





October 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>**Please Sign up for Services at Front Desk**</p> <p>Manis and Pedis with Monika October 28th Hairdressing Services with Laura Fridays & Mondays</p> <p>Denturist Visit October 2nd Foot Care Services with Regina October 23rd Hearing Clinic (In L5) October 22nd</p>		<p>1</p> <p>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)</p>	<p>2 <u>*Denturist clinic*</u></p> <p>10:00 Sit and Stand Fitness (MP) 10:30 Tea & Chat with Lisa & Anita (CA) 10:30 Blood Pressure Drop-In (L4) 1:30 Outing - White Rock 1:45 Bird Watching Club (CA) 2:30 Board Games Social (CA) 3:30 Choir Practice (MP)</p>	<p>3</p> <p>10:00 Chair Exercises (MP) 10:45 Gentle Sit & Stand (MP) 1:30 Outing - Burnaby Mountain 1:45 Ladder Ball (MP) 2:45 Music by Murray Leslie (LO) 3:30 Bingo (MP)</p>	<p>4 <u>*Laura Hairdresser*</u></p> <p>10:00 Sit and Stand Fitness (MP) 10:30 Sequence (CA) 1:30 2Hr Mall Shuttle to Royal City Mall 3:30 Mexican Train Dominoes (CA) 6:30 Friday night Whist Club (BI)</p>	<p>5</p> <p>10:00 Stability & Stretch (MP) 10:30 Ping Pong (MP) 12:00 Therapy Dog (MP) 1:30 Crib/Board Games (BI) 2:30 True or False Game (LO) 3:30 Billiards with Lisa (L3) 7:00 Movie - Becoming Jane (L5)</p>
<p>6</p> <p>10:00 Walking Club (LB) 10:45 Ping Pong (MP) 2:00 Movie Matinee - Jane Eyre (L5) 3:30 Billiards Social (L3)</p>	<p>7 <u>*Laura Hairdresser*</u></p> <p>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)</p>	<p>8</p> <p>10:00 Chair Exercises (MP) 10:45 Gentle Sit & Stand (MP) 11:00 Billiards Social (L3) 11:00 Elections Canada Voter Registration (LO) 1:30 Ping Pong with Mena (MP) 2:30 Trivia Game (LO) 3:30 Bingo (MP) 6:30 Card Games Social (BI)</p>	<p>9</p> <p>10:00 Sit and Stand Fitness (MP) 10:30 Bocce Ball (MP) 10:45 Spiritual Talk with Pastor Bruce Robinson (L5) 1:30 Outing- Tynehead Park 1:45 Bird Watching Club (CA) 2:30 Happy Hour (BI) 3:30 Choir Practice (MP)</p>	<p>10</p> <p>10:30 Write your name in Chinese Calligraphy with Joe & Dave (CA) 1:30 Tea & Chat with Lifestyles (CA) 2:30 Ladder Ball (MP) 4:45 Thanksgiving One Seating Dinner with Music by James Burton (BI)</p>	<p>11 <u>*Laura Hairdresser*</u></p> <p>10:00 Sit and Stand Fitness (MP) 10:30 Card Craft Social (CA) 1:30 Mall Shuttle to Royal City Mall 2:00 Halloween Crafts (L2) 3:30 Mexican Train Dominoes (CA) 6:30 Friday night Whist Club (BI)</p>	<p>12</p> <p>10:00 Stability & Stretch (MP) 10:30 Ping Pong (MP) 1:30 Crib/Board Games (BI) 2:30 Karaoke (CA) 3:30 Bingo with Lisa (MP) 7:00 Movie - The Blind Side (L5)</p>
<p>13</p> <p>10:00 Walking Club (LB) 10:45 Ping Pong (MP) 2:00 Movie Matinee - Over Hawaii (L5) 3:00 Sing Along with Lorie (LO) 3:30 Billiards Social (L3)</p>	<p>14</p>  <p>1:30 Rummoli (BI) 3:00 Knitting Social (L2)</p>	<p>15</p> <p>10:00 Chair Exercises (MP) 10:45 Gentle Sit & Stand (MP) 11:00 Billiards Social (L3) 1:30 Ping Pong with Mena (MP) 2:00 Resident Forum (MP) 3:30 Bingo (MP) 6:30 Card Games Social (BI)</p>	<p>16 <u>GDC Fall Fair 1-4pm</u></p> <p>10:00 Sit and Stand Fitness (MP) 10:30 Easy Therapy Clinic Presentation (CA) 1:30 Outing - Como Lake 1:45 Bird Watching Club (CA) 2:30 Trivia Game (LO) 3:30 Choir Practice (MP)</p>	<p>17</p> <p>10:00 Chair Exercises (MP) 10:45 Gentle Sit & Stand (MP) 10:45 Billiards with Lisa (L3) 1:30 Outing - Lougheed Mall 1:45 Computer Q & A with Anita (L4) 2:45 Music by Murray Leslie (LO) 3:30 Bingo (MP)</p>	<p>18 <u>*Laura Hairdresser*</u></p> <p>10:00 Sit and Stand Fitness (MP) 10:30 Sequence 1:30 2Hr Mall Shuttle to Royal City Mall 2:00 Poetry Club (CA) 3:30 Mexican Train Dominoes (CA) 6:30 Friday night Whist Club (BI)</p>	<p>19</p> <p>10:00 Stability & Stretch (MP) 10:30 Ping Pong (MP) 12:00 Therapy Dog (MP) 1:30 Crib/Board Games (BI) 2:30 Billiards with Lisa (L3) 3:30 Nature Walk with Lisa (CA) 7:00 Movie - G.I. Blues (L5)</p>
<p>20</p> <p>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) 3:30 Billiards Social (L3)</p>	<p>21 <u>*Laura Hairdresser*</u></p> <p>10:00 ELECTION BOOTH (MP)</p> <p>1:30 Rummoli with Barb (BI) 2:00 Billiards with Anita (L3) 3:00 Knitting Social (L2) 3:30 Trivia Game (LO)</p>	<p>22 <u>*Hearing Clinic*</u></p> <p>10:00 Chair Exercises (MP) 11:00 Absolute Hearing Meet & Greet (LO) 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)</p>	<p>23 <u>*Footcare with Regina*</u> Flu Clinic in the Tuck Shop 9am - 4pm</p> <p>10:00 Sit and Stand Fitness (MP) 10:30 Ping Pong (MP) 10:45 Spiritual Talk with Pastor Bruce Robinson (L5) 1:30 Outing - Scenic Drive to the Cheese Factory 1:45 Bird Watching Club (CA) 2:30 Happy Hour (BI) 3:30 Choir Practice (MP)</p>	<p>24</p> <p>10:00 Chair Exercises (MP) 10:45 Gentle Sit & Stand (MP) 10:45 Billiards with Lisa (L3) 1:30 Outing - Starlight Casino 1:45 Henna Tattoos (BI) 2:45 Music by Murray Leslie (LO) 3:45 Armchair Traveler - India (CA)</p>	<p>25 <u>*Laura Hairdresser*</u></p> <p>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 2:30 Diwali Celebration (BI) 3:30 Mexican Train Dominoes (CA) 6:30 Friday night Whist Club (BI)</p>	<p>26</p> <p>10:00 Stability & Stretch (MP) 10:30 Ping Pong (MP) 1:30 Karaoke (CA) 2:30 Ladder Ball (MP) 3:30 Bingo with Lisa (MP) 7:00 Movie - The Artist (L5)</p>
<p>27</p> <p>10:00 Walking Club (LB) 10:45 Ping Pong (MP) 2:00 Movie Matinee - Fun In Acapulco (L5) 3:00 Sing Along with Lorie (LO) 3:30 Billiards Social (L3)</p>	<p>28</p> <p>*Mani's& Pedi's w. Monika*</p> <p>10:00 Chair Cardio (MP) 10:45 Ladder ball with Anita (MP) 1:30 Rummoli with Barb (BI) 2:00 Billiards social (L3) 3:00 Knitting Social (L2) 3:30 Board Games Social (CA)</p>	<p>29</p> <p>10:00 Chair Exercises (MP) 10:30 Blood Pressure Drop-In (L4) 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)</p>	<p>30</p> <p>10:00 Sit and Stand Fitness (MP) 10:30 Pumpkin Carving (CA) 1:30 Outing - Garden Works 1:45 Bird Watching Club (CA) 2:30 October Birthday Celebration & Music with Cori (LO) 3:30 Choir Practice (MP)</p>	<p>31</p>  <p>1:30 Outing - Lougheed Mall 1:45 Scrabble (CA) 2:00 Visit from Cariboo Hill Students in Halloween Costumes (LO) 2:45 Music by Murray Leslie (LO) 4:45 One Seating Halloween Dinner with Music by Alistair (BI)</p>	<p>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)</p>	



