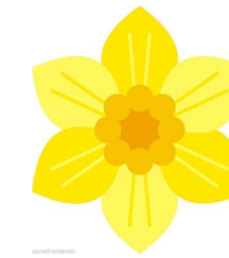


April 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Easter Brunch 11:00am-1:00pm 	2 9:30 Exercise (SR) 10:30 Exercise (SR) No Circuit Training Today 2:00 Meditation 7:00 Cribbage (FLR)	3 9:30 Zumba (SR) 10:30 Brain Games (SR) 2:00 Knitting Group (Fireplace Lounge)	4 9:30 Fun with French (SR) 10:30 Qi Gong (SR) 1-5 Circuit Training 1-5 Massage students (SR) 7:00 Singing Group (Bi) 7:00 Bridge (SR)	5 9:30 Exercise (SR) 11:00 Resident Meeting 12:15 Tea and Trumpets 7:00 Card Bingo (SR)	6 10:00 Balance Class (SR) 10:30 MacArthur Glen Outlets 1-5 Circuit Training 2:00 Jeopardy (SR) 7:00 Documentary/Games (SR) "Before the Flood"	7 10:00 Strength Video (SR) 2:00 Xbox with Wally 4:00 TED Talks 6:45 Vancouver Chamber Concert- West Van United 7:00 Movie Night
8 2:00-4:00 Open House Spring Fling with Neil's Jazz Band 11:00 Chair Yoga (SR) 1:15 Tech Easy (Li) 7:00 Movie Night	9 9:30 Exercise (SR) 10:30 Exercise (SR) 1-5 Circuit Training 2:00 Meditation (PDR)	10 9:30 Zumba (SR) 10:00 Speeders GoKarts Boston Pizza Lunch 2:00 Knitting Group (PDR) 7:00 Bingo with Jim	11 9:30 Fun with French (SR) 10:00 Science World "Ripley's Believe it or Not" 10:30 Qi Gong (SR) 1-5 Circuit Training 7:00 Singing Group (Bi) 7:00 Bridge (SR)	12 9:30 Stretch Video (SR) 10:30 Stretch Video (SR) 1:30 All Levels Dance (SR) 7:00 Lions Gate Sinfonia Concert	13 10:00 Balance Class (SR) 1-5 Circuit Training 2:00 Jeopardy (SR) 7:00 Documentary/Games (SR) "The Last Year Barack Obama"	14 10:00 Strength Video (SR) 1:15 Pandora's Vox and Espiritu Concert No programs Private Function
15 11:00 Chair Yoga (SR) 1:15 Tech Easy Li) 1:30 Deep Cove Theatre Matinee-Blithe Spirit 2:30 Movie Matinee (SR) "The Illusionist"	16 9:30 Exercise (SR) 10:00 Park Royal Mall 10:30 Exercise (SR) 1:00 Capilano Mall 1-5 Circuit Training 2:00 Meditation (PDR) 7:00 Cribbage (FLR)	17 9:30 Zumba (SR) 10:30 Brain Games (SR) 1-5 Fitness Assessments 2:00 Knitting Group (PDR) 7:00 Bingo with Bev	18 9:30 Fun with French (SR) 10:30 Qi Gong (SR) 1-5 Circuit Training 7:00 Singing Group (Bi) 7:00 Bridge (SR)	19 9:30 Exercise (SR) 10:30 White Rock Trip Lunch and Walk on Pierre 2:00 Better Backs and Balance Talk-Physio2u 7:00 Card Bingo (SR)	20 10:00 Stretch Video SR) 1-5 Circuit Training 3:00 Social Hour with Poncho and Sal 7:00 Documentary/Games (SR) "Human Planet, Jungles"	21 10:00 Strength Video (SR) 2:00 Xbox with Wally 4:00 TED Talks 7:00 Movie Night "Apollo 13"
22 11:00 Chair Yoga (SR) 1:15 Tech Easy (LI) 2:30 Movie Matinee "St. Vincent"	23 9:30 Exercise (SR) 10:30 Exercise (SR) 1-5 Circuit Training 2:00 Meditation (PDR) 7:00 Cribbage (FLR)	24 9:30 Zumba (SR) 10-11 Hear @Home (CL) 9:45 CBC News Room Tour 1:30 Singing with Wayne 2:00 Knitting Group (PDR) 7:00 Bingo with Cathy B	25 9:30 Fun with French 10:30 Qi Gong (SR) 10:30 Casino Trip- PARQ 1-5 Circuit Training 1:30 Library Visit 7:00 Singing Group (Bi) 7:00 Bridge (SR)	26 9:30 Exercise (SR) 10:00 Cherry Blossom Tour 10:30 Exercise (SR) 1:30 All Levels Dance (SR) 3:00 Monthly Birthday Party with Jennifer Lauren 7:00 Card Bingo (SR)	27 10:00 Balance Class (SR) 1-5 Circuit Training 2:00 Sea to Sea to Sea Across Canada Presentation "Eric Hellman" 7:00 Documentary/Games (SR) "Under the Artic Sky"	28 10:00 Strength Video (SR) 2:00 Xbox with Wally 4:00 TED Talks 7:00 Movie Night "Cool Runnings"
29 11:00 Chair Yoga (SR) 1:15 Tech Easy (Li) 2:30 Movie Matinee (SR) "Hope Springs"	30 9:30 Exercise (SR) 10:30 Exercise (SR) 11:30-3:00 Carda Creations 1-5 Circuit Training 2:00 Meditation (PDR) 7:00 Cribbage (FLR)	May 1st 9:30 Zumba (SR) 10:30 Brain Games (SR) 2:00 Knitting Group (PDR) 5:30 Pool and Pints at Seymour's Pub 7:00 Bingo with Hazel		April is National Cancer Awareness Month	Cedar Springs PARC 3633 Mt Seymour Pkwy North Vancouver, BC V7H 0A9 604-986-3633	Legend Li = Library SR = Salish Room Bi = Bistro FL = Fireplace Lounge FR = Fitness Room CL = Cates Lounge

