
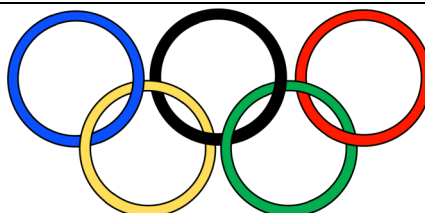





February 2018 Activities



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>2018 is the <i>Year of the Dog</i>. We will be celebrating on Friday, February 16th with a special afternoon performance by the Taiwanese Dancers and an Asian-themed menu.</p>	 <p>PyeongChang Winter Olympics February 9th-25th <i>*Stay tuned for a TV schedule</i></p>	 <p>Come watch our new series <i>Klondike</i> on Thursday evenings. We have a special presentation by one of the movie directors on Tuesday, Feb 6th to speak about the filming of the movie.</p>	<p>No Steady Steps today 10:00 Walking Workout (P1) 10:30 Capilano Mall Bus 2:30 Allie's Asia Travelogue presentation (P1) 7:30 Series: <i>Klondike</i> (P2)</p>	<p>No Strength Class today 9:00 Yoga (P1) 10:00 Garden Group (P1) 10:10 Seated Yoga (P1) 1:30 Massage Therapy (P1) 4:00 Happy Hour with Tom Arntzen (Lounge)</p>	<p>11:00 Stretch Video (P1) 1:30 Bridge Group 2:30 Cribbage (P1) 7:30 Feature Film (P2)</p>
<p>11:00 Stretch Video (P1) 7:30 Feature Film (P2)</p>	<p>9:00 Strength D with Sylvie (P2) 10:00 Strength A with Sylvie(P2) 11:00 Strength B with Sylvie(P2) 7:00 Evening Bridge (Lounge) 7:30 <i>LaLa Land</i> (P2)</p>	<p>Reflexology 10-2 Knitting by Maureen (lounge) 9:00 PARC fit Steady Steps 1 (P1) 10:00 PARC fit Steady Steps2 (P1) 11:00 PARC fit Steady Steps 3 (P1) 2:00 Talk by movie director David McLennan on the mini series Klondike (P2) 7:30 <i>Klondike</i> Re-run (P2)</p>	<p>Hair Salon and Esthetics 9:00 PARC fit Strength B (P2) 10:00 PARC fit Strength A (P2) 11:00 PARC fit Strength C (P2) 11:20 Zumba Gold (P1) 1:30 Painting Class (P1) 3:00 RESIDENT MEETING 7:30 Movie: <i>The Cutting Edge</i> (P2)</p>	<p>9:00 PARC fit Steady Steps 1 (P1) 10:00 PARC fit Steady Steps2(P1) 11:00 PARC fit Steady Steps 3(P1) 12:45 Tea and Trumpets - Musical Legends and Fairy Tales—Charter Bus 1:30 Technology Lessons and Device Help (P1) 7:30 Series: <i>Klondike</i> (P2)</p>	<p>No Strength Class today No Yoga Today 10:30 Park Royal Bus 1:30 Massage Therapy (P1) 1:30 Lonsdale Quay trip 4:00 Happy Hour with Linda Kidder (Lounge)</p>	<p>Footcare Nurse (P2) 11:00 Stretch Video (P1) 1:30 Bridge Group 2:30 Cribbage (P1) 7:30 Feature Film (P2)</p>
<p>11:00 Stretch Video (P1) 7:30 Feature Film (P2)</p>	<p>Family Day 10:00 Older Wiser workout (P1) 7:00 Evening Bridge (Lounge) 7:30 <i>Diamonds Are Forever</i> (P2)</p>	<p>9:00 PARC fit Steady Steps 1 (P1) 10:00 PARC fit Steady Steps2(P1) 11:00 PARC fit Steady Steps 3(P1) 11:00 Mediation with Lara (P2) 12:30 "Darkest Hour" in theatres 1:30 TED Talks (P2) 2:00 <i>The Londoners</i> (lounge) 7:30 Doc: <i>Born in China</i> (P2)</p>	<p>Hair Salon and Esthetics 9:00 PARC fit Strength B (P2) 10:00 PARC fit Strength A (P2) 11:00 PARC fit Strength C (P2) 11:20 Zumba G old (P1) 1:30 Painting Class (P1) 7:30 Movie: <i>Valentine's Day</i> (P2)</p>	<p>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 Flight of the Dragon and Fly Over Canada 1:30 Technology Lessons and Device Help (P1) 7:30 Series: <i>Klondike</i> (P2)</p>	<p>Chinese New Year No Yoga Today 10:00 PARC fit Strength D (P2) 11:00 PARC fit Strength C (P2) 1:30 Massage Therapy (P1) 2:30 Taiwanese Dancers (Lounge)</p>	<p>11:00 Stretch Video (P1) 1:30 Bridge Group 1:30 Onegin at the Kay Meek Theatre 2:30 Cribbage (P1) 7:30 Feature Film (P2)</p>
<p>11:00 Stretch Video (P1) 7:30 Feature Film (P2)</p>	<p>9:00 PARC fit Strength D (P2) 10:00 PARC fit Strength A(P2) 11:00 PARC fit Strength B (P2) 2:00 Grey Matters (P1) 2:00 Scenic Drive 5:00 Dinner Club: Capilano Heights 7:00 Evening Bridge (Lounge) 7:30 <i>You Only Live Twice</i> (P2)</p>	<p>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 TED Talks (P2) 2:00 Health Matters - Ambulance Service (P1) 7:30 Doc: <i>Miracle</i> (P2)</p>	<p>Hair Salon and Esthetics 9:00 PARC fit Strength B (P2) 10:00 PARC fit Strength A (P2) 10:00 PARQ Casino Trip 11:00 PARC fit Strength C (P2) 11:20 Zumba Gold (P1) 3:00 Coffee With Shelley (Bistro) 1:30 Painting Class (P1) 7:30 Movie: <i>Cool Runnings</i></p>	<p>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 Technology Lessons and Device Help (P1) 7:30 Series: <i>Klondike</i> (P2)</p>	<p>9:00 Yoga (P1) 10:00 PARC fit Strength D (P2) 10:10 Seated Yoga (P1) 11:00 PARC fit Strength C (P2) 1:30 Massage Therapy (P1) 4:00 Happy Hour with Jennifer and Bob (Lounge)</p>	<p>Footcare Nurse (P2) 11:00 Stretch Video (P1) 1:30 Bridge Group 2:30 Cribbage (P1) 7:30 Feature Film (P2)</p>
<p>11:00 Stretch Video (P1) 7:30 Feature Film (P2)</p>	<p>9:00 PARC fit Strength D (P2) 10:00 PARC fit Strength A (P2) 11:00 PARC fit Strength B (P2) 2:00 Grey Matters (P1) 7:00 Evening Bridge (LG) 7:30 <i>Goldfinger</i> (P2)</p>	<p>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) 1:30 Polygon Gallery tour "N.Vancouver" photo exhibit 3:00 Birthday Party with John Cronin (Lounge) 7:30 Doc: <i>Eddie the Eagle</i> (P2)</p>	<p>Hair Salon and Esthetics 9:00 PARC fit Strength B (P2) 10:00 PARC fit Strength A (P2) 11:00 PARC fit Strength C (P2) 11:20 Zumba Gold (P1) 1:30 Painting Class (P1) 2:00 Bus trip sign up (lounge) 7:30 Movie: <i>House Boat</i> (P2)</p>	<p>Bus trip sign ups will be on Wednesday, February 28th at 2:00pm.</p>		

