




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>BI</b> - Bistro <b>CA</b> - Café <b>DK</b> - Deck (LL) <b>GZ</b> - Gazebo <b>LB</b> - Lobby <b>LO</b> - Lounge <b>TS</b> - Tuck Shop</p>	<p><b>L2</b> - Arts &amp; Crafts <b>L3</b> - Billiards <b>L4</b> - Reading/Study <b>L5</b> - 5th Floor Amenity <b>MP</b> - Multi-purpose Room <b>PT</b> - Patio (Dining Room) <b>SA</b> - Salon (Lower Level)</p>	<p><b>**Please Sign up for Services at Front Desk**</b> <b>Manis and Pedis with Monika August 19th</b> <b>Hairdressing Services with Laura Fridays &amp; Mondays August 7th</b> <b>Denturist Visit August 28th</b> <b>Foot Care Services with Regina August 27th</b> <b>Hearing Clinic (In L5)</b></p>		<p><b>1</b> 10:00 Chair Exercises (MP) 10:45 Gentle Sit &amp; Stand (MP) <b>1:30 Outing - Bear Creek Park</b> <b>2:45 Music by Murray Leslie (LO)</b> <b>4:45 BC Day One Seating Dinner with music by Steve Warner (BI)</b></p>	<p><b>2 *Laura Hairdresser*</b> 10:00 Sit and Stand Fitness (MP) 10:30 'Call the Grandkids' Presentation (CA) <b>1:30 2Hr Mall Shuttle to Royal City Mall</b> 3:30 Mexican Train Dominoes (CA) 6:30 Whist with Eleanor (BI)</p>	<p><b>3 *Massage Students Here* * Qigong sessions with Sandy*</b> 10:00 Stability &amp; Stretch (MP) 10:30 Ping Pong (MP) 1:30 Crib/Board Games (BI) 3:30 Bingo with Lisa (MP) 7:00 Movie - Daughters of the Dust (L5)</p>
<p><b>4</b> 10:00 Walking Club (LB) 10:45 Ping Pong (MP) 2:00 Movie Matinee - Divorce Italian Style (L5) 3:30 Billiards Social (L3)</p>	<p><b>5 Happy BC Day</b>  2:00 Billiards Social (L3) 3:00 Knitting Social (L2)</p>	<p><b>6</b> 10:00 Chair Exercises (MP) 10:45 Gentle Sit &amp; Stand (MP) 11:00 Billiards Social (L3) 1:30 Ping Pong (MP) 2:30 Trivia Game (LO) 3:30 Bingo (MP) <b>6:30 Card Games Social (BI)</b></p>	<p><b>7 *Denturist clinic*</b> 10:00 Sit and Stand Fitness (MP) 10:30 Putting (GZ) 1:45 Tea &amp; Chat with Lisa (CA) <b>1:30 Outing - Deer Lake Park</b> 2:30 Mexican Decoration Crafts (CA) 3:30 Ladder Ball (GZ)</p>	<p><b>8</b> 10:00 Chair Exercises (MP) 10:45 Gentle Sit &amp; Stand (MP) <b>1:30 Outing - Scenic Drive to Crescent Beach</b> <b>2:45 Music by Murray Leslie (LO)</b> 3:30 Bingo (MP) 6:30 Board Games Social (CA)</p>	<p><b>9 *Laura Hairdresser*</b> 10:00 Sit and Stand Fitness (MP) 10:30 Card Craft Social (CA) <b>1:30 Mall Shuttle to Royal City Mall</b> 3:30 Mexican Train Dominoes (CA) 6:30 Whist with Eleanor (BI)</p>	<p><b>10</b> 10:00 Stability &amp; Stretch (MP) 10:30 Ping Pong (MP) 1:30 Crib/Board Games (BI) 1:30 Card Craft Social (L2) 3:00 Karaoke with Lisa (CA) 7:00 Movie - The Dressmaker (L5)</p>
<p><b>11</b> 10:00 Walking Club (LB) 10:45 Ladder Ball (MP) <b>2:00 Community Church Service-Cariboo Road Church (MP)</b> 2:00 Movie Matinee - Hello My Name is Doris (L5) 3:30 Billiards Social (L3)</p>	<p><b>12 *Laura Hairdresser*</b> 10:00 Chair Cardio (MP) 10:45 Gentle Sit and Stand (MP) 1:30 Rummoli with Barb (BI) 2:00 Billiards with Anita (L3) 3:00 Knitting Social (L2) 3:30 Board Games with Student Volunteers (CA)</p>	<p><b>13</b> 10:00 Chair Exercises (MP) 10:45 Gentle Sit &amp; Stand (MP) 11:00 Billiards Social (L3) 12:00 Therapy Dog Visit (PT) 1:30 Ladder Ball (MP) 2:30 Bocce (GZ) 3:30 Bingo (MP) <b>6:30 Card Games Social (BI)</b></p>	<p><b>14</b> 10:00 Sit and Stand Fitness (MP) 10:30 Bocce (GZ) 10:45 Spiritual Talk with Pastor Bruce Robinson (L5) 1:30 Tea &amp; Chat with Lisa &amp; Anita (CA) <b>1:30 Outing - Queen's Park</b> 2:30 Trivia Game (LO) 3:30 Dart Toss Game (GZ)</p>	<p><b>15</b> 10:00 