Bus Trips

Please signup at Reception

Tea and Trumpets “The Magic of Dance”

Thursday April 5th 12:15pm-4:30pm

MacArthur Glen Outlet Mall - Friday April 6th 10:00-2:00

Vancouver Chamber Society Concert

Saturday April 7th 6:45pm-9:00pm

Tickets: \$15.00 at the door

Speeders Go Karts and Boston Pizza Lunch

Tuesday April 10th 10:00am-2:00pm

Science World “Ripley's Believe it or Not Exhibit”

Wednesday April 11th 10:00am-2:00pm

Please order a bagged lunch

Pandora's Vox Concert—West Van United Church

Saturday April 14th 1:15-4:00pm

Tickets: \$28.00 Please See Reyna to purchase

Deep Cove Theatre - Sunday April 15th 1:30-4:00pm

6 Free tickets- \$20.00 at the door

White Rock Trip-Lunch and Walk on the Pierre

Thursday April 19th 10:30-3:00pm

CBC News Room Tour

Tuesday April 24th 9:45-12:00

Casino Trip—Parq Casino

Wednesday April 25th 10:30am-3:00pm

Cherry Blossom Scenic Tour

Thursday April 26th 10:00-12:00

Pub Night at Seymour's Pub

Tuesday May 1st 5:30-8:00pm

cedar springs
parc



April 2018

Monthly Highlights

Spring Fling Open House

With Entertainment by “Niels Jazz Band”

Sunday April 8th 2:30-4:00pm

Lions Gate Sinfonia Concert at Cedar Springs

Thursday April 12th 7:00-8:00pm

All Levels Dance Classes Return!

Thursday April 12 and 26th at 1:30pm

Monthly Health Talk: Better Backs and Balance

Thursday April 19th 2:00pm

Social Hour with Poncho and Sal

Friday April 20th 3:00pm

Birthday Party with Jennifer Lauren

Thursday April 26th 3:00pm

Sea to Sea to Sea “Across Canada Presentation

Friday April 27th 2:00pm

New Meditation! – Mondays at 2:00pm