






SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>SI</b>=Savary Island Room (lobby level) <b>TH</b>=Theatre (P2)</p>	<p><b>AR</b>=Art Room (P1) <b>BI</b>= Bistro (Lobby Level) <b>GR</b>=Greenhouse (P1) <b>LG</b>= Lounge (lobby level) <b>MR</b>= Multipurpose Room (P1)</p>	 <p>HAPPY FATHER'S DAY</p>		<p>9-12 PARC fit Steady Steps (1/2/3) (MR) <b>10:00 SAS Shoes</b> <b>1:15 Park Royal bus</b> 7:30 Series:Mr. Selfridge(TH)</p>	<p>9:00 Yoga/Seated Yoga 10-12 PARCfit Strength D/C 10:00 <b>Garden Group</b> (GR) 11:00 Heidi's Jewellery(LG) 1:30 Massage (MR) 4:00 <b>Happy Hour with Linda Kidder</b> (LG)</p>	<p>11:00 Stretch Video 1:30 Bridge Group 2:30 Cribbage (P1) 7:30 Feature Film (TH)</p>
<p>4 2:00 Stretch Video (MR) 7:30 Feature Film (TH)</p>	<p>5 9-12 PARC fit Strength (D/A/B) with Natasha (P2) 2:00 <b>TED Talks</b> (TH) 7:30 Evening Bridge (LG)</p>	<p>6 9-12 PARC fit Steady Steps (1/2/3) (MR) 11:00 Meditation with Lara 2:00 <b>Grey Matters</b> (P1) 7:30 Doc: Planet Earth II - Episode 3: <i>Jungles</i> (TH)</p>	<p>7 <i>Hair Salon and Esthetics</i> 9-12 PARC fit Strength (P2) 11:15 <i>Zumba</i> Class (MR) <b>11:30 Lunch Club: Dockside Restaurant (Granville Isl.)</b> 1:30 <b>Painting Class</b> (AR) 7:30 Movie: <i>Deepwater Horizon</i> (TH)</p>	<p>8 <i>InStep Footcare</i> 9-12 PARC fit Steady Steps (1/2/3) (MR) 11:00 <b>Meditation</b> (TH) 1:30 <b>Bocce Ball</b> (MR) <b>3:00 RESIDENT MEETING</b> 7:30 Series:Mr. Selfridge(TH)</p>	<p>9 <i>Noble Hearing</i> 9:00 Yoga (MR) 10-12 PARCfit Strength D/C 10:00 <b>Garden Group</b> (GR) 10:10 Seated Yoga (MR) 1:30 Massage (MR) 4:00 <b>Happy Hour with Bob York</b> (LG)</p>	<p>10 11:00 Stretch Video (P1) 1:30 Bridge Group 2:30 Cribbage (P1) 7:30 Feature Film (TH)</p>
<p>11 2:00 Stretch Video (MR) 7:30 Feature Film (TH)</p>	<p>12 <i>Reflexology</i> 9-12 PARC fit Strength (D/A/B) with Natasha (P2) <b>9:30 Blowing Glass studio tour and White Spot lunch</b> 2:00 <b>TED Talks</b> (TH) 7:30 Evening Bridge (LG)</p>	<p>13 <b>IL+ Open House</b> 9-12 PARC fit Steady Steps (1/2/3) (MR) 2:00 <i>Guest speaker: Dr. Glo McArter</i> 7:30 Doc: Planet Earth II - Episode 4: <i>Deserts</i> (TH)</p>	<p>14 <i>Hair Salon and Esthetics</i> <b>Fifth Ave Jewellery</b> 9-12 PARC fit Strength (P2) <b>11:00 Port Moody Station Museum "Trenches Tour"</b> 11:15 <i>Zumba</i> Class (MR) 1:30 <b>Painting Class</b> (AR) 7:30 Movie: <i>Denial</i> (TH)</p>	<p>15 9-12 PARC fit Steady Steps (1/2/3) (MR) 11:00 <b>Meditation</b> (TH) 