

December 2017 Activities



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>New Years Eve 31 11:00 Stretch Video (P1) 7:30-9:00 - NYE Party!</p>					<p>9:00 Yoga (P1) 1 10:00 PARC fit Strength D (P2) 10:10 Seated Yoga (P1) 10:00 Garden Group (P1) 11:00 PARC fit Strength C (P2) 2:00 Winter Wonderland Planter Making Workshop 1:30 Massage Therapy (P1) 4:00 Tree Lighting and Candy Cane Social with Bob York</p>	<p>Footcare Nurse (P2) 2 11:00 Stretch Video (P1) 1:30 Bridge Group 1:30 Pandora's Vox and Espritu at the Kay Meek Centre 2:30 Cribbage (P1) 7:30 Feature Film (P2)</p>
<p>3 11:00 / 1:00 Family Christmas Brunch Musical entertainment by the Christmas Revelers and the Swingettes 7:30 Feature Film (P2)</p>	<p>4 <i>No PARC fit Strength today</i> 10:30 Technology Lessons and Device Help (P1) 7:30 Evening Bridge (lounge) 7:30 BBC Nature Series: LIFE (P2)</p>	<p>5 9:00 PARC fit Steady Steps 1 (P1) 10:00 PARC fit Steady Steps 2 (P1) 10:15 Capilano Mall bus 11:00 PARC fit Steady Steps 3 (P1) 11:00 Mediation with Lara (P2) 1:30 Park Royal Mall bus 1:30 TED Talks (P2) 3:00 RESIDENT MEETING 7:30 Doc: Impossible Dreamers (P2)</p>	<p>6 Hair Salon and Esthetics 11-3 Christmas Market (P1) 9:00 PARC fit Strength B (P2) 10:00 PARC fit Strength A (P2) 11:00 PARC fit Strength C (P2) 3:00 Birthday Party with John Cronin (lounge) 7:30 Movie: Four Christmases (P2)</p>	<p>7 Reflexology 9:00 PARC fit Steady Steps 1 (P1) 10:00 PARC fit Steady Steps2(P1) 11:00 PARC fit Steady Steps 3(P1) 1:30 Pictionary (bistro) 2:00 Keynotes Choir Christmas Performance (lounge) 4:30-6:30 Early dinner tonight for staff Christmas party 7:00 Movie: Holiday Inn (P2)</p>	<p>8 9:00 Yoga (P1) 10:00 PARC fit Strength D (P2) 10:00 Trip to Garden Works for all your Christmas needs! 10:10 Seated Yoga (P1) 11:00 Caufield Elementary Choir (lounge) 11:00 PARC fit Strength C (P2) 1:00 The Man who invented Christmas in theatres 1:30 Last Massage (P1) 4:00 Happy Hour with Jennifer and Bob (lounge)</p>	<p>9 11:00 Stretch Video (P1) 1:30 Bridge Group 2:30 Cribbage (P1) 7:30 Feature Film (P2)</p>
<p>10 11:00 Stretch Video (P1) 1:00 Singing Christmas Tree at Broadway Church 7:30 Feature Film (P2)</p>	<p>11 10-3 SAFE-T-Brella vendor 9:00 PARC fit Strength D 10:00 PARC fit Strength A 10:30 Technology Lessons and Device Help (P1) 11:00 PARC fit Strength B 1:30 Grey Matters 6:30 Christmas Lights Tour 7:30 Evening Bridge (lounge) 7:30 BBC Nature Series: LIFE</p>	<p>12 9:00 PARC fit Steady Steps 1 (P1) 10:00 PARC fit Steady Steps2 (P1) 11:00 PARC fit Steady Steps 3 (P1) 1:30 Winter Makeover Event with Shoppers Drug Mart (lobby) 1:30 TED Talks (P2) 7:00 Deep Cove Big Band (lounge) 7:30 Doc: Tree Man (P2)</p>	<p>13 Hair Salon and Esthetics 9:00 PARC fit Strength B (P2) 10:00 PARC fit Strength A (P2) No PARC fit Strength C today 11:20 Zumba Gold (P1) 3:30 Olivia and friends sing and perform 7:30 Movie: Miracle on 34th Street (P2)</p>	<p>14 9:00 PARC fit Steady Steps 1 10:00 PARC fit Steady Steps2(P1) 11:00 PARC fit Steady Steps 3(P1) No Pictionary today 3:00 Staff Gratuity Presentation (dining Room) 7:30 New Series: Season 2 of The Crown (P2)</p>	<p>15 <i>No PARC fit strength today</i> 9:00 Yoga (P1) 10:00 Garden Group (P1) 10:10 Seated Yoga (P1) 4:00 "Ugly Sweater" social and Sing-A-Long with Christine and Bobby (lounge)</p>	<p>16 11:00 Stretch Video (P1) 1:30 Bridge Group 2:30 Cribbage (P1) 5:00 / 7:00 Christmas Dinner with musical entertainment by Jennifer Lauren</p>
<p>17 11:00 Stretch Video (P1) 7:30 Feature Film (P2)</p>	<p>18 9-11 PARC fit Strength D/A/B 10:30 Technology Lessons and Device Help (P1) 1:30 Grey Matters 2:00 Deep Cove Old Time Jazz Band (lounge) 6:30 Christmas Lights Tour 7:00 Evening Bridge (lounge) 7:30 Nature Series: LIFE (P2)</p>	<p>19 Next Gen Hearing 9:00 PARC fit Steady Steps 1 (P1) 10:00 PARC fit Steady Steps2 (P1) 11:00 PARC fit Steady Steps 3 (P1) 1:30 TED Talks (P2) 3:00 Gingerbread Decorating 7:30 Doc: Christmas Cracker (P2)</p>	<p>20 Hair Salon and Esthetics No PARC fit Strength today 11:00 Stretch Video (P1) 7:30 Movie: White Christmas (P2)</p>	<p>21 Reflexology 9:00 PARC fit Steady Steps 1 (P1) 10:00 PARC fit Steady Steps2(P1) 10:30 Children's Christmas Performance (lounge) 1:30 Pictionary (bistro) 11:00 PARC fit Steady Steps 3(P1) 7:30 Series: The Crown (P2)</p>	<p>22 <i>No Yoga today</i> 10:00 PARC fit Strength D 10:00 Garden Group (P1) 11:00 PARC fit Strength C (P2) 2:30 Dundarave Festival of Trees and Park & Tilford 4:00 Happy Hour - Piano Stylings by Christine (lounge)</p>	<p>23 11:00 Stretch Video (P1) 1:30 Bridge Group 2:30 Cribbage (P1) 7:30 Feature Film (P2)</p>
<p>24 11:00 Stretch Video (P1) 7:30 Feature Film (P2)</p>	<p>Christmas Day 25 2:00 Matinee Movie: It's a Wonderful Life</p>	<p>26 No PARC fit Steady Steps today 11:00 Stretch Video (P1) 7:30 Doc: Top World (P2)</p>	<p>27 Hair Salon and Esthetics No PARC fit Strength Today 11:00 Stretch Video (P1) 7:30 Movie: Field of Dreams (P2)</p>	<p>28 9:00 PARC fit Steady Steps 1 (P1) 10:00 PARC fit Steady Steps2(P1) 11:00 PARC fit Steady Steps 3(P1) 1:30 Pictionary (bistro) 7:30 Series: The Crown (P2)</p>	<p>29 <i>No Yoga today</i> 10:00 PARC fit Strength D (P2) 11:00 PARC fit Strength C (P2) 4:00 Social Hour (lounge)</p>	<p>30 Footcare Nurse (P2) 11:00 Stretch Video (P1) 1:30 Bridge Group 10:30 Cribbage Tournament (lounge) 7:30 Feature Film (P2)</p>

