


# March 2018 Activities



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Join us for the Oscars on Sunday, March 4th! We will be playing nominated films as well as past winners and nominees throughout the month!</p>	<p>Join us for the Oscars on Sunday, March 4th! We will be playing nominated films as well as past winners and nominees throughout the month!</p>	<p>Bus trip sign ups will be on Tuesday, March 27th at 2:00pm.</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) <b>1:30 Technology Lessons and Device Help (P1)</b> 7:30 Series: When Calls the Heart (P2)</p>	<p>9:00 Yoga (P1) 10:00 Garden Group (P1) 10:00 PARC fit Strength D (P2) 10:10 Seated Yoga (P1) 11:00 PARC fit Strength C (P2) 12:30 <b>The Post in theatres</b> 1:30 Massage Therapy (P1) 4:00 <b>Happy Hour with Bob York</b> (Lounge)</p>	<p>11:00 Stretch Video (P1) 1:30 Bridge Group 2:30 Cribbage (lobby) 7:30 Feature Film (P2)</p>
<p>11:00 Stretch Video (P1) 7:00 <b>90th Academy Awards</b> - come watch the Oscars!! Enjoy a popcorn bar during the awards and vote for your favorite films! (P2)</p>	<p>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) 1:30 <b>Hearing Tests</b> (P1) 7:00 Evening Bridge (Lounge) 7:30 <b>Chicago</b> (won Best Picture and 5 Oscars - 2003) (P2)</p>	<p>9:00 PARC fit Steady Steps 1 (P1) 10:00 PARC fit Steady Steps2 (P1) 10:30 <b>Capilano Mall bus</b> 11:00 PARC fit Steady Steps 3 (P1) 1:30 TED Talks (P2) <b>3:00 RESIDENT MEETING (P1)</b> 7:30 Doc: <b>Strong Island</b> (2018 Oscar Nominee) (P2)</p>	<p><b>Hair Salon and Nail Care</b> 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 <b>Author Presentation - Carol Cram</b> (P1) 1:30 <b>Painting Class</b> (P1) 7:30 Movie: <b>The Aviator</b> (P2)</p>	<p>9:00 PARC fit Steady Steps 1 (P1) 10:00 PARC fit Steady Steps2(P1) 10:15 <b>CBC Newsroom Tour</b> 11:00 PARC fit Steady Steps 3(P1) 1:30 <b>Technology Lessons and Device Help (P1)</b> 7:30 <b>Sinfonia Orchestra</b> concert (lounge)</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 <b>Happy Hour with Cate Innish</b> (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><b>Daylight Savings Begins</b> 11:00 Stretch Video (P1) 2:00 <b>Chinese Youth Orchestra</b> (lounge) 7:30 Feature Film (P2)</p>	<p>9:00 PARC fit Strength D 10:00 PARC fit Strength A 11:00 PARC fit Strength B 1:00 <b>Science World and OMNIMAX film</b> 7:00 Evening Bridge (Lounge) 7:30 <b>Moulin Rouge</b> (Won 2 Oscars - 2002) (P2)</p>	<p><b>Reflexology (P2)</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: <b>Last Men in Aleppo</b> (2018 Oscar nominee) (P2)</p>	<p><b>Hair Salon and Nail Care</b> 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 <b>Painting Class</b> (P1) 3:00 <b>Birthday Party with The Sax of Us</b> (lounge) 7:30 Movie: <b>Amadeus</b> (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 <b>Technology Lessons and Device Help (P1)</b> 7:30 Series: When Calls the Heart (P2)</p>	<p>9:00 Yoga (P1) 10:00 PARC fit Strength D (P2) 10:00 <b>Garden Group</b> (P1) 10:10 Seated Yoga (P1) 11:00 PARC fit Strength C (P2) 11:30 <b>Lunch Club: Mahony &amp; Son's Irish Pub</b> 1:30 <b>Massage Therapy</b> (P1) 4:00 <b>Happy Hour with The Londoners</b> (Lounge)</p>	<p><b>St. Patrick's Day</b> 11:00 Stretch Video (P1) 1:30 Bridge Group 2:30 Cribbage (lobby) 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 10:00 PARC fit Strength A 11:00 PARC fit Strength B 1:30 <b>Grey Matters</b> (P1) <b>2:00 Scenic Drive with Brian</b> <b>5:00 Dinner Club: Mythos Taverna (Greek)</b> 7:00 Evening Bridge (Lounge) 7:30 <b>All That Jazz</b> (won 4 Oscars in 1980) (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 TED Talks (P2) 2:00 <b>Health Matters - Falls Prevention</b> (P1) 7:30 Doc: <b>Icarus</b> (2018 Oscar Nominee) (P2)</p>	<p><b>Hair Salon and Nail Care</b> 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 <b>Painting Class</b> (P1) 1:30 <b>Shopping Downtown (drop off at The Bay)</b> 7:00 <b>Travel Show - Egypt: Down the Nile by the Suede Dogs</b>(P1)</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 <b>Dare to Dance - live piano accompaniment and dance class</b> (P1) 7:15 <b>BINGO!</b> (Lobby Level) 7:30 Series: When Calls the Heart (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 Last <b>Massage Therapy</b> until May (P1) 4:00 <b>Happy Hour with Jennifer and Bob</b> (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) 12:45 <b>Shen Yun Performance at the Queen E. theatre</b> *tickets pre-purchased 7:30 Feature Film (P2)</p>	<p>9:00 PARC fit Strength D 10:00 PARC fit Strength A 10:00 <b>Garden Group</b> (P1) 10:30 <b>Mechanical Room Tour with Peter</b> - please sign up 11:00 PARC fit Strength B 1:30 <b>Grey Matters</b> (P1) 7:00 Evening Bridge (Lounge) 7:30 <b>Cabaret</b> (won 8 Oscars in 1973) (P2)</p>	<p><b>Reflexology (P2)</b> <b>Next Gen Hearing (P2)</b> 9:00 PARC fit Steady Steps 1 (P1) 10:00 <b>Grand Villa Casino Trip</b> 10:00 PARC fit Steady Steps2(P1) 11:00 PARC fit Steady Steps 3(P1) 1:30 TED Talks (P2) 7:30 Doc: <b>Chasing Coral</b> (2018 Oscar nominee) (P2)</p>	<p><b>Hair Salon and Nail Care</b> 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 <b>Painting Class</b> (P1) 3:00 <b>Kitchen Tours - please sign up</b> 7:30 Movie: <b>The Theory of Everything</b> (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) 11:30 <b>Fifth Avenue Jewellery</b> sale (lounge) 1:30 <b>Mini-Golf</b> (P1) 7:30 Series: When Calls the Heart (P2)</p>	<p><b>Good Friday</b> 9:00 Walking Workout (P1) 10:00 Older Wiser Workout (P1) 4:00 <b>Happy Hour with "Crescendo" - Brandon Thornhill and Glen Stevenson</b> (Lounge)</p>	<p>11:00 Stretch Video (P1) 1:30 Bridge Group 2:30 Cribbage (lobby) 7:30 Feature Film (P2)</p>