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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 10:00 Mental Aerobics 11:30 Lunch at Espresso Café 1:30 Noodle Hockey 2:30 Happy Hour 4:00 Journal My Bio	2 10:15 Exercise 11:00 Carpet Bowling 2:00 Left Right Center 7:00 Bingo
3 10:15 Sandbag Toss 1:00 Communion 1:30 Mental Aerobics 2:30 Church	4 9:45 Walk & Roll 2:00 Video Memories 4:00 Readings from Stuart McLean	5 Massage 10:15 Exercise 11:00 Carpet Bowling 2:00 Senior Vaudevillians Christmas Show!	6 9: 10:00 Painting 4:00 Relax Colouring 7:00 Bingo	7 1:30 Reno Keno 5:00 Family & Friends Christmas Dinner	8 10:15 Mental Aerobics 10:30 Communion 3:00 Happy Hour	9 10:15 Exercise 11:00 Carpet Bowling 2:00 Left Right Center 7:00 Bingo
10 10:15 Sandbag Toss 1:30 Mental Aerobics 2:30 Church	11 10:30 Perryl Wear with Sinikka 2:30 Video Memories 3:45 Point / Counterpoint 3:30 Resonate with Joy	12 Massage 10:15 Exercise 11:00 Carpet Bowling 1:30 Walk & Roll 3:00 Readings 4:00 Mental Aerobics	13 9:00 Absolute Hearing 10:30 5th Avenue Jewelry 2:30 Birthday Party with Barry Powel 7:00 Bingo	14 10:15 Exercise 11:00 Carpet Bowling 1:30 Reno Keno 2:30 Tai Chi	15 1:30 Noodle Hockey 2:30 Happy Hour 7:00 Christmas Lights Tour – Big Bus	16 10:15 Exercise 11:00 Carpet Bowling 2:00 Left Right Center 7:00 Bingo
17 10:15 Sandbag Toss 1:00 Communion 1:30 Mental Aerobics 2:30 Church	18 10:45 Lunch at the Golden Panda 2:00 Video Memories 3:30 Point / Counterpoint 4:00 What Year Was This?...	19 Massage 10:15 Exercise 11:00 Carpet Bowling 1:30 Walk & Roll 3:00 Readings 4:00 Mental Aerobics	20 10:00 Health Corner with Brigita 1:30 2:45 Coffee Klatch 3:45 Relax Colouring 7:00 Bingo	21 10:15 Exercise 11:00 Carpet Bowling 1:30 Reno Keno 2:30 Tai Chi	22 1:30 Noodle Hockey 2:30 Happy Hour with Carl 4:00 Journaling My Bio	23 10:15 Exercise 11:00 Carpet Bowling 2:00 Left Right Center 7:00 Bingo
24/31 10:15 Sandbag Toss 1:00 Communion 1:30 Mental Aerobics 2:30 Church	25 Merry Christmas	26 Massage 10:15 Exercise 11:00 Carpet Bowling 1:30 Walk & Roll	27 9:45 11:00 C-Lovers in Langley 2:00 7:00 Bingo	28 10:15 Exercise 11:00 Carpet Bowling 1:30 Reno Keno 2:30 Tai Chi	29	30