





November 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Cedar Springs PARC 3633 Mt Seymour Pkwy North Vancouver, BC V7H 0A9 604-986-3633</p>	<p>Legend Li = Library SR = Salish Room Bi = Bistro FL = Fireplace Lounge FR = Fitness Room CL = Cates Lounge</p>		<p>1 9:30 Fun with French (SR) 10:30 Qi Gong (SR) 1-5 Circuit Training/Natasha 1-5 Massage Students (SR) 7:00 Singing Group (Bi)</p>	<p>2 9:30 Exercise (SR) 11:00 Resident Meeting 2:00 All Levels Dance (SR) 7:00 Card Bingo (SR)</p>	<p>3 10:00 Stretch Video (SR) 11:00 Remedy Pharmacy "Talk on Nutrition" 1-5 Circuit Training/Natasha 2:00 Jeopardy (SR) 7:00 Documentary/Games</p>	<p>4 10:00 Strength Video (SR) 2:00 Xbox with Wally 4:00 TED Talks (SR) 7:00 A Time to Remember Social Hour "Crescendo Live"</p>
<p>5 Sunday Brunch 11:00am-1:00pm 1:15 Tech Easy (Li) 7:00 Movie Night "Love is a many Splendored"</p>	<p>6 9:30 Exercise (SR) 10:30 Exercise (SR) 11-3 Carda Creations 1-5 Circuit Training/Natasha 2:00 Meditation 7:00 Cribbage</p>	<p>7 9:30 Zumba (SR) 12:00 Movie Theatre "Victoria and Abdul" 2:00 Knitting Group (PDR) 7:00 Bingo with Hazel</p>	<p>8 9:30 Museum of Anthropology Tour and Lunch at the Café 9:30 Fun with French (SR) 10:30 Qi Gong (SR) 1-5 Circuit Training/Natasha 1-5 Massage Students (SR) 7:00 Singing Group (Bi)</p>	<p>9 9:30 Exercise Video (SR) 10:30 Exercise Video (SR) 2:00 All Levels Dance (SR) 7:00 Card Bingo (SR)</p>	<p>10 FLU CLINIC  9:30-3:00- Cates Lounge 10:00 Exercise w/Reyna (SR) 1-5 Circuit Training/Natasha 2:00 IPAD Lessons (SR) 7:00 Documentary/Games (SR)</p>	<p>11 10:00 Remembrance Day Ceremony 2:00 Xbox with Wally 4:00 TED Talks (SR) 7:00 Movie Night (SR)</p>
<p>12 11:00 Chair Yoga with Martine (SR) 1:15 Tech East (Li) 2:30 Movie Matinee (SR) "New Beauty and the Beast"</p>	<p>13 Stat Holiday 9:30 Exercise Video (SR) 10:30 Exercise Video (SR) 7:00 Cribbage</p>	<p>14 9:30 Zumba (SR) 10-2 Heidi Fashions 2:00 Knitting Group (PDR) 7:00 Bingo with Sally</p>	<p>15 9:30 Fun with French (SR) 10:30 Qi Gong (SR) 1-5 Circuit Training/Natasha 1-5 Massage Students (SR) 7:00 Singing Group (Bi)</p>	<p>16 9:30 Exercise (SR) 10:30 Exercise (SR) 2:00 All Levels Dance (SR) 3:00 Peter Montgomery Social Hour 7:00 Card Bingo (SR)</p>	<p>17 10:00 Stretch Video (SR) 10:00 Fraser Valley Bald Eagle Viewing Tour 1-5 Circuit Training/Natasha 2:00 Jeopardy (SR) 7:00 Documentary/Games (SR)</p>	<p>18 10:00 Strength Video (SR) 2:00 Xbox with Wally (SR) 4:00 TED Talks (SR) 6:15 Vancouver Chamber Society Concert Outing 7:00 Movie Night (SR)</p>
<p>19 11:00 Chair Yoga with Martine (SR) 1:15 Tech Easy (Li) 2:30 Movie Matinee (SR) "What we did on our Holiday"</p>	<p>20 9:30 Exercise (SR) 10:00 Shopping: Park Royal 11:00 Book Club (Li) 10:30 Exercise (SR) 1-5 Circuit Training/Natasha 1:00 Shopping Capilano 2:00 Meditation (PDR) 7:00 Cribbage</p>	<p>21 9:30 Zumba (SR) 10:00 Scenic Drive 2:00 Knitting Group (PDR)</p>	<p>22 9:30 Fun with French (SR) 10:30 Qi Gong (SR) 1-5 Circuit Training/Natasha 1-5 Massage Students (SR) 1:30 Library Visit 7:00 Singing Group (Bi)</p>	<p>23 9:30 Exercise (SR) 10:30 Exercise (SR) 10:30 Casino Trip-New Casino 2:00 All Levels Dance (SR) 7:00 Card Bingo (SR)</p>	<p>24 10:00 Stretch Video (SR) 1-5 Circuit Training/Natasha 2:00 Fall Prevention Presentation 3:00 Jeopardy (SR) 7:00 Bingo with Marj (SR)</p>	<p>25 10:00 Strength Video (SR) 2:00 Xbox with Wally 4:00 TED Talks (SR) 7:00 Movie Night (SR): "Grease"</p>
<p>26 11:00 Chair Yoga with Martine (SR) 1:15 Tech Easy (Li) 2:30 Movie Matinee (SR) "Grease"</p>	<p>27 9:30 Exercise (SR) 10:30 Exercise (SR) 11-3 Fifth Avenue Jewelers 1-5 Circuit Training/Natasha 2:00 Meditation (PDR)</p>	<p>28  9:30 Zumba (SR) 10-11 Hear @Home (CL) 2:00 Knitting Group (PDR) 3:00 Birthday Party with Brian Gimble 7:00 Bingo with Audrey</p>	<p>29 9:30 Fun with French 10:30 Qi Gong (SR) 1-5 Circuit Training/Natasha 1-5 Massage Students (SR) 7:00 Singing Group (Bi)</p>	<p>30 9:30 Exercise (SR) 10:30 Exercise (SR) 12:30 Tea and Trumpets "Festivals and Marches" 2:00 All Levels Dance (SR) 7:00 Card Bingo (SR)</p>		<p>November is Fall Prevention Month!</p>

Bus Trips
Please signup at Reception

Movie Theatre "Victoria and Abdul"
Tuesday November 7th 12:00pm-4:00pm

Museum of Anthropology Tour and Lunch
Wednesday November 8th - 9:30am-2:00pm

Fraser Valley Bald Eagle Viewing Tour
Friday November 17th - 10:00am-4:00pm

Vancouver Chamber Society Concert
Saturday November 18th 6:15am-9:00pm

Scenic Drive
Tuesday November 21st 10:00am-12:00pm

Casino Trip-New Parq Casino Downtown
Thursday November 23rd 10:3am-3:00pm

Tea and Trumpets -Festivals and Marches
Thursday November 30th 12:30pm-4:30pm



cedar springs
parc



November 2017
Monthly Highlights

A Time to Remember - Tribute to the Veterans
Music with Brandon Thornhill and Glen Stevenson on the Piano
Saturday November 4th 7:00-8:00pm

Sunday Brunch
Sunday November 5th 11:00-1:00
Please make reservations with reception

Flu Clinic
9:30-3:00 in the Cates Lounge
Registration at Reception

IPAD Lessons
Friday November 10th 2:00pm

Deep Cove Jazz band
Tuesday November 21st 7:00pm

Fall Prevention Presentation
Friday November 24th 2:00pm

Monthly Birthday Party - Tuesday November 28th
Entertainment by Brain Gimble 3:00pm