

January

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>1</p> 	<p>1:30 Bus Trip Royal City Mall</p> <p>2</p> 	<p>3</p> <p>10:00 Morning Exercises <i>Tension Band</i> 10:45 15 min Blast Exercise 1:30 Bingo 2:30 TED Talk: Empowering Seniors to Step into their power – Maggie Wallem Rowe 2:30 Shall We Wine & Paint: Hand Painting 3:15 Health Promotion 2023</p>	<p>4</p> <p>10:00 Morning Exercise <i>Cardio</i> 10:45 15 min Blast Exercise 1:30 BONUS Bingo 2:00 – 4:00 <i>Game Day</i> 1:30 Burnaby Mini Library 2:30 NYE & XMAS Clean Up Party w/ Mimosas & Live Music w/ James Burton</p>	<p>5</p> <p>10:00 Morning Exercises <i>Weights</i> 10:45 15 min Blast Exercise 1:30 Bingo 1:30 Bus Trip <i>Lougheed Mall</i> 2:30 Ping Pong 2:30 Creative Artist Club: Self Portrait Canvas 3:15 *NEW* Make & Bake 101</p>	<p>6</p> <p>10:00 Morning Exercises 10:45 Motivational Video: Life of Purpose for Seniors 1:30 Bingo 2:30 Board Games 3:15 Happy Hour (Café)</p>	<p>7</p> <p>10:00 <i>Online</i> Morning Exercise w/ More Life Health 2:00 <i>Online</i> Afternoon Exercise w/ More Life Health 2:30 Tea Time at the Piano w/ Susan Borax 2:30 <i>A New Trip Around the World Armchair Travels</i></p>	
<p>8</p> <p>1:30 Resident Led Trivia 1:30 Bus Trip <i>Market Crossing</i> 2:30 Ping Pong 2:30 Movie Matinee</p>	<p>9</p> <p>10:00 Chair Yoga & Meditation 10:45 15min Blast Exercise 1:30 Bingo 1:30 Bus Trip <i>Lougheed Mall</i> 2:30 Writers Club 3:15 Happy Hour (Café)</p>	<p>10</p> <p>10:00 Morning Exercises <i>Tension Band</i> 10:45 15 min Blast Exercise 1:30 Bingo 2:30 TED Talk: Laughter is Medicine – Anjelah Johnson 2:30 Sunquest Mobility Workshop 2:30 Creative Artist Club: Sun Set Canvas 3:15 Relax & Recharge: Nail Spa</p>	<p>11</p> <p>Footcare w/ Richie 10:00 Morning Exercise <i>Cardio</i> 10:45 15 min Blast Exercise 1:30 BONUS Bingo 2:00 – 4:00 <i>Game Day</i> 2:30 Arts & Crafts: Macramé 3:15 *NEW* Knitting Club</p>	<p>12</p> <p>10:00 Morning Exercises <i>Weights</i> 10:45 15 min Blast Exercise 1:30 Bingo 1:30 Bus Trip <i>Royal City</i> 2:30 Ping Pong 2:30 Zumba Dance Class 3:15 *NEW* Make & Bake 101</p>	<p>13</p> <p>10:00 Morning Exercises 10:45 Motivational Video: No One – Oprah Winfrey 1:30 Bingo 2:30 Board Games 3:15 Happy Hour (Café)</p>	<p>14</p> <p>10:00 <i>Online</i> Morning Exercise w/ More Life Health 2:00 <i>Online</i> Afternoon Exercise w/ More Life Health 2:30 Tea Time at the Piano w/ Susan Borax 2:30 <i>A New Trip Around the World Armchair Travels</i></p>	
<p>15</p> <p>1:30 Resident Led Trivia 1:30 Bus Trip <i>Market Crossing</i> 2:30 Ping Pong 2:30 Movie Matinee</p>	<p>16</p> <p>10:00 Chair Yoga & Meditation 10:45 15min Blast Exercise 1:30 Bingo 1:30 Bus Trip <i>Royal City Mall</i> 2:30 Online Wordsearch 3:15 Happy Hour (Café)</p>	<p>17</p> <p>10:00 Morning Exercises <i>Tension Band</i> 10:45 15 min Blast Exercise 1:00 Hearing Clinic (L5) 1:30 Bingo 2:30 TED Talk: Body Building at 93 – Charles Eugster 3:15 Relax & Recharge: Hand Spa</p>	<p>18</p> <p>10:00 Morning Exercise <i>Cardio</i> 