



# April 2018 Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>1</b>  <i>Summerhill Easter Brunch 11:00am &amp; 1:00pm</i>	<b>2</b> <b>9:30 Bus Trip: Park Royal</b> 9:30-3 PARC FIT with Hiroe 10:30 PARC FIT Video (Stretch) <b>1:00 Bus Trip: Capilano Mall</b> 2:00 Jokers are Wild 6:45 Bridge	<b>3</b> 10:00 Hear at Home 10:30 PARC FIT Video <b>11:00 Gardening Meeting</b> <b>1:00 Bus Trip: Afternoon Scenic Drive</b> 2:00 Needleworking Group 7:00 Inspirational Service with Chaplain Dan	<b>4</b> 9:30-3 PARC FIT with Hiroe 10:30 PARC FIT Video 2:00 Scrabble <b>2:00 Steady Steps with Hiroe</b> 7:00 Bingo—2nd fl.	<b>5</b> <b>10:30 Zumba Gold with Karen</b> <b>12:30 Bus Trip: Chartered Bus to VSO Tea and Trumpets</b> 7:15 Meditation with Betty	<b>6</b> <b>10:30 Grey Matters</b>  1:30 VCMT Student Massages 2:30 PARC FIT Video 7:00 Cribbage	<b>7</b> 10:30 Seated Yoga with Eleanor <b>3:00 Impressionist Art Video—TV Room</b>	
<b>8</b> 10:30 PARC Fit Video (Strength) <b>11:15 Bus Trip: Fraser Downs Brunch &amp; Horse Racing</b> <b>2:00 Newsletter Meeting with Samantha</b> <b>7:00 TV Room Movie Resident Choice</b>	<b>9</b> 9:30-3 PARC FIT with Sylvie 10:30 PARC FIT Video (Stretch) 2:00 Jokers are Wild <b>2:00 Lorraine's Jewelry Sale</b> <b>2:00 Dance Class with Heather</b> 6:45 Bridge	<b>10</b> 10:30 PARC Fit Video <b>12:00 Walker Clinic by Davies Pharmacy</b> <b>2:00 Technology Help with Allie</b> 2:00 Needleworking Group	<b>11</b> 9:30-3 PARC FIT with Sylvie <b>10:00 Balance Class with Sylvie</b> <b>2:00 Creative Expressions Art—Let's Shave!</b> 2:00 Scrabble 7:00 Bingo	<b>12</b> 10:00 Foot Care with Ruba 10:30 PARC FIT Video <b>10:30 Cat Chat with Allie-Cat</b> <b>1:15 Bus Trip: CBC Studio Tour</b> 7:15 Meditation with Betty	<b>13</b> <b>10:00 Bus Trip: Morning Scenic Drive</b> <b>10:00 Life Writing Workshop with M. Marcel</b> 1:30 VCMT Student Massages 2:30 PARC FIT Video 7:00 Cribbage	<b>14</b> 10:30 PARC FIT Video (Stretch)	
<b>15</b> <b>10:30 Zumba Gold with Karen</b> <b>7:00 TV Room Movie Resident Choice</b>	<b>16</b> 9:30-3 PARC FIT with Sylvie 10:30 PARC FIT Video (Stretch) <b>2:00 Birthday Party with Bob Collins</b> 3:15 Jokers are Wild 6:45 Bridge	<b>17</b> 10:30 Chair Yoga with Danya 2:00 Needleworking Group <b>2:30 The Summerhill Resident Update Meeting</b> 7:00 Inspirational Service with Chaplain Dan	<b>18</b> 9:30-3 PARC FIT with Sylvie <b>10:00 Balance Class with Sylvie</b> <b>11:30 Bus Trip: Lunch at Prospect Point Stanley Park</b> 2:00 Scrabble <b>3:00 Food for Thought</b> 7:00 Bingo	<b>19</b> <b>10:30 Zumba Gold with Karen</b> <b>6:00-7:30 1950's Theme Pub Night with Music by Cheek to Cheek</b> 7:15 Meditation with Betty	<b>20</b> 10:30 PARC FIT Video <b>12:00 Summerhill Volunteer Appreciation Lunch</b>  7:00 Cribbage	<b>21</b> 10:30 PARC FIT Video (Stretch) <b>3:00 Impressionist Art Video—TV Room</b> <b>7:00 Bus Trip: Lions Gate Sinfonia—"Pianos Galore" at Centennial Theatre</b>	
<b>22</b> 10:30 PARC Fit Video (Strength) <b>2:00 Newsletter Meeting with Samantha</b> <b>7:00 TV Room Movie Resident Choice</b>	<b>23</b> 9:30-3 PARC FIT with Hiroe 10:30 PARC FIT Video <b>10:30 Bus Trip: Tour at VanDusen Gardens &amp; Lunch at Shaughnessy Restaurant</b> 2:00 Jokers are Wild <b>2:30 Steady Steps with Hiroe</b> 6:45 Bridge	<b>24</b> 10:30 Chair Yoga with Danya 2:00 Needleworking Group <b>3:00 Seniors Peer Support Group with Lorna—"Making New Friends"</b>	<b>25</b> 9:30-3 PARC FIT with Hiroe <b>10:00 Chic Alterations Service</b> <b>10:15 Bus Trip: PARQ Casino</b> 10:30 PARC FIT Video 2:00 Scrabble <b>2:30 Calendar Update Meeting</b> 7:00 Bingo	<b>26</b> 10:00 Foot Care with Ruba 10:30 PARC FIT with Danya <b>3:30 Social Hour with John Cronin</b> 7:15 Meditation with Betty	<b>27</b> 10:30 PARC FIT Video <b>1:00 Bus Trip: Afternoon Scenic Drive</b> 7:00 Cribbage	<b>28</b> 10:30 PARC FIT Video (Stretch) <b>2:30 Summerhill Book Club</b>	
<b>29</b> 10:30 PARC Fit Video (Strength) <b>7:00 TV Room Movie Resident Choice</b> <b>Family Sunday Dinner</b>	<b>30</b> 9:30-3 PARC FIT with Hiroe 10:30 PARC FIT Video (Stretch) 2:00 Jokers are Wild <b>2:00 Dance Class with Heather</b> 6:45 Bridge	<b>Calendar Programming Legend</b> * <b>Bus Trips RED</b> * <b>1st Floor Programs BLUE</b> * <b>2nd Floor Programs BLACK</b>					