
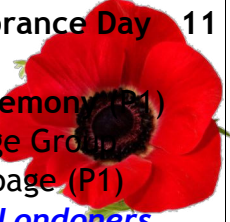


# November 2017 Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>Hair Salon and Esthetics 1</b> 9:00 PARC fit Strength B (P2) 10:00 PARC fit Strength A (P2) 11:00 PARC fit Strength C (P2) 11:30 Zumba Gold (P1) 1:30 Art Class (P1) 7:30 Movie: <i>Norman</i> (P2)	<b>2</b> 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 Meditation (P2) 12:15 <i>Victoria and Abdul at the movie theatres</i> 7:15 <i>Bingo with Miho</i> 7:30 Series: Outlander (P2)	<b>3</b> 9:00 Yoga (P1) 10:00 PARC fit Strength D (P2) 10:10 Seated Yoga (P1) 10:00 <b>Garden Group</b> (P1) 11:00 PARC fit Strength C (P2) 1:30 Massage Therapy (P1) 4:00 <b>Happy Hour - Piano Stylings by Christine</b> (lounge) 7:30 Outlander re-run (P2)	<b>4</b> 11:00 Stretch Video (P1) 1:30 Bridge Group 2:30 Cribbage (P1) 7:30 Feature Film (P2)
<b>Daylight Savings Ends 5</b> 11:00 Stretch Video (P1) 7:30 Feature Film (P2)	<b>6</b> <b>Reflexology</b> 9:00 PARC fit Strength D 10:00 PARC fit Strength A 10:00 <b>Capilano Mall Bus</b> 11:00 PARC fit Strength B 11:00 <b>Mobile Heritage Farm</b> 1:30 <b>Scenic Drive</b> 1:30 <b>Grey Matters</b> (P1) 7:30 Evening Bridge (lounge) 7:30 TV Series: The Handmaid's Tale (P2)	<b>7</b> 9:00 PARC fit Steady Steps 1 (P1) 10:00 PARC fit Steady Steps2 (P1) 11:00 <b>Mediation with Lara</b> (P2) 11:00 PARC fit Steady Steps 3 (P1) 1:30 <b>Health Matters - Cold vs Flu: Prevention Techniques</b> (P1) 7:30 Doc: <i>The Wheelchair President</i> (P2)	<b>8</b> <b>Hair Salon and Esthetics</b> 9:00 PARC fit Strength B (P2) 10:00 PARC fit Strength A (P2) 11:00 PARC fit Strength C (P2) 11:30 Zumba Gold (P1) 1:30 Art Class (P1) 7:30 Movie: <i>Life is Beautiful</i> (P2)	<b>9</b> <b>Carda Clothing 11-3</b> 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 Meditation (P2) <b>3:00 RESIDENT MEETING</b> (P1) 7:30 Series: Outlander (P2)	<b>10</b> 9:00 Yoga (P1) 10:00 PARC fit Strength D (P2) 10:10 Seated Yoga (P1) 1:15 <b>Park Royal bus</b> 11:00 PARC fit Strength C (P2) 1:30 Massage Therapy (P1) 4:00 <b>Happy Hour with the Sax of Us</b> (lounge)	<b>Remembrance Day 11</b>  10:30 <b>Ceremony</b> (P1) 1:30 Bridge Group 2:30 Cribbage (P1) 3:00 <b>The Londoners Choir</b> (lounge) 7:30 Feature Film (P2)
<b>12</b> 11:00 Stretch Video (P1) 7:30 Feature Film (P2)	<b>13</b> 10:30 Older & Wiser Workout on (P1) 7:00 Evening Bridge (lounge) 7:30 TV Series: The Handmaid's Tale (P2)	<b>Emergency Kit Sale 11-1 14</b> 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) 7:30 Doc: <i>Precious Puppies</i> (P2)	<b>15</b> <b>Hair Salon and Esthetics</b> 9:00 PARC fit Strength B (P2) 10:00 PARC fit Strength A (P2) 11:00 PARC fit Strength C (P2) 11:30 Zumba Gold (P1) 1:30 Art Class (P1) 3:00 <b>Birthday Party with Peter Paulus</b> (Lounge) 7:30 Movie: <i>The Kite Runner</i>	<b>Heidi's Jewellery 11-2 16</b> 9:00 PARC fit Steady Steps 1 (P1) 10:00 PARC fit Steady Steps2(P1) 10:30 <b>Christmas at Hycroft</b> <b>*Not suitable for walkers as there are no elevators</b> 11:00 PARC fit Steady Steps 3(P1) 11:00 Meditation (P2) 7:30 Series: Outlander (P2)	<b>17</b> No yoga today 10:00 PARC fit Strength D (P2) 10:00 <b>Garden Group</b> (P1) 11:00 PARC fit Strength C (P2) 1:30 Massage Therapy (P1) 4:00 <b>Happy Hour with Jennifer and Bob</b> (lounge)	<b>Footcare Nurse (P2) 18</b> 11:00 Stretch Video (P1) 1:30 Bridge Group 1:30 <b>Coming up for Air - Kay Meek Centre</b> 2:30 Cribbage (P1) 7:30 Feature Film (P2)