10:45 15 min Blast Exercise 1:30 BONUS Bingo 2:00 – 4:00 <i>Game Day</i> 2:30 Arts & Crafts: Suncatchers w/ glass beads 2:30 Wellness Pharmacy Check Up 3:15 *NEW* Knitting Club</p>	<p>19</p> <p>10:00 Morning Exercises <i>Weights</i> 10:45 15 min Blast Exercise 1:30 Bingo 1:30 Bus Trip <i>Lougheed Mall</i> 2:30 Ping Pong 2:30 Nuway Counselling Check Up 2:30 Creative Artist Club: Mandela Canvas 3:15 *NEW* Make & Bake 101</p>	<p>20</p> <p>10:00 Morning Exercises 10:45 Motivational Video: Focus on Yourself 1:30 Bingo 2:30 Board Games 3:15 Happy Hour (Café)</p>	<p>21</p> <p>10:00 <i>Online</i> Morning Exercise w/ More Life Health 2:00 <i>Online</i> Afternoon Exercise w/ More Life Health 2:30 Tea Time at the Piano w/ Susan Borax 2:30 <i>A New Trip Around the World Armchair Travels</i></p>	
<p>22</p> <p>1:30 Resident Led Trivia 1:30 Bus Trip <i>Market Crossing</i> 2:30 Ping Pong 2:30 Movie Matinee</p>	<p>23</p> <p>10:00 Chair Yoga & Meditation 10:45 15min Blast Exercise 1:30 Bingo 1:30 Bus Trip <i>Lougheed Mall</i> 2:30 Writers Club 3:15 Happy Hour (Café)</p>	<p>24</p> <p>10:00 Morning Exercises <i>Tension Band</i> 10:45 15 min Blast Exercise 1:30 Bingo 2:30 TED Talk: Healing the Epidemic of Isolation – Elissa Altman 2:30 Creative Artist Club: Ceramic Flower Pot with Flowers Canvas 3:15 Relax & Recharge: Nail Spa</p>	<p>25</p> <p>Footcare w/ Richie & Blood Pressure 10:00 Morning Exercise <i>Cardio</i> 10:45 15 min Blast Exercise 1:30 BONUS Bingo 2:00 – 4:00 <i>Game Day</i> 2:30 Arts & Crafts: Ceramic Vase Decoration 2:30 <i>Birthday Tea Time Celebration</i> 3:15 *NEW* Knitting Club*</p>	<p>26</p> <p>10:00 Morning Exercises <i>Weights</i> 10:45 15 min Blast Exercise 1:30 Bingo 2:30 Ping Pong 2:30 Zumba Dance Class 3:15 *NEW* Make & Bake 101</p>	<p>27</p> <p>10:00 Morning Exercises 10:45 Motivational Video: Growing Old is a Blessing – Maria Alejandro 1:30 Bingo 2:30 Board Games 3:15 Happy Hour (Café)</p>	<p>28</p> <p>10:00 <i>Online</i> Morning Exercise w/ More Life Health 2:00 <i>Online</i> Afternoon Exercise w/ More Life Health 2:30 Tea Time at the Piano w/ Susan Borax 2:30 <i>A New Trip Around the World Armchair Travels</i></p>	
<p>29</p> <p>1:30 Resident Led Trivia 2:30 Ping Pong 2:30 Movie Matinee</p>	<p>30</p> <p>10:00 Chair Yoga & Meditation 10:45 15min Blast Exercise 1:30 Bingo 2:30 Online Wordsearch 3:15 Happy Hour (Café)</p>	<p>31</p> <p>10:00 Morning Exercises <i>Tension Band</i> 10:45 15 min Blast Exercise 1:30 Bingo 2:30 Shall We Wine & Paint: Hand Painting 3:15 Health Promotion 2023</p>	<p>Make & Bake 101: A class to help teach you NEW inventive ways to make healthy and easy snacks within your homes at The Derby Manor. Ways of using your microwaves, cutting skills and keeping it fun at the same time.</p> <p>*NEW* Knitting Club is back and will be meeting in the main lounge on Wednesdays to group Knit.</p> <p>Bus Trips: Sunday, Monday & Thursdays @ 1:30 PM – Please Sign Up</p> <p>*NEW* Wednesdays Game Day</p>				<p>Saturdays: Resident Led Activities</p>