




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 Walking Club (LB) 10:45 Ping Pong (MP) 2:00 Movie Matinee - The Great Race (L5) 3:30 Billiards Social (L3)	2  3:00 Knitting Social (L2)	3 10:00 Chair Exercises (MP) 10:45 Gentle Sit & Stand (MP) 11:00 Billiards Social (L3) 1:30 Ping Pong (MP) 2:30 Trivia Game (LO) 3:30 Bingo (MP) 6:30 Card Games Social (BI)	4 *Denturist clinic* 10:00 Sit and Stand Fitness (MP) 10:30 Putting (GZ) 1:30 Outing - New West Quay 1:45 Tea & Chat with Lisa (CA) 2:30 Board Games Social (CA) 3:30 Ladder Ball (GZ)	5 10:00 Chair Exercises (MP) 11:45 End of Summer BBQ with Music by James Burton 2:45 Music by Murray Leslie (LO) 3:45 Ladder Ball & Putting (GZ)	6 *Laura Hairdresser* 10:00 Sit and Stand Fitness (MP) 10:30 Sequence (CA) 1:30 2Hr Mall Shuttle to Royal City Mall 2:00 True or False Game (LO) 3:30 Mexican Train Dominoes (CA) 6:30 Friday night Whist Club (BI)	7 10:00 Stability & Stretch (MP) 10:30 Ping Pong (MP) 1:30 Crib/Board Games (BI) 1:30 Billiards (L3) 3:30 Bingo with Lisa (MP) 7:00 Movie - The Benny Goodman Story (L5)
8 National Grandparents Day 10:00 Walking Club (LB) 10:45 Ping Pong (MP) 2:00 Community Church Service-Cariboo Road Church (MP) 3:00 Sing Along with Lorie (LO)	9 *Laura Hairdresser* 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 Social (CA)	10 10:00 Chair Exercises (MP) 10:45 Gentle Sit & Stand (MP) 11:00 Billiards Social (L3) 1:30 Ping Pong with Mena (MP) 2:30 Trivia Game (LO) 3:30 Bingo (MP) 6:30 Card Games Social (BI)	11 10:00 Sit and Stand Fitness (MP) 10:30 Bocce Ball (GZ) 10:45 Spiritual Talk with Pastor Bruce Robinson (L5) 1:45 Tea & Chat with Lisa & Anita (CA) 1:30 Outing - Starlight Casino 2:30 Ladder Ball (GZ) 3:30 Choir Practice Meeting (MP)	12 10:00 Chair Exercises (MP) 10:30 Presentation of a Safari to Tanzania by Sharon - Daughter of our resident Eleanor (CA) 1:30 Outing - Lougheed Mall 2:45 Music by Murray Leslie (LO) 3:30 Bingo (MP) 6:30 Social Hour with Music by Alistair (BI)	13 *Laura Hairdresser* 10:00 Sit and Stand Fitness (MP) 10:30 Card Craft Social (CA) 1:30 Mall Shuttle to Royal City Mall 3:30 Mexican Train Dominoes (CA) 6:30 Friday night Whist Club (BI)	14 *Qigong sessions with Sandy* 10:00 Stability & Stretch (MP) 10:30 Ping Pong (MP) 1:30 Crib/Board Games (BI) 1:30 Karaoke (CA) 3:00 Billiards with Lisa (L3) 7:00 Movie - Stan & Ollie (L5)
15 10:00 Walking Club (LB) 10:45 Ladder Ball (MP) 2:00 Movie Matinee - Elvis Presley (L5) 3:30 Billiards Social (L3)	16 10:00 Chair Cardio (MP) 10:30 Call the Grandkids Presentation (CA) 1:30 Rummoli with Barb (BI) 2:00 Billiards with Anita (L3) 3:00 Knitting Social (L2) 3:30 Board Games Social (CA)	17 10:00 Chair Exercises (MP) 10:45 Gentle Sit & Stand (MP) 11:00 Billiards Social (L3) 1:30 Ladder Ball (MP) 2:00 Resident Forum (MP) 3:30 Bingo (MP) 6:30 Card Games Social (BI)	18 10:00 Sit and Stand Fitness (MP) 10:30 Putting (GZ) 1:30 Tea & Chat with Lisa & Anita (CA) 1:30 Outing - White Rock 2:30 Trivia Game (LO) 3:30 Choir Practice (MP)	19 10:00 Chair Exercises (MP) 10:45 Gentle Sit & Stand (MP) 2:00 Derby Manor Official Grand Opening Event (LO) (CA) 6:30 Board Games Social (CA)	20 *Laura Hairdresser* 10:00 Sit and Stand Fitness (MP) 10:30 Sequence 1:30 2Hr Mall Shuttle to Royal City Mall 3:30 Mexican Train Dominoes (CA) 6:30 Friday night Whist Club (BI)	21 10:00 Stability & Stretch (MP) 10:30 Ping Pong (MP) 1:30 Crib/Board Games (BI) 1:30 Bingo with Lisa (MP) 3:30 Entertainment by Greg Alcock (LO) 7:00 Movie - Quartet (L5)
22 10:00 Walking Club (LB) 10:45 Bocce (LO) 2:00 Movie Matinee - Beyond the Sea (L5) 3:00 Sing Along with Lorie (LO) 3:30 Billiards Social (L3)	23 *Laura Hairdresser* 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 Trivia Game (LO)	24 *Hearing Clinic* *Mani's& Pedi's w. Monika* 10:00 Chair Exercises (MP) 10:30 Blood Pressure Drop-In (L4) 10:45 Gentle Sit & Stand (MP) 11:00 Billiards Social 1:30 Ping Pong with Mena (MP) 2:30 Burnaby Library Home Service (MP) 3:30 Bingo (MP) 6:30 Card Games Social (BI)	25 *Footcare with Regina* 10:00 Sit and Stand Fitness (MP) 10:30 Ping Pong (MP) 10:45 Spiritual Talk with Pastor Bruce Robinson (L5) 1:30 Choir Practice (MP) 2:30 September Birthday Celebration & Music with Cori (LO) 3:45 Scrabble (CA)	26 10:00 Chair Exercises (MP) 10:45 Gentle Sit & Stand (MP) 10:45 Billiards with Lisa (L3) 1:30 Scrabble (CA) 1:30 Outing - Lougheed Mall 2:45 Music by Murray Leslie (LO) 3:45 Armchair Traveler - Australia (CA) 6:30 Social hour with music by Colleen Durdon (BI)	27 *Laura Hairdresser* 10:00 Sit and Stand Fitness (MP) 10:30 Sequence (CA) 10:30 Card Craft Social (CA) 1:30 Mall Shuttle to Royal City Mall 2:00 Crafty Corner (L2) 3:30 Mexican Train Dominoes (CA) 6:30-Friday night Whist Club (BI)	28 *Qigong sessions with Sandy* 10:00 Stability & Stretch (MP) 10:30 Ping Pong (MP) 1:30 Crib/Board Games (BI) 2:00 Love Caravan Performance (MP) 7:00 Movie - Lady Sings the Blues (L5)
29 10:00 Walking Club (LB) 10:45 Ping Pong (MP) 2:00 Movie Matinee - Joy (L5) 3:30 Billiards Social (L3)	30 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 Social (CA)	**Please Sign up for Services at Front Desk** Manis and Pedis with Monika September 24th Hairdressing Services with Laura Fridays & Mondays Denturist Visit September 4th Foot Care Services with Regina September 25th Hearing Clinic (In L5) September 24th		BI - Bistro L2 - Arts & Crafts CA - Café L3 - Billiards DK - Deck (LL) L4 - Reading/Study GZ - Gazebo L5 - 5th Floor Amenity LB - Lobby MP - Multi-purpose Room LO - Lounge PT - Patio (Dining Room) TS - Tuck Shop SA - Salon (Lower Level)		