<b>19</b> 11:00 Stretch Video (P1) 1:30 <b>Mulgrave School's Student Concert</b> (lounge) 7:30 Feature Film (P2)	<b>20</b> 9:00 PARC fit Strength D 10:00 PARC fit Strength A 11:00 PARC fit Strength B 1:30 <b>Grey Matters</b> (P1) 7:00 Evening Bridge (lounge) 7:30 TV Series: The Handmaid's Tale (P2)	<b>21</b> 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) 3:00 <b>Coffee with Shelley</b> (bistro) 7:30 Doc: <i>Banking on Bitcoin</i> (P2)	<b>22</b> <b>Hair Salon and Esthetics</b> 9:00 PARC fit Strength B (P2) 10:00 PARC fit Strength A (P2) 10:30 <b>Potter's Christmas Store with brunch at IHOP</b> 11:00 PARC fit Strength C (P2) 11:30 Zumba Gold (P1) 1:30 Art Class (P1) 7:30 Movie: <i>One Fine Day</i> (P2)	<b>23</b> 9:00 PARC fit Steady Steps 1 (P1) 10:00 PARC fit Steady Steps2(P1) 10:00 <b>PARQ Casino *Vancouver's Newest Casino*</b> 11:00 PARC fit Steady Steps 3(P1) 11:00 Meditation (P2) 7:15 <b>BINGO with Miho</b> 7:30 Series: Outlander (P2)	<b>24</b> No yoga today 10:00 PARC fit Strength D 10:00 <b>Garden Group</b> (P1) 11:00 PARC fit Strength C (P2) 1:30 Massage Therapy (P1) 4:00 <b>Happy Hour with Christine and Bobby</b> (lounge) 7:30 Outlander re-run (P2)	<b>25</b> 11:00 Stretch Video (P1) 1:30 Bridge Group 2:30 Cribbage (P1) 7:30 Feature Film (P2)
<b>26</b> 11:00 Stretch Video (P1) 12:15 <b>Cirque Du Soleil - Kurios: Cabinet of Curiosities</b> 2:00 <b>Gospel Boys Choir</b> (lounge) 7:30 Feature Film (P2)	<b>27</b> 9:00 PARC fit Strength D 10:00 PARC fit Strength A 11:00 PARC fit Strength B 1:30 <b>Burmaby Village Museum - Heritage Christmas</b> 5:00 <b>Dinner Club: Swad Indian Kitchen</b> 7:00 Evening Bridge (lounge) 7:30 Mystery Series: Midsomer Murders (P2)	<b>Next Gen Hearing 28</b> 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) 2:30 Bus Trip Sign up (lounge) 7:30 Doc: <i>The Social Networ</i> (P2)	<b>29</b> <b>Hair Salon and Esthetics</b> 9:00 PARC fit Strength B (P2) 10:00 PARC fit Strength A (P2) 11:00 PARC fit Strength C (P2) 11:30 Zumba Gold (P1) 1:30 Last Art Class (P1) 2:00 <b>Food for Thought</b> (bistro) 7:30 Movie: <i>Breakfast at Tiffany's</i> (P2)	<b>30</b> 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 Meditation (P2) 12:45 <b>Tea &amp; Trumpets - Festivals and Marches</b> 2:00 <b>Dundarave Players Concert</b> (lounge) 7:30 Series: Outlander (P2)		

## Activities In November:

**\*\* Don't forget to turn your clocks back before bed on Saturday, November 4th! \*\***

**Monday's (1:30) - 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).

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

**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!

**Monday, November 6th - Mobile Heritage Farm (11:00-12:00)** Visit Maria from Lion and Lamb heritage farm for fresh eggs and other seasonal produce.

