




Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Legend Li = Library SR = Salish Room Bi = Bistro FL = Fireplace Lounge FR = Fitness Room CL = Cates Lounge</p>	<p>Cedar Springs PARC 3633 Mt Seymour Pkwy North Vancouver, BC V7H 0A9 604-986-3633</p>	<p>Shrove Tuesday Pancake Breakfast Tuesday Feb 13th 8:00-9:00am</p> 		<p>1 10:00 Exercise w/Reyna 11:00 Resident Meeting 3:00 Chinese New Year Dance Performance</p>	<p>2 10:00 Balance Barre (SR) 1:30 Deep Cove - Shopping and Coffee at Honeys Donuts 7:00 Documentary/Games "Peru"</p>	<p>3 10:00 Strength Video (SR) 2:00 Xbox with Wally 4:00 TED Talks: "Embracing others, embracing myself" 7:00 Classic Movie Night</p>
<p>4 11:00 Chair Yoga with Martine (SR) 1:15 Tech Easy (Li) 4:00 Super Bowl (SR)</p>	<p>5 10:00 Exercise w/Reyna 1-5 Circuit Training 10:00 Shopping: Park Royal 1:00 Shopping: Capilano Mall 7:00 Cribbage (FLR)</p>	<p>6 9:30 Zumba (SR) 2:00 Knitting Group (PDR) 7:00 Bingo with Cathy N</p>	<p>7 9:30 Fun with French 10:30 Qi Gong (SR) 1-5 Circuit Training w/Sylvie 1:00 North Vancouver Museum 1-5 Massage Students 7:00 Singing Group (Bi)</p>	<p>8 10:00 Exercise w/Reyna 12:15 Tea and Trumpets "Musical Legends" 7:00 Card Bingo (SR)</p>	<p>9 Olympic Opening Games 2:00 Jeopardy (SR) 7:00 Travel Show with</p>	<p>10 10:00 Strength Video (SR) 2:00 Xbox with Wally 4:00 TED Talks: "Poetry of Youth and Age" 7:00 Movie Night</p>
<p>11 11:00 Chair Yoga with Martine (SR) 1:15 Tech Easy (Li) 2:30 Movie Matinee (SR)</p>	<p>12 Family Day 10:00 Stretch Video (SR) 2:30 Movie Matinee "My Old Lady" 7:00 Cribbage (FLR)</p>	<p>13 Shrove Tuesday 8-9 Pancake Breakfast 9:30 Zumba (SR) 10:30 Brain Exercises (SR) 2:00 Knitting Group (PDR)</p>	<p>14 Valentines Day 9:30 Fun with French 10:30 Qi Gong (SR) 1-5 Circuit Training 1-5 Massage Students (SR) 3:00 Valentines Day Tea 7:00 Singing Group (Bi) 7:00 Bridge (SR)</p>	<p>15 10:00 Exercise w/Reyna (SR) 3:00 Social Hour with Slava and Anya—Ukrainian Music and Dancing 7:00 Card Bingo (SR)</p>	<p>16 Chinese New Year 10:00 Balance Barre (SR) 11:30 Chinese Food Lunch "Capilano Heights" 7:00 Documentary/Games "Born in China"</p>	<p>17 10:00 Strength Video (SR) 2:00 Xbox with Wally</p>
<p>18 Olympic Brunch Guests \$23.00 1:15 Tech Easy (Li) 2:30 Movie Matinee (SR) "The Mountain Between us"</p>	<p>19 10:00 Exercise w/Reyna (SR) 11- Fifth Avenue Collections 1-5 Circuit Training 2:00 Meditation (PDR) 7:00 Cribbage (FLR)</p>	<p>20 9:30 Zumba (SR) 1:00 Pottery Workshop at Just Potters 2:00 Knitting Group (PDR) 7:00 Bingo with Bev</p>	<p>21 9:30 Fun with French 10:30 Qi Gong (SR) 10:30 Casino Trip 1-5 Circuit Training 1-5 Massage Students (SR) 7:00 Singing Group (Bi) 7:00 Bridge (SR)</p>	<p>22 No Exercises Today 3:00 Monthly Birthday Party with Greg Alcock Night at the Movies (Time to be announced) 7:00 Card Bingo (SR)</p>	<p>23 10:00 Balance Barre (SR) 2:00 Jeopardy (SR) 7:00 Astronomy Talk with Christa Van Learhoven</p>	<p>24 10:00 Strength Video (SR) 2:00 Xbox with Wally 4:00 TED Talks: "Unheard Story of the Sistine Chapel" 7:00 Movie Night "Victoria and Abdul"</p>
<p>25 11:00 Chair Yoga with Martine (SR) 1:15 Tech Easy (Li) 2:30 Movie Matinee "Victoria and Abdul"</p>	<p>26 10:00 Exercise w/Reyna (SR) 11-3 Carda Creations 1-5 Circuit Training 2:00 Meditation (PDR) 7:00 Cribbage (FLR)</p>	<p>27 9:30 Zumba (SR) 10:30 Brain Exercises (SR) 10-11 Hear @Home (CL) 2:00 Knitting Group (PDR) 7:00 Bingo with Cathy B</p>	<p>28 Pink Shirt Day 9:30 Fun with French 10:30 Qi Gong 1-5 Circuit Training 1-5 Massage Students (SR) 1:30 Library Visit 2:00 Vancouver Chamber Society - Classical Music Trio 7:00 Singing Group (Bi)</p>		<p>Super Bowl Party Sunday February 4th 4:00pm Pizza Dinner and Drinks</p> 	

Bus Trips
Please signup at Reception

Deep Cove Trip- shopping and Coffee at Honeys Donuts
Friday February 2nd 1:30pm - 4:00pm

Shopping Trips
Park Royal Mall: 10:00-12:30pm
Capilano Mall: 1:00-3:30pm

North Vancouver Museum
Wednesday February 7th 1:00-4:00pm

Tea and Trumpets “Musical Legends”
Thursday February 8th 12:15-4:30pm

Chinese Food Lunch - Capilano Heights
Friday February 16th 11:30-2:00pm

Pottery Workshop at Just Potters Ceramics Studio
Tuesday February 20th 1:00-4:00pm
Cost: \$50.00

Casino Trip
Wednesday February 21st 10:30-3:30pm

Night at the Movies
February 22nd—Time and Film to be announced



cedar springs
parc



February 2018
Monthly Highlights

Chinese New Years Dance Performance
Thursday February 1st 3:00pm in the bistro

Super Bowl 2018 on the Big Screen
Come enjoy some snacks and refreshments and cheer on your team!
Sunday February 4th 4:00pm in the Salish Room

Travel Show with Malcolm and Linda –Thailand
Take a trip to Thailand through photos, videos and stories
Friday February 9th 7:00pm in the Salish Room

Valentines Day Tea –Wednesday February 14th 3:00pm

Astronomy Talk with Christa Van Learhoven
Come down to enjoy an education talk on Astronomy and solar system
Friday February 23rd 7:00pm in the Salish Room

Shrove Tuesday—Pancake Breakfast
Tuesday February 27th 7:30am in the Bistro