

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>LEGEND</b> <b>TTL = Treetop Lounge</b> <b>CH = Chapel</b> <b>RO= Recreation Office</b> <b>HL = Heights Lobby</b> <b>ML = Manor Lounge</b> <b>PR = Panorama Room</b> <b>DR=Dining Room</b>		<b>1</b> 10:00 Sit and Be Fit~TTL 10:35 Welcoming a New Year ~sharing traditions~TTL 2:30 Music Sing a Long With Brian Gimble~TTL 3:45 Relaxation Grp ~R	<b>2</b> 9:30 Ros&Comm~5 <sup>th</sup> Fl <b>9:30 Walmart/Superstore Shuttle~Sign Up</b> 2:15 Hymn Sing ~TTL 3:30 Bible Study ~ML 4:00 Pet Visits with Tucker	<b>3</b> 10:00 Sit and Be Fit~TTL 10:35 Word Games ~TTL 2:30 Armchair Travel With Candice~TTL	<b>4</b> 10:00 World Trivia of the Epiphany~TTL 10:00 Gym Workout with Candice~2nd Fl 10:30 Christmas Clean Up 2:00 Bingo ~TTL 3:15 Sit and Be Fit~TTL	<b>5</b> 2:30 Tea Time and Movie Matinee "Andre Rieu, New Years in Vienna"
<b>7</b> <b>COMMUNION</b> 10:00 Worship Service In Chapel 2:00 Heights Worship Service ~TTL 6:00 Movie on Netflix~TTL	<b>8</b> 9:45 This Week at the Heights ~ RO 10:00 Sit & Be Fit ~ TTL 10:35 Cross Words ~TTL 2:00 Baking ~Guest Suite, 1 <sup>st</sup> Floor 2:30 Manicures ~TTL	<b>9</b> 10:00 Sit and Be Fit~TTL 10:35 Scattergories ~TTL <b>11:30 Turkey House Lunch ~ Sign Up</b> 2:00 Bingo ~ TTL 2:20 Relaxation Grp ~R 3:00 Drama Group ~5 <sup>th</sup> 6:30 Sing A Long ~HL	<b>10</b> 9:30 Ros&Comm~5 <sup>th</sup> Fl 10:00 Sit and Be Fit~TTL <b>2:00 Country Drive</b> 2:15 Hymn Sing ~TTL 3:30 Bible Study ~ML 4:00 Pet Visits with Tucker	<b>11</b> 9:45 Celebration Service 10:00 Sit and Be Fit~TTL 10:35 A Short Story "The Season of the Pufferbelly"~5 <sup>th</sup> Fl 1:30 Hand Chimes with Heather~TTL 2:30 Painting with Jess Rice ~TTL	<b>12</b> 10:00 Make a Card~TTL 10:00 Gym Workout with Candice~2nd Fl 2:00 Bingo ~TTL 3:15 Sit and Be Fit~TTL	<b>13</b> 2:00 Hot Chocolate Social ~TTL 2:30 Tea Time and Movie Matinee "Thomas Kinkade presents Christmas Miracle"
<b>14</b> 10:00 Worship Service In Chapel 2:00 Heights Worship Service ~TTL 6:00 Movie on Netflix~TTL	<b>15</b> 9:45 This Week at the Heights ~ RO 10:00 Sit & Be Fit ~ TTL 10:35 Cross Words ~TTL <b>1:15 Swimming Outing</b> 2:30 Manicures ~TTL <small>Martin Luther King Day</small>	<b>16</b> 9:00 BLT Breakfast~TTL 10:00 Sit and Be Fit~TTL 10:35 Brain Games ~ TTL <b>2:30 Shingles Education Session ~TTL</b> 3:00 Drama Group ~5 <sup>th</sup> 3:50 Relaxation Grp ~RO 6:30 Sing A Long ~HL	<b>17</b> 9:30 Ros&Comm~5 <sup>th</sup> Fl <b>10:30 UBC Noon Concert ~Sign Up</b> 2:15 Hymn Sing ~TTL 3:30 Bible Study ~ML 4:00 Pet Visits with Tucker	<b>18</b> 9:00 Ukulele Group~PR 10:00 Sit and Be Fit~TTL 10:35 A Short Story "The Season of the Pufferbelly"~5 <sup>th</sup> Fl 1:30 Hand Chimes with Heather~TTL <b>2:30 Birthday Celebration with Willie&amp; the Other Guy~DR</b>	<b>19</b> 10:00 Make a Card~TTL 10:00 Gym Workout with Candice~2nd Fl <b>11:30 Legion Lunch</b> 2:00 Bingo 3:15 Sit and Be Fit~TTL	<b>20</b> 2:30 Tea Time and Movie Matinee "Winter's Tale"
<b>21</b> 10:00 Worship Service In Chapel 2:00 Heights Worship Service ~TTL 6:00 Movie on Netflix~TTL	<b>22</b> 9:45 This Week at the Heights ~ RO 10:00 Sit & Be Fit ~ TTL 10:35 Jeopardy ~TTL <b>1:15 Swimming Outing</b> 2:30 Manicures ~TTL	<b>23</b> 10:00 Sit and Be Fit~TTL 10:35 Brain Games ~TTL 2:00 Bingo ~ TTL 2:20 Relaxation Grp ~R 3:00 Drama Group ~5 <sup>th</sup> 6:30 Sing A Long ~HL	<b>24</b> 9:30 Ros&Comm~5 <sup>th</sup> Fl <b>10:00 Grandfriends Project ~TTL</b> 2:15 Hymn Sing ~TTL <b>3:00 Town Hall Meeting ~DR</b> 3:30 Bible Study ~ML 4:00 Pet Visits with Tucker	<b>25</b> 9:00 Ukulele Group~PR 10:00 Sit and Be Fit~TTL 10:35 A Short Story "The Season of the Pufferbelly"~5 <sup>th</sup> Fl <b>12:30 Value Village Bus Trip to Langley</b> 1:30 Hand Chimes with Heather~TTL	<b>26</b> 9:30 Egg and Bacon Breakfast ~TTL 10:00 Gym Workout with Candice~2nd Fl 2:00 Bingo ~TTL 3:15 Sit and Be Fit~TTL <small>Australia Day</small>	<b>27</b> 2:00 Hot Chocolate Social ~TTL 2:30 Tea Time and Movie Matinee "The Lion in Winter"
<b>28</b> 10:00 Worship Service In Chapel 2:00 Heights Worship Service ~TTL 6:00 Movie on Netflix~TTL	<b>29</b> 9:45 This Week at the Heights ~ RO 10:00 Sit & Be Fit ~ TTL 10:35 Cross Words ~TTL <b>1:15 Swimming Outing</b> 2:30 Manicures ~TTL	<b>30</b> 10:00 Sit and Be Fit~TTL 10:35 Brain Games ~TTL 2:00 Bingo ~ TTL 2:20 Relaxation Grp ~R 3:00 Drama Group ~5 <sup>th</sup> 6:30 Sing A Long HL	<b>31</b> 9:30 Ros&Comm~5 <sup>th</sup> Fl <b>9:30 Walmart/Morgan Crossing Shuttle ~Sign Up</b> 2:15 Hymn Sing ~TTL 3:30 Bible Study ~ML 4:00 Pet Visits with Tucker <small>Tu B'Shevat</small>	<h1>January 2018</h1> <h2>Evergreen Heights Recreation Calendar</h2>		