Chair Exercises (MP) 10:45 Gentle Sit &amp; Stand (MP) <b>11:45 One Seating lunch - with a Mexican Theme</b> <b>2:45 Music by Murray Leslie (LO)</b> 6:30 Board Games Social (CA)</p>	<p><b>16 *Laura Hairdresser*</b> 10:00 Sit and Stand Fitness (MP) 10:30 Sequence <b>1:30 2Hr Mall Shuttle to Royal City Mall</b> 3:30 Mexican Train Dominoes (CA) 6:30 Whist with Eleanor (BI)</p>	<p><b>17 * Qigong sessions with Sandy*</b> 10:00 Stability &amp; Stretch (MP) 10:30 Ping Pong (MP) 1:30 Crib/Board Games (BI) <b>3:30 Entertainment by Hand Over Heart (LO)</b> 7:00 Movie - The Accountant (L5)</p>
<p><b>18</b> 10:00 Walking Club (LB) 10:45 Bocce (LO) 2:00 Movie Matinee - Lion (L5) 3:30 Billiards Social (L3)</p>	<p><b>19 *Mani's&amp; Pedi's w. Monika*</b> 10:00 Chair Cardio (MP) 10:45 Ping Pong (MP) 1:30 Rummoli with Barb (BI) 2:00 Billiards Social (L3) 3:00 Knitting Social (L2) 3:30 Board Games with Student Volunteers (CA)</p>	<p><b>20</b> 10:00 Chair Exercises (MP) <b>10:30 Blood Pressure Drop-In (L4)</b> 10:45 Gentle Sit &amp; Stand (MP) 11:00 Billiards Social 12:00 Therapy Dog Visit (PT) <b>2:00 Resident Forum (MP)</b> 3:30 Bingo (MP) <b>6:30 Card Games Social (BI)</b></p>	<p><b>21</b> 10:00 Sit and Stand Fitness (MP) 10:30 Tea &amp; Chat with Lisa (CA) 10:45 Spiritual Talk with Pastor Bruce Robinson (L5) 1:30 Ping Pong (MP) <b>1:30 Outing - Fort Langley</b> 3:30 Outdoor Bocce (GZ)</p>	<p><b>22</b> 10:00 Chair Exercises (MP) 10:45 Gentle Sit &amp; Stand (MP) 10:45 Billiards with Lisa (L3) 1:30 Scrabble (CA) <b>1:30 Outing - Burnaby Village Museum</b> <b>2:45 Music by Murray Leslie (LO)</b> 3:30 Outdoor Golf/Putting (GZ)</p>	<p><b>23 *Laura Hairdresser*</b> 10:00 Sit and Stand Fitness (MP) 10:30 Sequence (CA) 10:30 Card Craft Social (CA) <b>1:30 Mall Shuttle to Royal City Mall</b> 3:30 Mexican Train Dominoes (CA) 6:30 Whist with Eleanor (BI)</p>	<p><b>24</b> 10:00 Stability &amp; Stretch (MP) 10:30 Ping Pong (MP) 1:30 Crib/Board Games (BI) 1:30 Flower Craft Part 2 (L2) 3:30 Bingo with Lisa (MP) 7:00 Movie - Dunkirk (L5)</p>
<p><b>25</b> 10:00 Walking Club (LB) 10:45 Ping Pong (MP) 2:00 Movie Matinee - Miss Potter (L5) 3:30 Billiards Social (L3)</p>	<p><b>26 *Laura Hairdresser*</b> 10:00 Chair Cardio (MP) 10:45 Ladder ball with Anita (MP) 1:30 Rummoli with Barb (BI) 2:00 Billiards with Anita (LO) 3:00 Knitting Social (L2) 3:30 Board Games with Student Volunteers (CA)</p>	<p><b>27 *Hearing Clinic*</b> 10:00 Chair Exercises (MP) 10:45 Gentle Sit &amp; Stand (MP) 11:00 Billiards Social (L3) 12:00 Therapy Dog Visit (PT) 2:30 <b>Burnaby Library Home Service-MP</b> 3:30 Bingo (MP) <b>6:30 Card Games Social (BI)</b></p>	<p><b>28 *Footcare with Regina*</b> 10:00 Chair Cardio (MP) 10:30 Scrabble (CA) 10:45 Spiritual Talk with Pastor Bruce Robinson (L5) 1:30 Ladder Ball (GZ) <b>2:30 August Birthday Celebration &amp; Music with Cori (LO)</b></p>	<p><b>29</b> 10:00 Chair Exercises (MP) 10:45 Gentle Sit &amp; Stand (MP) <b>1:30 Outing - Barnet Marine Park</b> 1:30 Trivia Game (LO) <b>2:45 Music by Murray Leslie (LO)</b> <b>3:30 Armchair Traveler- Spain (CA)</b> 6:30 Social Hour with Music by Brian Zalo (CA)</p>	<p><b>30 *Laura Hairdresser*</b> 10:00 Sit and Stand Fitness (MP) 10:30 Sequence (CA) <b>1:30 2Hr Mall Shuttle to Royal City Mall</b> 3:30 Mexican Train Dominoes (CA) 6:30 Whist with Eleanor (BI)</p>	<p><b>31 * Qigong sessions with Sandy*</b> 10:00 Stability &amp; Stretch (MP) 10:30 Ping Pong (MP) 1:30 Crib/Board Games (BI) 3:30 Billiards with Lisa (L3) 7:00 Movie - I, Tonya (L5)</p>