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



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

Blood Pressure Drop-In Clinic - October 2nd & 29th at 10:30am. The blood pressure clinic will be coming twice this month. Please drop in to the fourth floor amenity room to see the nurse.

Bird Watching Club - Wednesday at 1:45pm. We are starting a Derby Manor bird watching club. Come and join the bird watching enthusiasts in the building.

Murray Leslie - Thursdays at 2:45pm. Come and join residents to enjoy Murray play the piano in the lounge.

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

Brunswick the Therapy Dog - October 12th and 19th at 12:00 noon. Veronica and her dog Brunswick will be returning to the Derby Manor to visit every other Saturday in October in the Multi-Purpose room. Please come along and enjoy a visit with Brunswick.

Sing Along with Lorie - October 13th, 20th and 27th at 3:00pm. Join Lorie and the residents for a fun sing along in the lounge.

Elections Canada Voter Registration October 8th at 11:00am. Elections Canada will be here to register voters that are not yet on the voting register.

Happy Hour October 9th & 23rd at 2:30pm. The Derby Manor will be holding it's first Happy hour this month. Join the residents in the Bistro for some fun. Drinks will be \$2:00 each. This month beer and wine will be the choices available.

Thanksgiving One-Seating Dinner October 10th at 4:45pm. We will be hosting a one-seating dinner to celebrate Thanksgiving. The wonderful James Burton will be the musical entertainment for the evening.

Cariboo Church Service- October 20th at 2:00pm. Join local church members for this time of Christian celebration and songs.

Election Day October 21st 10:00am - 1:00pm. Elections Canada will be placing a voting booth in the Multi-Purpose room for all Derby Manor residents.

Armchair Traveller- October 24th at 3:45pm. Come on a virtual journey with us to visit India from the comfort of your armchair in the café.

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

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.

One Seating Halloween Dinner - October 31st at 4:45pm. We will be hosting a one-seating Halloween dinner followed by entertainment by Alistair.