Highlights of What's Happening at Derby Manor in September:

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

End of summer BBQ - September 5th at 11:45am. We will be having a one seating lunch to acknowledge the end of summer. This will be followed by fun and lively entertainment by James Burton.

Friday night Whist Club - Fridays at 6:30pm. Come and join the residents to play a fun game of whist.

Cariboo Hill Church Service- September 8th at 2:00pm. Join local church members for this time of Christian celebration and songs.

Choir Practice - September 11th, 18th & 25th at 3:30pm. Come and join Lisa and some of our residents to start our first Derby Manor choir.

Presentation of a Safari to Tanzania - September 12th at 10:30am. Come and listen to a presentation by Sharon, the daughter of our resident Eleanor, telling us all about her safari to Tanzania.

Social Hour with entertainment by Alistair - September 12th at 6:30pm. Come and enjoy entertainment by our new entertainer Alistair in the bistro after dinner. Please feel free to BYOB.

Call the Grandkids Presentation - September 16th. 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- September 14th & 28th . You can sign up for a Qigong healing therapy session with Sandy at the front desk.

Piano music with Murray Leslie - September 5th, 12th & 26th 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.

Karaoke with Lisa - September 14th Come and join Lisa in the café for a fun karaoke session.

Derby Manor Official Grand Opening Event - September 19th at 2-4pm. Come and join guests and residents at our event to celebrate the official opening of the Derby Manor.

Afternoon entertainment by Gregg Alcock- September 21st at 3:30pm. Join the residents in the lounge to enjoy musical entertainment by Gregg Alcock.

September Birthday Party with Music by Cori- September 25th 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- September 26th at 3:45pm. Come on a virtual journey with us to visit Australia from the comfort of your armchair in the café.

Social Hour with Music by Colleen Durdon - September 26th at 6:30pm. This is Colleen's first performance at the Derby Manor. Come and enjoy an hour of entertainment and feel free to BYOB.

Love Caravan - September 28th at 2:00pm. Join the residents to enjoy an interactive performance and entertainment by the Love Caravan