Recreation Coordinators: Heidi Deans and Michelle Krahn \*604-541-3812\*

\*All Programs subject to change \*

# Evergreen Heights

Recreation Coordinators Heidi Deans and Michelle Krahn 604-541-3812



## January Birthday

Holly Rasmus

January 2

Hans Winter

January 9

Lena Hoffman

January 13

Maria Firmino

January 20

Nick Csepregi

January 20

Inge Hohensee

January 29



A Warm Welcome to all of our new tenants. We hope you feel welcomed as you settle into your new home!

## Happy New Year!

Christmas was a wonderful time. We hope that you enjoyed some of the many activities we had to offer. Please view the photos of the Christmas Party. If you would like to order any of the prints for \$1.00 each, please sign your name and number of prints wanted in the Sign Up book in the lobby. Your first print is free.

**THIS WEEK AT THE HEIGHTS:** This program is designed for those with visual impairments. Heidi will verbally review the calendar a week at a time while updating you on any notices that have been posted in the elevators. 9:45am Monday Mornings.

### **Wednesday, January 17 UBC Noon Concert**

Duo Concertante Nancy Dahn *violin*  
 Timothy Steeves *piano* Dallapiccola *Tartiniana seconda*  
 Gougeon *Chant du Coeur*  
 Brahms *Violin Sonata No 2 in A major, Op. 100*  
 Gillespie arr. *Crawley Night in Tunisia*  
 12:00 noon, Barnett Hall

\$5 at the door Bus leaves 10:30. We will grab a lunch after the concert around 1:00pm.

### **\* HAND CHIMES WITH HEATHER\***

**THURSDAY'S AT 1:30PM** in the TTL  
 This is open to everyone from the Heights who would like to try making music with hand chimes. This is for beginners and for Heights tenants only.

**SIT AND BE FIT** on Friday's has changed times. It will now be offered at 3:15pm in the TTL. Please take the morning time to exercise with Candice in the Gym on the 2<sup>nd</sup> Floor.

### **January 16: Education Session on Shingles by James from Medical Pharmacies.**

Make a Card on January 12 and 19 is an opportunity for any of you to work on a Valentines Card for your Grandfriend or Wind n Tide Pen Pal.

**“A Short Story”** Starting Thursday's on January 11. Come and Listen “The Season of the Pufferbelly”