Social Activities In December:

The Christmas Season is upon us! Join us for a variety of seasonal musical entertainment, a Christmas planter workshop, children's performances, a scenic lights bus tour, and so much more!

Monday's (10:30) - Technology Lessons and Device Help We will have a series of 30-45min sessions on how to use your device as well as time to troubleshoot any issues you may have with your tablets (iPads), smart phones, or lap tops! (Multipurpose Room on P1).

(1:30) - Grey Matters - Exercise and strengthen your brain!! We work on fun exercises and games using up-to-date research to keep your mind in tip-top shape! (Multipurpose Room on P1).

Tuesday's (1:30) - TED talks come to the theatre (P2) for an interesting talk or two about Technology, Education, and Design. Each talk is less than 20 minutes.

Wednesday's (11:20) – Zumba Gold All abilities are welcome! Get your exercise in by moving to the Latin beats! (Multipurpose Room on P1).

Thursday's (1:30) – Pictionary Ready to think outside the box and get creative? Join us for a fun, quick game of Pictionary! (Bistro).

Friday's (10:00) - Garden Group Have a green thumb? Come help out the group, guided by our horticulturalist, Janelle and keep our greenhouse lush and beautiful! (Garden on P1).

(4:00) Happy Hour Join us for a drink in the lounge and enjoy the musical entertainment each Friday!

Friday, December 1st (2:00pm) - Winter Wonderland Plater Workshop Join Evelin, an instructor from Gardenworks, and build your own beautiful winter planters for your suites or as a perfect gift. \$35.00 all materials included.

Tree Lighting and Candy Cane Social We will be illuminating the giant tree in John Richardson Park! Come enjoy some seasonal drinks!

Wednesday, December 6th (11-3) - Westerleigh Christmas Market Still have some Christmas shopping to do? We will have handmade crafts, jewellery, soaps, towels, and more from locally made crafters and artisans! (Multipurpose Room on P1).

Wednesday, December 6th (3:00-4:00) - Birthday Party with John Cronin Come and celebrate all the December birthdays with birthday cake and lively music!

Thursday, December 7th (2:00) Keynotes Choir Join us for a fun and festive performance in the lounge!

Friday, December 8th (11:00am) - Caulfield Elementary Choir A visit and Christmas performance by the Caulfield Elementary School choir.

Tuesday, December 12th (1:30pm) - Shoppers Drug Mart Winter Makeover Event Calling all Ladies who want to re-vamp their make-up! Come get a makeover and a fresh new look!

Deep Cove Big Band Traditional BIG BAND jazz!

Wednesday, December 13th (3:30pm) - Olivia and Friends A small group of friends who attend Pauline Johnson will be singing and performing Christmas numbers for us!

Friday, December 15th (4:00pm) - "Ugly Sweater" Wear your most decorated and creative "ugly" or festive Christmas sweater to our Happy Hour! We will have a prize for the best sweater worn!

Monday, December 18th (2:00pm) - Deep Cove Old Time Jazz Band Come enjoy some toe-tapping Dixieland Jazz!

Thursday, December 21st (10:30am) - Children's Christmas performance The wee little ones (5yrs and under!) from Cedardale Childcare Centre will be performing their Christmas concert for us in the lounge.

Bus Trips in December:

For all bus trips, please sign up on the designated days to allow all residents a fair opportunity to attend the trips.

Saturday, December 2nd- Pandora's Vox and Espiritu (1:30-4:00) A music and dance celebration. The show begins at 2:00pm. Tickets have been pre-purchased.

Tuesday, December 5th - Capilano Mall Bus (10:15-12:30)

Park Royal Mall Bus (1:30-3:30)

Friday, December 8th- Garden Works Christmas display (10:00-12:00) Garden Works has all your Christmas needs from decorations, to wreaths, to gift ware, greenery, plants, and so much more! Enjoy a walk through their beautiful winter wonderland display. Join Janelle for a fun visit to the shop PLUS receive 20% off on all purchases!

The Man Who Invented Christmas in theatres (1:00-4:00) A film about Charles Dickens' creation "A Christmas Carol," a timeless tale that would redefine the holiday. Admission is \$10.00.

Sunday, December 10th –Singing Christmas Tree (1:00-5:00) In it's 50th year, this 100+ choir is entertainment like none other.

Monday, December 11th and Monday, December 18th - Christmas Lights Tour (6:30-8:30) Take a tour around Metro Vancouver and see all the fantastic light display this city has to offer. The same tour will run both evenings.

Friday, December 22nd – Dundarave Festival of Trees and Park and Tilford lights (2:30-5:30) We'll walk through the decorated Christmas trees at Dundarave Beach then head to Park and Tilford, grab a warm drink and visit the gardens to see their light display.