bridge (2:30pm - 4:30pm) (G) 3:00 New Years Eve Celebration & Live Music with Charles Johnson (Champagne Served @ Early Countdown) (FL) 4:30 New Years Eve Gala Dinner (4:30pm to 6:00pm) (DR) 6:00 Prime Video Movie: Holiday Affair (1949) (Robert Mitchum & Janet Leigh) (FL)	WEDNESDAY DEC 25 Christmas Day			SATURDAY DEC 7 Tree Dressing Day

WEDNESDAY

DEC 25

Hanukkah

Be joyful

Locations Legend

Fireplace Lounge (FL)

Great Room (GR)

Outside (OUT)

Private Dining Room (PDR)

Games Room (G)

Fine Arts Room (AR)

Bistro (B)

Dining room (DR)

Calendar Legend

Outing

Special Program

Living, Loving, Local

Artful Enrichment

Drumfit