

Weekly Events at the Manor

Monday, January 18

- 9:15 Morning Snacks (Dining Room)
- 10:00 Exercise Class (Dining Room)
- 1:00 Bingo (Dining Room)
- 2:15 Afternoon Snacks with Music & Happy Hour (Dining Room)
- 2:45 Peak Newspaper Reading (Dining Room)

Tuesday, January 19

- 9:15 Morning Snacks (Dining Room)
- 10:00 Exercise Class (Dining Room)
- 1:15 Group Trivia (Dining Room)
- 2:15 Afternoon Snacks & Social Time (Dining Room)

Wednesday, January 20

- 9:15 Morning Snacks (Dining Room)
- *No Exercise class today
- 1:15 Arts & Crafts (Dining Room)
- 2:15 Afternoon Snacks & Social Time with Momma Jo's Baking
- 2:45 Cribbage (Dining Room)

Thursday, January 21

- 9:15 Morning Snacks (Dining Room)
- 10:00 Exercise Class (Dining Room)
- 1:00 Bingo (Dining Room)
- 2:15 Afternoon Snacks & Social Time (Dining Room)

Friday, January 22

- 9:15 Morning Snacks with Jenni (Dining Room)
- 2:15 Afternoon Snacks with Kaiko (Dining Room)

Saturday, January 23 - No Scheduled Activities

Sunday, January 24 - No Scheduled Activities

The Manor Weekly

Jan. 18 to Jan. 24, 2021



COVID-19 Vaccinations

Tenants and staff who have chosen to, have now received their first round of COVID-19 vaccinations.

The second round, which is required, will be administered approximately 35 days after the first shot.

The wearing of masks in public and other personal protective equipment worn by staff will still be required after the shots. We will wait for direction from Vancouver Coastal Health and Dr. Bonny Henry before making any changes to our current operations.



No Exercises Wednesday

There will not be an Exercise class on Wednesday morning this week.

Peak Newspaper Reading

Join Jenni in the lounge area (1st floor dining room) to listen while she reads the Friday edition of the Peak Newspaper.

**Monday January 18th
2:45pm**



Arts & Crafts on Wednesday

Join Jenni on Wednesday afternoon to do a fun Scottish themed arts and crafts project for Robbie Burns day!

**Wednesday
January 20th
1:15pm**

