



| 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 Exercise Video (SR) 11:00 Resident Meeting (SR) 4:00 Ted Talks "Why we Laugh" 7:00 Card Bingo (SR)</p> | <p>2 10:00 Stretch Video (SR) 1-5 Circuit Training/Natasha 12-4 TanJay Clothing (SR) 7:00 Documentary/games (SR) "Wild Ways"</p> | <p>3 10:00 Strength Video (SR) 2:00 X-Box with Wally (SR) 7:00 Movie Night (SR): "A Street Cat Named Bob"</p> |
| <p>4 11:00 Chair Yoga with Martine (SR) 1:15 Tech Easy (Li) Movie Matinee: "A Street Cat Named Bob"</p> | <p>5 10:00 QiGong with Elisa (SR) 10:30 Lonsdale Quay Market And Lunch at Pier 7 1-5 Circuit Training/Natasha 2:00 Giant Crossword 7:00 Cribbage (SR)</p> | <p>6 9:30 Exercise (SR) 10:30 Exercise (SR) 2:00 Knitting Group (PDR) 3:00 Hawaiian Social Hour "Peter Paulus" 7:00 Bingo with Marj (SR)</p> | <p>7 10:00 Zumba (SR) 10:30 French Conversation (Li) 1-5 Circuit Training/Natasha 1-5 Massage Students (SR) 2:00 Board Games (Bi) 3:00 Walking Club 7:00 Singing Group (Bi) 7:00 Bridge (SR)</p> | <p>8 9:30 Exercise (SR) 10:30 Exercise (SR) 2:00 Farmers Market on the Patio 3:00 Afternoon Music with Mary Jean and Loraine 4:00 Ted Talks "The History of Our World" 7:00 Card Bingo (SR)</p> | <p>9 9:45 China Town Guided Historical Tour 10:00 Stretch Video (SR) 1-5 Circuit Training/Natasha 2:00 Jeopardy (SR) 7:00 Documentary/games (SR) "Maya Angelou"</p> | <p>10 10:00 Strength Video (SR) 2:00 X-Box with Wally (SR) 7:00 Movie Night (SR): "A Dogs Purpose"</p> |
| <p>11 11:00 Chair Yoga with Martine (SR) 1:15 Tech Easy (Li) 2:30 Movie Matinee (SR) "A Dogs Purpose"</p> | <p>12 10:00 Core Fitness (SR) 1-5 Circuit Training/Natasha 2:00 Giant Crossword (SR) 7:00 Cribbage (SR)</p> | <p>13 9:30 Exercise (SR) 10:30 Exercise (SR) 12:30 Shopping Trip "Coquitlam Centre" 2:00 Knitting Group (PDR) 3:00 Meditation in the Garden 7:00 Bingo with Ruth (SR)</p> | <p>14 10:00 Zumba (SR) 1-5 Circuit Training/Natasha 1-5 Massage Students (SR) 2:00 Board Games (SR) 3:00 Walking Club 7:00 Singing Group (Bi) 7:00 Bridge (SR)</p> | <p>15 9:30 Exercise (SR) 10:00 Scenic Drive and Ice Cream "Parlour" 10:30 Exercise (SR) 2:00 - 4:00 IL+ Open House 7:00 Card Bingo (SR)</p> | <p>16 10:00 Stretch Video (SR) 11:00 Jeopardy (SR) 1-5 Circuit Training/Natasha 3:00 Social Hour with Robyn Song 7:00 Documentary/games (SR) "Sinatra: To Be Frank"</p> | <p>17 10:00 Strength Video (SR) 1:30 Deep Cove Theatre "The World Goes Round" 2:00 X-Box with Wally (SR) 7:00 Movie Night (SR): "Silver Lining Playbook"</p> |
| <p>18 Fathers Day 11:00 Chair Yoga with Martine (SR) 1:15 Tech Easy (Li) 4:30 Fathers Day Carvery</p> | <p>19 10:00 QiGong with Elisa (SR) 1-5 Circuit Training/Natasha 2:00 Giant Crossword (SR) 7:00 Cribbage (SR)</p> | <p>20 9:30 Exercise (SR) 10:30 Exercise (SR) 2:00 Knitting Group (PDR) 3:00 Meditation in the Garden 7:00 Bingo with Aubrey (SR)</p> | <p>21 First Day of Summer 10:00 Zumba (SR) 10:00 Kraus Berry Farm and Winery Langley 1-5 Circuit Training/Natasha 1-5 Massage Students (SR) 2:00 Board Games (Bi) 7:00 Singing Group (Bi) 7:00 Bridge (SR)</p> | <p>22 9:30 Exercise (SR) 10:30 Exercise (SR) 4:30 Cedar Springs Five Year Anniversary Dinner </p> | <p>23 10:00 Stretch Video (SR) 1-5 Circuit Training/Natasha 2:00 Jeopardy (SR) 7:00 Documentary/Games (SR) "Humpback Whales"</p> | <p>24 10:00 Strength Video (SR) 2:00 X-Box with Wally (SR) 6:30 Neil's Jazz Band Wine Mixer</p> |
| <p>25 11:00 Chair Yoga with Martine (SR) 1:15 Tech Easy (Li) 2:30 Classic Comedy "I Love Lucy (SR)"</p> | <p>26 10:00 QiGong with Elisa (SR) 11:00 Book Club (Li) 1-5 Circuit Training/Natasha 2:00 Giant Crossword (SR) 7:00 Cribbage (SR)</p> | <p>27 9:30 Exercise (SR) 10:30 Casino Trip 10:30 Exercise (SR) 10-11 Hear @Home (CL) 2:00 Knitting Group (PDR) 3:00 Meditation in the Garden 7:00 Bingo with Jim (SR)</p> | <p>28:00 Lumberjack Breakfast 10:00 Zumba (SR) 1-5 Circuit Training/Natasha 1:30 Library Visit (Li) 1-5 Massage Students (SR) 1:30 Canadian Pictionary (Bi) 3:00 Walking Club 7:00 Singing Group (Bi) 7:00 Bridge (SR)</p> | <p>29 9:30 Exercise (SR) 10:30 Exercise (SR) 1:30 Dance Classes (SR) 3:00 Happy Birthday Canada with Jennifer Lauren 7:00 Card Bingo (SR)</p> | <p>30 9:30 Squamish Nation Tour and Brunch at the Tomahawk 10:00 Stretch Video (SR) 1-5 Circuit Training/Natasha 2:00 Vancouver Chamber Society Canadian Concert 7:00 Documentary/games (SR) "Columbia: Wild Magic"</p> | |