# **Highlights of What's Happening at Derby Manor in August:**



**\*All events, activities and outings are subject to cancellation due to unforeseen circumstances. Please check the daily sheets each morning, which are posted in the elevators, on the ground floor laundry room window and in the display cabinet\***

**\*A note about exercise classes: Please arrive to exercise class at least 5 minutes before the start time to avoid delays and disruptions\***

**One seating Dinner-** August 1st at 4:45pm. We will be having a one seating to celebrate BC Day. This will be followed by fun and lively entertainment by Steve Warner.

**'Call the Grandkids' Presentation -** August 2nd at 10:30am. Come and find out about the services provided by Call the Grandkids, for example they are able to drive you to medical appointments and stay with you to bring you back afterwards.

**Qigong Sessions with Sandy-** August 3rd, 17th & 31st. You can sign up for a Qigong healing therapy session with Sandy at the front desk.

**Therapy Dog Visit -** Tuesdays 12:00 - 1:00pm. Brunswick the Therapy dog will be visiting The Derby Manor every Tuesday with his handler Veronica. Please come and meet him to get some cuddles and licks. They will be found outside the dining room in good weather or outside the multi-purpose room if it is raining.

**Piano music with Murray Leslie -** August 1st, 8th, 15th, 22nd and 29th at 2:45pm. Come and join the residents to enjoy Murray playing the piano in the lounge.

**Gentle Sit & Stand Exercises-** Most Tuesdays & Thursdays at 10:45am. Anita will be conducting this very gentle class-good for those wanting to slowly ease into returning to a more active lifestyle and those who prefer slower and smoother moves when exercising.

**Mexican Decoration Crafts-** August 7th at 2:30pm. Come and join the residents to make some Mexican decorations for our event on August 15th.

**Karaoke with Lisa -** August 10th at 3:00pm. Come and join Lisa in the café for a fun karaoke session.

**Cariboo Hill Church Service-** August 11th at 2:00pm. Join local church members for this time of Christian celebration and songs.

**One Seating Lunch with a Mexican Theme -** August 15th at 11:45am. We will be having a one seating lunch with a Mexican theme. Come and have some fun, hopefully outside if the weather is good.

**Entertainment by Hand over Heart -** August 17th at 3:30pm. Come and enjoy entertainment by Hand over Heart in the Piano Lounge.

**August Birthday Party with Music by Cori-** August 28th at 2:30pm. Whether your birthday is in August or in another month, come down to enjoy some good music and birthday sweets with our Derby Manor community.

**Armchair Traveller-** August 29th at 3:30pm. Come on a virtual journey with us to visit Spain from the comfort of your armchair in the café.