2:00 "<i>Kitchen Safari tour</i>" - requires sign up at front desk 7:30 Series:Mr. Selfridge(TH)</p>	<p>16 9:00 Yoga (MR) No Garden Group today 10-12 PARCfit Strength D/C 10:10 Seated Yoga (MR) 1:00 <b>Mobile Heritage farm</b> 1:30 Massage (MR) 4:00 <b>Happy Hour with Bob Collins</b> (LG)</p>	<p>17 11:00 Stretch Video (P1) 1:30 Bridge Group 2:30 Cribbage (P1) 7:30 Feature Film (TH)</p>
<p><b>Father's Day</b> <b>BBQ Lunch today!</b> 2:00 Stretch Video (MR) 7:30 Feature Film (TH)</p>	<p>19 <i>InStep Footcare</i> 9-12 PARC fit Strength (D/A/B) with Natasha (P2) 1:00 <b>Model - A Car Club visits Westerleigh PARC</b> 3:00 <b>Coffee with Shelley</b>(BI) 7:30 Evening Bridge (LG)</p>	<p>20 9-12 PARC fit Steady Steps (1/2/3) (MR) <b>10:15 Honeybee Centre tour &amp; lunch at "Beestro"</b> 7:30 Doc: Planet Earth II - Episode 5: <i>Grasslands</i> (TH)</p>	<p>21 <i>Hair Salon and Esthetics</i> 9-12 PARC fit Strength (P2) No <i>Zumba</i> today 1:30 <b>Painting Class</b> (AR) <b>3:00 Birthday Party with John Cronin</b> (LG) 7:30 Movie: <i>Queen of Katwe</i> (TH)</p>	<p>22 9-12 PARC fit Steady Steps (1/2/3) (MR) 11:00 <b>Meditation</b> (TH) 1:30 <b>Bocce Ball</b> (MR) 7:30 Series:Mr. Selfridge(TH)</p>	<p>23 9:00 Yoga/Seated Yoga 10-12 PARCfit Strength D/C No Garden Group Today <b>10:00 Capilano Mall bus</b> 1:30 Massage (MR) 4:00 <b>Happy Hour with Jennifer and Bob</b> (LG)</p>	<p>24 11:00 Stretch Video(P1) 1:30 Bridge Group 2:30 Cribbage (P1) 7:30 Feature Film (TH)</p>
<p>25 2:00 Stretch Video (MR) 7:30 Feature Film (TH)</p>	<p>26 9-12 PARC fit Strength(P2) 2:00 <b>TED Talks</b> (TH) <b>2:00 Scenic Drive w/ Brian</b> <b>5:00 Dinner Club: Milestones at Park Royal</b> 7:30 Evening Bridge (LG)</p>	<p>27 <i>Mainland Hearing</i> 9-12 Steady Steps 1/2/3 (MR) 10:00 Pictionary (BI) <b>10:00 Grand Villa Casino</b> 2:00 <b>Health Matters</b> (MR) 7:30 Doc: Planet Earth II - Episode 6: <i>Cities</i> (TH)</p>	<p>28 <i>Hair Salon and Esthetics</i> 9-12 PARC fit Strength (B/A/C) with Natasha (P2) 11:15 <i>Zumba</i> Class (MR) 1:30 <b>Painting Class</b> (AR) 7:30 Movie: <i>All is Lost</i> (TH)</p>	<p>29 9-12 PARC fit Steady Steps (1/2/3) (MR) 11:00 <b>Meditation</b> (TH) 1:30 <b>Bocce Ball</b> (MR) 3:00 Computer Help (LI) 7:15 <b>BINGO with Allie!!</b> 7:30 Series:Mr. Selfridge(TH)</p>	<p>30 9:00 Yoga (MR) 10-12 PARCfit Strength D/C 10:00 <b>Garden Group</b> (GR) 10:10 Seated Yoga (MR) 1:30 Massage (MR) 4:00 <b>Happy Hour with Fred Bodnaruk</b> (LG)</p>	

