

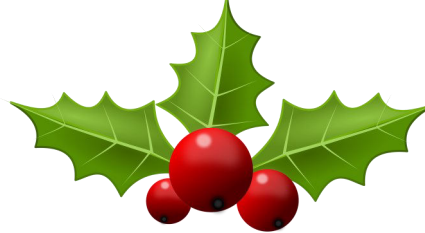





# December 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>31</b> 11:00 Chair Yoga with Martine (SR) 3:00 New Years Social with Ruth Townsend on Piano 2:30 Movie Matinee (SR)	<b>Cedar Springs PARC</b> 3633 Mt Seymour Pkwy North Vancouver, BC V7H 0A9 604-986-3633				<b>1</b> 10:00 Stretch Video (SR) 2:00 Jeopardy (SR) 7:00 Documentary/Games (SR) "Into the Inferno"	<b>2</b> 10:00 Strength Video (SR) <b>1:00 Pandora Vox Matinee</b> 2:00 Xbox with Wally
<b>3</b> 11:30-1:30 Christmas Champagne Brunch 	<b>4</b> 10:00 Exercise w/Reyna (SR) <b>1:00 Heritage Christmas Burnaby Museum</b> 1-5 Circuit Training w/Sylvie 7:00 Cribbage (FLR)	<b>5</b> 9:30 Zumba (SR) <b>11:30-2:30 Purdy's Chocolates</b> 2:00 Knitting Group (PDR)	<b>6</b> 9:30 Fun with French (SR) 10:30 Qi Gong (SR) 1-5 Circuit Training w/Sylvie 7:00 Singing Group (Bi) 7:00 Bridge (SR)	<b>7</b> 10:00 Exercise w/Reyna (SR) <b>10:00 Christmas shopping: Park Royal</b> 11:00 Resident Meeting (SR) 1:30 All Levels Dance (SR) <b>2:00 Social Hour - Reg Dickson</b> 7:00 Card Bingo (SR)	<b>8</b> 10:00 Balance Barre (SR) <b>11:00 Hand painted craft Sale</b> 2:00 Jeopardy (SR) 7:00 Documentary/Games (SR) Planet Earth 2 "Ep.1"	<b>9</b> 10:00 Strength Video (SR) <b>1:00 Singing Christmas Tree Performance</b> 2:00 Xbox with Wally 4:00 TED Talks: "The Puzzle of Motivation" 7:00 Movie Night
<b>10</b> 11:00 Chair Yoga with Martine (SR) 1:15 Tech Easy (LI) <b>5:00 - 7:00 Christmas Carvery</b>	<b>11</b> 10:00 Stretch Video (SR) 1-5 Circuit Training w/Sylvie 7:00 Cribbage (FLR)	<b>12</b> 9:30 Zumba (SR) <b>10:00 Fly Over Canada Christmas and Market</b> <b>10:30 Heidi Fashions</b> 2:00 Knitting Group (PDR) <b>6:30 Christmas Songs with the Girl Guides</b> 7:00 Bingo with Jim	<b>13</b> 9:30 Fun with French (SR) 10:30 Core Fitness (SR) 1-5 Circuit Training w/Sylvie 2:00 Meditation <b>7:00 Resident Christmas Party with the Revelers</b>	<b>14</b> 10:00 Exercise w/Reyna (SR) <b>2:00 Carols with the Dundrave Players</b> 7:00 Card Bingo (SR)	<b>15</b> 10:00 Balance Barre (SR) 2:00 Jeopardy (SR) <b>6:30 Christmas Light Tour</b> 7:00 Documentary/Games (SR) Planet Earth 2 "Ep.2"	<b>16</b> 10:00 Strength Video (SR) 2:00 Xbox with Wally <b>3:00 Saturday Social with Greg Alcock</b> 7:00 Movie Night "Quartet"
<b>17</b> 11:00 Chair Yoga with Martine (SR) 1:15 Tech Easy (LI) 2:30 Movie Matinee (SR) "Quartet"	<b>18</b> 10:00 Zumba (SR) 1-5 Circuit Training w/Sylvie <b>2:30 Carols with Mary Jean and Loraine "Bring your Voices, real or imaginary"</b>	<b>19</b> 10:00 Exercise w/Reyna (SR) 2:00 Knitting Group (PDR) <b>3:00 Hot Chocolate Social</b>	<b>20</b> 10:30 Core Fitness (SR) 1-5 Circuit Training w/ Sylvie <b>1:30 Library Visit</b> 2:00 Meditation <b>6:15 Grand Duke of York Christmas—Deep Cove Theatre</b> 7:00 Singing Group (Bi) 7:00 Bridge (SR)	<b>21</b> 10:00 Exercise w/Reyna (SR) <b>1:30 Student Caroling St Pius</b> 7:00 Card Bingo (SR)	<b>22</b> 10:00 Balance Barre (SR) <b>3:00 Silver Bells Social Hour</b> 7:00 Bingo with Cathy (SR)	<b>23</b> 10:00 Strength Video (SR) 2:00 Xbox with Wally 4:00 TED Talks: "The Danger of a Single Story" <b>6:30 Christmas Light Tour</b> 7:00 Movie Night
<b>24 Christmas Eve</b> 10:00 Stretch Video (SR) 2:30 Movie Matinee (SR) "Love Actually" 	<b>25 Christmas Day</b>  2:00 Movie: "How the Grinch Stole Christmas" 7:00 Cribbage (FLR)	<b>26 Boxing Day</b> <b>10-11 Hear @Home (CL)</b> 2:00 Knitting Group (PDR) 7:00 Bingo with Bev	<b>27</b> 10:30 Core Fitness (SR) 1-5 Circuit Training w/Sylvie 2:00 Meditation 7:00 Singing Group (Bi) 7:00 Bridge (SR)	<b>28</b> 10:00 Zumba (SR) <b>2:00 Roger Whittaker in Concert on the big screen</b> 7:00 Card Bingo (SR)	<b>29</b> 10:00 Stretch Video (SR) 2:00 Jeopardy (SR) 7:00 Documentary/Games (SR) Planet Earth 2 "Ep.3"	<b>30</b> 10:00 Strength Video (SR) <b>11:30 Lunch Outing: Seymour Golf and Country Club</b> 2:00 Xbox with Wally 4:00 TED Talks: "For the love of Birds" 7:00 Movie Night

