

March 2018 Activities



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>CALENDAR PROGRAMMING</p> <p>LEGEND</p> <p>Bus Trips - RED</p> <p>1st Floor Programs- BLUE</p> <p>2nd Floor Programs-BLACK</p>				<p>1</p> <p>10:00 Science World</p> <p>10:30 PARC FIT video</p> <p>3:00 Travel show with Allie</p> <p>7:30 Lions Gate Sinfonia</p>	<p>2</p> <p>10:30 PARC Fit Video</p> <p>1:30 VCMT Student Massages</p> <p>2:30 PARC FIT Video</p> <p>7:00 Cribbage</p>	<p>3</p> <p>10:30 Seated Yoga with Eleanor</p> <p>2:30 St. John— Dog Visits with Juno</p> <p>300 TV Room — Impressionist Art Video</p>
<p>4</p> <p>10:30 Sit and Be Fit Video -Osteoporosis Workout</p> <p>2:00 Newsletter Meeting with Samantha</p> <p>7:00 TV Room Movie— Resident Choice</p>	<p>5</p> <p>9:30-3 PARC FIT with Hiroe</p> <p>10:30 PARC FIT Video (Stretch)</p> <p>2:00 Jokers are Wild</p> <p>6:45 Bridge</p>	<p>6</p> <p>10:30 Chair Yoga with Jie</p> <p>2:00 Needleworking Group</p> <p>7:00 Inspirational Service with Chaplain Dan</p>	<p>7</p> <p>10:00 Vancouver Art Gallery</p> <p>9:30-3 PARC FIT with Hiroe</p> <p>2:00 Scrabble</p> <p>2:30 Fitness Class with Hiroe</p> <p>7:00 Bingo</p>	<p>8</p> <p>10:00 Foot Care with Ruba</p> <p>10:30 Zumba Gold with Karen</p> <p>3:00 Seniors Acting Up</p> <p>7:15 Meditation with Betty</p>	<p>9</p> <p>10:00 Life Writing Workshop with M. Marcel</p> <p>10:30 PARC FIT Video –2nd</p> <p>1:30 VCMT Student Massages</p> <p>7:00 Cribbage</p>	<p>10</p> <p>10:30 PARC FIT Video (Stretch)</p> <p>3:00 Camille Harp Entertainment</p>
<p>11</p> <p>10:30 Sit and Be Fit Video -Osteoporosis Workout</p> <p>7:00 TV Room Movie— Resident Choice</p>	<p>12</p> <p>9:30-3 PARC FIT with Hiroe</p> <p>10:30 PARC FIT Video (Stretch)</p> <p>3:15 Jokers are Wild</p> <p>6:45 Bridge</p>	<p>13</p> <p>10:30 Stanley Park Drive and Mahoney and Sons Lunch</p> <p>10:30 Chair Yoga with Jie</p> <p>2:00 Needleworking Group</p> <p>Carda Creations</p>	<p>14</p> <p>9:30-3 PARC FIT with Hiroe</p> <p>10:30 PARC FIT Video</p> <p>2:00 Creative Expressions Art —Oil and Water Does not Mix or Does it?</p> <p>2:00 Cribbage Tournament</p> <p>2:00 Scrabble</p> <p>7:00 Bingo</p>	<p>15</p> <p>10:30 PARC FIT</p> <p>6:00-7:30 St. Patricks Pub Night with Bob Collins</p>	<p>16</p> <p>10:30 Grey Matters</p> <p>1:30 VCMT Student Massages</p> <p>5:00 Fraser Downs Elements Casino</p> <p>7:00 Cribbage</p>	<p>17</p> <p>10:30 Seated Yoga with Eleanor</p> <p>3:00 TV Room — Impressionist Art Video</p> <p>Happy St. Patricks Day!</p>
<p>18</p> <p>10:30 Sit and Be Fit Video -Osteoporosis Workout</p> <p>2:00 Newsletter Meeting with Samantha</p> <p>7:00 TV Room Movie— Resident Choice</p>	<p>19</p> <p>9:30-3 PARC FIT with Hiroe</p> <p>10:30 PARC FIT Video (Stretch)</p> <p>2:00 Birthday Party with Brian Gimbel</p> <p>3:15 Jokers are Wild</p> <p>6:45 Bridge</p>	<p>20</p> <p>10:30 PARC Fit Video</p> <p>2:00 Needleworking Group</p> <p>2:30 The Summerhill Resident Update Meeting</p> <p>7:00 Inspirational Service with Chaplain Dan</p>	<p>21</p> <p>9:30-3 PARC FIT with Hiroe</p> <p>2:00 Scrabble</p> <p>2:30 Fitness Class with Hiroe</p> <p>7:00 Bingo</p>	<p>22</p> <p>12:30 Movie Matinee</p> <p>10:00 Foot Care with Ruba</p> <p>10:30 Zumba Gold with Karen</p> <p>10:30 PARC FIT Video</p> <p>7:15 Meditation with Betty</p>	<p>23</p> <p>9:30 Capilano Mall Trip</p> <p>10:30 PARC FIT Video</p> <p>1:00 Afternoon Scenic Drive</p> <p>1:30 VCMT Student Massages</p> <p>7:00 Cribbage</p>	<p>24</p> <p>10:30 PARC FIT Video (Stretch)</p> <p>3:00 TV Room Movie— Resident Choice</p>
<p>25</p> <p>10:30 Sit and Be Fit Video -Osteoporosis Workout</p> <p>7:00 TV Room Movie— Resident Choice</p>	<p>26</p> <p>9:30-2 PARC FIT with Hiroe</p> <p>10:30 PARC FIT Video (Stretch)</p> <p>2:00 Deep Cove Jazz Band</p> <p>3:15 Jokers are Wild</p> <p>6:45 Bridge</p>	<p>27</p> <p>10:15 Casino Trip</p> <p>10:30 PARC Fit Video</p> <p>2:00 Needleworking Group</p> <p>3:00 Floor Curling</p>	<p>28</p> <p>10:00 Oakridge Mall Trip</p> <p>9:30-3 PARC FIT with Hiroe</p> <p>2:00 Scrabble</p> <p>7:00 Bingo</p>	<p>29</p> <p>10:30 PARC FIT Video</p> <p>7:15 Meditation with Betty</p>	<p>30</p> <p>10:30 PARC FIT Video</p> <p>1:30 VCMT Student Massages</p> <p>7:00 Cribbage</p> <p>GOOD FRIDAY</p>	<p>31</p> <p>10:30 PARC FIT Video (Stretch)</p> <p>2:30 The Summerhill Book Club Meeting</p>