**Westerleigh Bus Trips:** \*\*For all trips, please sign up on the designated days to allow all residents a fair chance to attend the trips.

**Thursday, June 1st**– **SAS Shoe Store trip (10:00-12:30)** SAS shoes no longer visits residences... so, we will be heading out to their store in Burnaby! Hop on the bus if you need some new shoes!  
—**Park Royal Shuttle (1:15-3:30)**

**Wednesday, June 7th** – **Lunch Club: Dockside Restaurant (Granville Island) (11:30-2:30)** Enjoy lunch on one of the best patios in Vancouver!

**Monday, June 12th**– **Loafing Shed glassblowing demo and lunch at White Spot (9:30-3:30)** We will be heading out to Port Kells to visit this studio. You will be entertained and enlightened as Master Glass Blower Robert Gary Parkes explains the process as he makes a piece from start to finish. Robert will explain the tools and techniques used as well as some glass history.

**Wednesday, June 14th** – **Port Moody Station Museum “Trenches” tour (11:00-3:30)** We will head to this heritage museum after a picnic lunch at Rocky Point Park. The tour and exhibit is intended to promote an important part of Canadian history and pay tribute to our former engineer and resident, Augustus McKnight. **Admission is \$3.00.**

**Tuesday, June 20th** – **Honeybee Centre tour and Lunch at “Beestro” (10:15-2:30)** Learn about the process of honey making and the bees! **Lunch and tour will be \$15.00.**

**Monday, June 23rd**– **Capilano Mall bus (10:00-12:30)**

**Monday, June 26th** – **Scenic Drive with Brian (2:00-4:00)**

– **Dinner Club: Milestones at Park Royal (5:00-7:30)** We’ll head to Park Royal to test out the \*new\* Milestone’s!

**Wednesday, June 27th** – **Grand Villa Casino Trip (10:00-3:00)** Join Summerhill and Cedar Springs residents as we try our luck at a one of Vancouver’s premier casinos!

## **Social Activities:**

**Monday’s (2:00) - TED talks** come to the theatre for an interesting talk (or two) about Technology, Education, and Design. Each talk is less than 20 minutes.

**Tuesday’s (2:00) - Grey Matters** Exercise and strengthen your brain!! We work on fun exercises and games using up-to-date research to keep your mind in tip-top shape! (Multipurpose Room on P1).

**Wednesday’s (11:15) - Zumba Dancing** Learn a few new dance steps with our instructor, Antonia! (Multipurpose Room P1).

**(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 (11:00) - Meditation** Join us in the theatre for a 20 minute session of mindfulness and calm at our meditation sessions in the theatre.

**(1:30) - Bocce Ball!** Now that summer is around the corner, we will be starting Bocce Ball again! Meet on the P1 level and we’ll head outside.

**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!

**Happy Hour Friday’s (4:00)** Join us for a drink and entertainment each Friday!

**Wednesday, June 15th (2:00pm) - “Kitchen Safari Tour” with Chef Paul** Get a behind the scenes tour of our kitchen and taste some fun eats! Please sign up at the front desk for a time slot.

**Sunday, June 18th - Father’s Day BBQ!** We will be opening up the patio for the summer season with a lunch BBQ in honour of the men in our lives!

**Wednesday, June 21st (3:00-4:00) - Birthday Party with John Cronin** Come and celebrate all the June birthdays with birthday cake and lively music!

**Tuesday, June 13th (2:00pm) - IL+ Open House Guest Speaker Dr. Glo McArter** Join us for a presentation by this 70-years-young therapist on the topic: “How to cope when the moments, days and years are not so enjoyable.”

**Monday, June 19th (1:00pm) - Model A Car Club** We will have a special visit of Model-A classic cars in our own roundabout!

– **Coffee with Shelley** Come chat with our GM, Shelley, over a cup of coffee (or tea!) in the Bistro.

**Friday, June 16th (1:00pm) - Mobile Heritage Farm** Fresh farm eggs, flowers, honey and seasonal produce! There will also be some special (small) farm visitors!

**Thursday, June 29th (7:15pm) - BINGO with Allie** A fun way to spend a Thursday evening! Please sign-up and pre-pay \$5.00 at the front desk.

## **Services and Vendors at Westerleigh PARC:**

**\*\*Please sign up for an appointment time at the front desk\*\***

**Fridays – Massage Therapy** Students from the Vancouver College of Massage therapy will here to help your tight muscles and aches. The massages cost \$5.00 for 30 minutes and \$10.00 for one hour. (Multipurpose Room on P1).

**June 8th and 19th – InStep Footcare** Fay is a registered nurse who provides foot care services including: cleansing, clipping, massage, and treatment for ingrown nails and calluses. (Spa on P2).

**Friday, June 9th (1:30) - Noble Hearing** Dr. Ghanbari will be able to check your hearing, answer questions and do auditory exams. (Spa on P2)

**Monday, June 12th – Reflexology** Marie will work on your “sole” to keep your feet and body happy! (Spa on P2).

**Tuesday, June 27th (1:30) – Mainland Hearing** Lori will be able to clean your hearing aids and any other maintenance that needs to be done. (Spa on P2).