Bus Trips
Please signup at Reception

Lonsdale Quay Market and Lunch at Pier 7
Monday June 5th 10:00am

Historical China Town Guided Tour
Friday June 9th 9:45am

Shopping Trip—Coquitlam Centre
Tuesday June 13th 12:30pm

Scenic Drive and Ice Cream to “Welcome Parlour”
Thursday June 15th 10:00am

Deep Cove Theatre “The World Goes Round”
Saturday June 17th 1:30pm

Krause Berry Farm and Winery Langley
Wednesday June 21st 10:00am

Squamish Nation Tour and Brunch at the Tomahawk
Restaurant
Friday June 30th—9:30am

Cedar Springs 5 Year Anniversary Dinner

*Cedar Springs is Celebrating its 5th anniversary this month.
Please join us for a special celebratory dinner on Thursday May 22nd at
4:30pm*



June 2017
Monthly Highlights

Hawaiian Day

Tuesday June 6th 3:00-4:00pm - Entertainment by Peter Paulus

Walking Club Resumes!

Please watch the calendar for the summer walking club
Wednesdays at 3:00pm—Meet at reception

Meditation in the Garden

Join Reyna on the 3rd floor patio for a guided meditation program to
Reduce stress and anxiety, improve sleep and increase Happiness!

Fathers Day Carvery

Sunday June 18th 4:30pm

Neil's Jazz Band Wine Mixer

Saturday June 24th at 6:30pm

Canada Day Kick off!

To celebrate Canada and its 150th birthday, we are having a full week of Canada
Day Festivities

Lumberjack Breakfast- Wednesday June 28th 8:00am

Canada Day Pictionary and Trivia - Wednesday June 28th 1:30pm

Happy Birthday Canada

Entertainment by Jennifer Lauren - Thursday June 29th 3:00pm