**Tuesday, November 7th - Health Matters: Cold vs. Flu: Prevention Techniques (1:30pm)** As the cold and flu season is upon us, learn about prevention techniques to keep yourself healthy!

**Saturday, November 11th - Remembrance Day Ceremony (10:30)** Please join us in the Multipurpose Room on P1 for our ceremony.

**The Londoners Choir (3:00)** Will be here to perform songs from the pre and post-war era. (Lounge)

**Wednesday, November 15th - Birthday Party with Peter Paulus (3:00-4:00)** Come and celebrate all the November birthdays with birthday cake and lively music!

**Sunday, November 19th Mulgrave School Student Concert (1:30)** Students from Mulgrave School will be performing a variety of pieces for us in the Lounge.

**Tuesday, November 21st (3:00pm) - Coffee with Shelley** Come chat with our GM, Shelley, over a cup of coffee (or tea!) in the Bistro.

**Thursday, November 23rd (7:15pm) - BINGO with Miho** A fun way to spend a Thursday evening! Please sign-up and pre-pay \$5.00 at the front desk.

**Wednesday, November 29th Food for Thought (2:00)** Join Chef in the bistro for a fun chat about anything and everything food related!

**Sunday, November 26th Gospel Boys Choir (2:00)** All members of the Welsh Men's Choir, these "Boys" are back with some Christmas cheer to start off the holiday season!

**Thursday, November 30th (2:00) - Dundarave Players** will be here to entertain us in the Lounge. Our very own talented musician, Erich Weber is a member of this band!

## Bus Trips in November:

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

**Thursday, November 2nd- Victoria and Abdul in theatres (12:15-4:30)** The extraordinary true story of an unexpected friendship in the later years of Queen Victoria's (Academy Award winner Judi Dench) remarkable rule. The movie begins at 1:15pm and is 1hr 45min long. Tickets cost is \$10.00.

**Monday, November 6th - Capilano Mall Bus (10:00-12:30)**

**Mystery Drive (1:30-3:30)** Join Brian for a Mystery Drive to see the sights around Metro Vancouver.

**Friday, November 10th- Park Royal Bus (1:15-3:30)**

**Thursday, November 16th – Christmas at Hycroft (10:30-3:00)** There's loads to see and do as you wander through all the nooks and crannies of the beautiful Edwardian mansion. Unfortunately, this trip is not suitable for those who are not able to climb or descend stairs as there are three levels in this mansion with no elevators. Please request a bagged lunch if wanted, or there are two small cafés to purchase lunch at Hycroft.

**Saturday, November 18th - Coming Up For Air (1:30-4:30)** The one-man stage adaptation of the 1939 novel by George Orwell stars award-winning actor Bernard Cuffling as George Bowling, an insurance salesman who makes an escape from "Hilda and the kids" in London for a few days following a win at the races. Limited tickets.

**Wednesday, November 22nd –Potter's Christmas Store with brunch at IHOP (10:30-4:00)** We will head out to Langley to have brunch at the "International House of Pancakes," then shop or browse through Western Canada's largest Christmas store!

**Thursday, November 23rd - Casino Trip to PARQ (10:00-3:00)** Try out Vancouver's newest casino downtown!

**Monday, November 27th – Heritage Christmas at Burnaby Village Museum (1:30-4:30)** Stroll through the streets of Burnaby Village to see wreaths, cedar swags and vintage-themed displays. This is a historic site where you are able to walk into old-fashioned stores and shops. Admission is Free.

**Dinner Club: Swad Indian Kitchen (5:00-7:30)** Located in West Vancouver, Swad provides the experience of traveling through the rich flavors of India.

**Thursday, November 30th- Tea and Trumpets "Festivals and Marches" (12:45-4:30)** There's nothing quite like a good musical March! Get ready to clap and feel the goosebumps with famous marches like the *Dam Buster March*, *Coronation March*, the *Triumphal March* from *Aida*, *Pomp & Circumstance March*, the *Rakoczy March*, and more. Limited tickets.