## Bus Trips

### Please signup at Reception

**Pandora's Vox Matinee at Kay Meek Theatre**  
Saturday December 2nd 1:00-4:00pm

**Heritage Christmas at the Burnaby Museum**  
Monday December 4th 1:00-4:30pm

**Christmas Shopping at Park Royal**  
Thursday December 7th 10:00-1:00pm

**Singing Christmas Tree Performance - Broadway Church**  
Saturday December 9th 1:00-5:00pm

**Fly Over Canada Christmas and Vancouver Christmas Market**  
Tuesday December 12th 10:00-2:00

**Christmas Light Tour**  
December 15th and 23rd at 6:30pm

**Grand Duke of York—Deep Cove Theatre**  
Wednesday December 20th 6:15-10:00pm

**Lunch Outing: Seymour Golf and Country Club**  
Saturday December 30th 11:30-1:30pm



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## December 2017

### Monthly Highlights

Christmas Champagne Brunch  
Sunday December 3rd 11:30-1:30

Resident Christmas Party with the Revelers  
Wednesday December 13th 7:00-8:00pm

Hot Chocolate Social  
December 19th 3:00pm in the Bistro

Social Hour with the Silver Bells  
Friday December 22nd 3:00pm

New Program -Balance Barre  
Focus on balance and stability using the balance bar  
Fridays at 10:00am with Reyna in the Fitness Centre

Christmas Light Tours!  
December 15th and 23rd 6:30-8:30pm  
Please signup for one trip only