Social Activities In February:

Monday's (2:00) - Grey Matters - Exercise and strengthen your brain!! We work on fun exercises and games 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 (1:30-4:30) – Painting Class All abilities are welcome and all materials are supplied. Fariba, our instructor, will be able to guide you (Art Room P1).

Thursday's (1:30) - Technology Lessons and help We will be continuing our lessons and help sessions with Maria and Angela. Multipurpose Room P1.

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!

Thursday, February 1st (2:30pm) - Allie's Asia Travelogue Join Allie as she shares stories and photos of her travels in Asia! Multipurpose Room on P1.

Tuesday, February 6th (2:00pm) - Talk with movie director, David McLennan Come join us for a special presentation with the movie director of the mini-series, Klondike. A series filmed in Canada about the Klondike gold rush.

Tuesday, February 13th (11:00am) - Mediation with Lara Join our instructor-led meditation session in the theatre on P2.

(2:00pm) - Londoners Join us for a lovely choir performance of romantic songs for Valentines day.

Tuesday, February 20th (2:00pm) - Health Matters This month's presentation will be on the Ambulance Service. Multipurpose Room on P1.

Wednesday, February 21st (3:00) Coffee with Shelley Join our GM Shelley in the bistro for a fun chat about a variety of issues and topics in the bistro.

Wednesday, February 27th (3:00pm) - Birthday Party with John Cronin Come and celebrate all the February birthdays with birthday cake and lively music!

Bus Trips in February:

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

Thursday, February 1st- Capilano Mall Bus (10:30-12:30)

Thursday, February 8th - Tea and Trumpets - Musical Legends and Fairy Tales (12:45-4:30) Explore popular legends and fairy tales through music, with music from Mendelssohn's Midsummer Night's Dream, Humperdinck's Hansel & Gretel, Offenbach's Tales of Hoffman, Ravel's Mother Goose Suite, and Rossini's La Cenerentola. **We will be taking a Charter Bus to the Orpheum Theatre. Limited tickets available.**

Friday, February 9th – Park Royal Mall bus (10:30-12:30)

Lonsdale Quay (1:30 3:30)

Tuesday, February 13th –Darkest Hour in theatres (12:30-4:30) Enjoy a trip to the theatres to see the historical drama that focuses on the trials of Winston Churchill. Admission is \$10.00.

Saturday, February 17th- Onegin at the Kay Meek Centre (1:30-4:15) A trip to the theatre to see the play based on the novel by Stephen King. This production is put on by the Arts Club Theatre. Limited tickets available.

Thursday, February 15th - Flight of the Dragon and Fly Over Canada (1:30-4:30) Join us for a fun trip to Canada Place to take a flight over China and Canada! This is a seated "ride" where your chair rises up and sways. Tickets are \$20.00. Please pay at the front desk.

Monday, February 19th- Scenic Drive (2:00-4:00) Take an afternoon drive around the North Shore and beyond.

- Dinner Club: Capilano Heights (5:00-7:30)

Tuesday, February 21st – PARQ Casino Trip (10:00-3:00) Try your luck at Vancouver's newest Casino!

Tuesday, February 27th - Polygon Gallery (1:30-3:30) We will be visiting the current exhibit "N. Vancouver" at the new gallery by Lonsdale Quay. We will have a docent for this visit. Admission by donation.