

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January 2019 Evergreen Manor Recreation		9:00 Coffee Time~ML 2:00 Carpet Bowling~ML <i>Enjoy the first day of the New Year!</i> <small>New Year's Day</small>	9:00 Coffee Time~ML 9:30 Post Testing for Exercises~ML 10:30 Crossword ~ML 1:00 Outing to "Holiday Heights at Bloedel Conservatory" (sign up) 3:30 Prayer & Bible Study	9:00 Coffee Time~ML 9:00 Ukulele Practice 10:00 Hand Chimes~PR 2:00 Bingo ~ML	9:00 Coffee Time~ML 9:45 Stretch & Strength~ML 10:30 Word Game~ML 11:30 Take Down Christmas Decorations ~ML 2:15 Indoor Ladderball~ML 3:30 Leisure Interest Education ~ML	9:00 Coffee Time~ML 9:00 Coffee Time~ML 2:00 Darts
10:00 Worship Service 2:00 Billiards <i>Communion Sunday</i>	9:00 Coffee Time~ML 9-4pm Footcare Nurse~Hts 9:45 Exercise with Dagmar 10:30 Mental Aerobics~ML 1:15 Swimming (sign up) 3:00 Hymn Sing~ML 6:45 Carpet Bowling~ML	8:45 Morning Prayer ~MRO 9:00 Coffee Time~ML 9:45 Stretch & Strength 10:30 Word Games~ML 2:00 Ping-Pong ~kitchen 3:30 Sing at the Terraces (meet in ML at 3:15 – sing on the 8 th floor)	9:00 Coffee Time~ML 9:00 & 9:30 Walmart & Superstore Shuttle 1:15 Social Committee Meeting ~ML 2:00 Crosswords~ML 3:00 Name That Tune~ML 3:30 Prayer & Bible Study	9:00 Coffee Time 9:00 Ukulele Practice 10:00 Chapel Celebration ~CH 11:00 Outing to Oakridge Mall (sign up) 2:00 Bingo ~ML	9:00 Coffee Time~ML 9:45 Stretch & Strength 10:30 Word Games~ML 2:00 Indoor Horseshoes 3:15 2018 Year Memories with Afternoon Tea ~ML	9:00 Coffee Time~ML 2:00 Darts
10:00 Worship Service 2:00 Billiards <i>Candice gone until Feb 10</i>	9:00 Coffee Time~ML 9:45 Exercise with Sarah 10:30 Crossword~ML 2:00 Baking with Sarah 3:00 Hymn Sing~ML 4:00 Come eat the baking! 6:45 Carpet Bowling~ML	8:45 Morning Prayer~MRO 9:00 Coffee Time~ML 9:45 Stretch & Strength 10:30 Scattergories~ML 2:00 Indoor Golf ~ML 3:30 Block Social 3rd and 4th Floor~ML	9:00 Coffee Time~ML 9:45 Stretch & Strength 10:30 Word Game~ML 3:30 Prayer & Bible Study	9:00 Coffee Time~ML 9:00 Ukulele Practice 10:00 Hand Chimes ~PR 10:30 Fire Safety Education ~ML 2:00 Watercolor Painting with Jess Rice ~ML	9:00 Coffee Time~ML 9:45 Stretch & Strength 10:30 Word Games~ML 2:00 Birthday Celebration with music by Franzl~ML	9:00 Coffee Time~ML 2:00 Darts 3:15 Stretch in Motion with Wayne~ML
10:00 Worship Service 2:00 Billiards	9:00 Coffee Time~ML 9:45 Exercise with Sarah 10:30 Crossword~ML 1:15 Swimming (sign up) 3:00 Hymn Sing~ML 6:45 Carpet Bowling~ML <small>Martin Luther King Day Tu B'Shevat</small>	8:45 Morning Prayer ~MRO 9:00 Coffee Time~ML 9:45 Stretch & Strength 10:30 Jeopardy Trivia Game ~ML 2:00 Indoor Ladderball 3:30 Block Social 1st and 2nd Floor~ML	9:00 Coffee Time~ML 9:45 Exercise with Dagmar 10:00 Value Village Langley Outing (sign up) 3:30 Prayer & Bible Study	9:00 Coffee Time~ML 9:00 Ukulele Practice 10:00 Hand Chimes ~PR 2:00 Bingo ~ML	9:00 Coffee Time~ML 9:45 Stretch & Strength 10:30 Word Games~ML 2:00 Help make centerpieces for Valentine's Day ~ML 3:15 Scrabble~MRO	9:00 Coffee Time~ML 2:00 Darts
10:00 Worship Service 2:00 Billiards	9:00 Coffee Time~ML 9:45 Exercise with Sarah 10:30 Crossword~ML 2:00 Manicures with Sarah~MRO 2:15 German Club~TTL 3:00 Hymn Sing~ML 6:45 Carpet Bowling~ML <small>Australia Day (observed)</small>	8:45 Morning Prayer~MRO 9:00 Coffee Time~ML 9:45 Stretch & Strength 10:30 Manor Communication Meeting 2:00 Ping Pong ~kitchen 3:30 Block Social 5th and 6th Floor~ML	9:00 Coffee Time~ML 9:45 Stretch & Strength 10:30 Word Games~ML 3:30 Prayer & Bible Study	9:00 Coffee Time~ML 9:00 Ukulele Practice 10:00 Hand Chimes ~PR 2:00 Chris's Presentation of His Trip to Israel ~ML	LEGEND: ML = Manor lounge PR = Panorama Room CH = Chapel MRO = Manor Recreation Office (1 st Floor) TTL = Tree Top Lounge (by dining room in Heights) DR = Dining Room	