


# April 2018 Activities



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Easter Sunday 1</b> 11:00 / 1:00 <b>Easter Brunch</b> 7:30 Feature Film (P2)	<b>2</b> 9:00 PARC fit Strength D 10:00 PARC fit Strength A 11:00 PARC fit Strength B 1:30 Grey Matters - brain puzzles (P1) 7:00 Evening Bridge (Lounge) 7:30 Movie: <i>Hans Christian Andersen</i> (P2)	<b>3</b> <b>NexGen Hearing (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 Personal History Writing workshop **please sign up at the front desk (P1) 1:30 TED Talks (P2) 7:30 Doc: <i>Arctic Passage</i> (P2)	<b>4</b> <b>Hair Salon and Nail Care</b> 9:00 PARC fit Strength B (P2) 10:00 PARC fit Strength A (P2) 10:30 <b>Capilano Mall Bus</b> 11:00 PARC fit Strength C (P2) 11:20 Zumba Gold (P1) <b>3:00 RESIDENT MEETING</b> 7:30 <i>Seven Wonders of the Industrial World: Ep.1,2</i> (P2)	<b>5</b> 9:00 PARC fit Steady Steps 1 (P1) 10:00 PARC fit Steady Steps2(P1) 11:00 PARC fit Steady Steps 3(P1) 12:45 <b>Tea and Trumpets "The Magic of Dance" - PARC Bus</b> 7:30 Series: <i>When Calls the Heart</i> (P2)	<b>6</b> <b>Jewellery Sale 11:30</b> 10:00 PARC fit Strength D (P2) 10:00 Garden Group (P1) 10:30 <b>Table Tennis Intro Lesson</b> (P1) 11:00 PARC fit Strength C (P2) 4:00 <b>Happy Hour with the Suede Dogs - "April in Paris"</b> (Lounge) 7:30 <b>Augustin Wright Trio performance</b> (lounge)	<b>7</b> 11:00 Stretch Video (P1) 1:30 Bridge Group 2:30 Cribbage (P1) 7:30 Feature Film: <i>Midnight in Paris</i> (P2)
<b>8</b> 11:00 Stretch Video (P1) 7:30 Feature Film Re-run (P2)	<b>9</b> 9:00 PARC fit Strength D 10:00 PARC fit Strength A 11:00 PARC fit Strength B 9:30 <b>Stave Falls Powerhouse Tour and lunch out</b> 7:00 Evening Bridge (Lounge) 7:30 Movie: <i>Hans Zimmer: Live in Prague</i> (P2)	<b>10</b> <b>Reflexology</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 Personal History Writing workshop (P1) 1:30 TED Talks (P2) 7:30 Doc: <i>How the Beatles Changed the World</i> (P2)	<b>11</b> <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 Painting Class (P1) 7:30 <i>Seven Wonders of the Industrial World: Ep.3,4</i> (P2)	<b>12</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 <b>Technology Lessons and Device Help</b> (P1) 7:30 Series: <i>When Calls the Heart</i> (P2)	<b>13</b> 10:00 PARC fit Strength D (P2) 10:00 Garden Group (P1) 11:00 PARC fit Strength C (P2) 1:30 TED Talks (P2) 4:00 <b>Happy Hour with the Sax of Us</b> (Lounge)	<b>14</b> <b>Footcare Nurse (P2)</b> 11:00 Stretch Video (P1) 1:30 Bridge Group 2:30 Cribbage (P1) 7:30 Feature Film: <i>Titanic</i> (P2)
<b>15</b> 11:00 Stretch Video (P1) 7:30 Feature Film Re-run (P2)	<b>16</b> 9:00 PARC fit Strength D 10:00 PARC fit Strength A 11:00 PARC fit Strength B 1:45 <b>Dare to Dance - music and dance class</b> (P1) 4:00 Puppy Parade! (Lobby) 7:00 Evening Bridge (Lounge) 7:30 Movie: <i>Lincoln</i> (P2)	<b>17</b> 9:00 PARC fit Steady Steps 1 (P1) 10:00 PARC fit Steady Steps2(P1) 10:30 <b>Canadian Museum of Flight</b> 11:00 PARC fit Steady Steps 3(P1) 1:30 Personal History Writing workshop (P1) 1:30 TED Talks (P2) 7:30 Doc: <i>Last Flight of the Vulcan Bomber</i> (P2)	<b>18</b> <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 Painting Class (P1) 3:00 <b>Birthday Party with Brian Gimbel</b> (Lounge) 7:30 <i>Seven Wonders of the Industrial World: Ep. 5,6</i> (P2)	<b>19</b> 11-2 Carda Clothing (Lobby) 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</b> (P1) 7:30 Series: <i>When Calls the Heart</i> (P2)	<b>20</b> 9:00 Yoga (P1) 10:00 PARC fit Strength D (P2) 10:00 <b>Purebread Bakery</b> 10:10 Seated Yoga (P1) 11:00 PARC fit Strength C (P2) 1:30 <b>Park Royal Bus</b> 4:00 <b>Happy Hour with Jennifer and Bob</b> (Lounge)	<b>21</b> 11:00 Stretch Video (P1) 1:30 Bridge Group 2:30 Cribbage (P1) 7:30 Feature Film: <i>I'll See You In My Dreams</i> (P2)
<b>22</b> 11:00 Stretch Video (P1) 7:30 Feature Film Re-run (P2)	<b>23</b> 9:00 PARC fit Strength D 10:00 PARC fit Strength A 11:00 PARC fit Strength B 1:30 <b>Grey Matters - Jeopardy</b> (P1) 2:00 <b>Londoners Choir</b> (lounge) 7:00 Evening Bridge (Lounge) 7:30 Movie: <i>Shakespeare in Love</i> (P2)	<b>24</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 Personal History Writing workshop (P1) 1:30 TED Talks (P2) 3:00 <b>Coffee with Shelley</b> (bistro) 7:30 Doc: <i>Before the Flood</i> (P2)	<b>25</b> <b>Hair Salon and Nail Care</b> 9:00 PARC fit Strength B (P2) 10:00 PARC fit Strength A (P2) 10:00 <b>PARQ Casino Trip</b> 11:00 PARC fit Strength C (P2) 11:20 Zumba Gold (P1) 1:30 Painting Class (P1) 2:00 <b>Health Matters: Shingles Vaccine</b> (P1) 7:30 <i>Seven Wonders of the Industrial World: Ep. 7</i> (P2)	<b>26</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 <b>Technology Lessons and Device Help</b> (P1) 7:15 <b>BINGO!!</b> (Lobby) 7:30 Series: <i>When Calls the Heart</i> (P2)	<b>27</b> 9:00 Yoga (P1) 10:00 PARC fit Strength D 10:10 Seated Yoga (P1) 11:00 PARC fit Strength C (P2) 2:30 Bus trip sign-up (P1) 4:00 <b>Happy Hour with Lorraine Smith</b> (Lounge) 7:30 series re-run (P2)	<b>28</b> <b>Footcare Nurse (P2)</b> 11:00 Stretch Video (P1) 1:30 Bridge Group 2:30 Cribbage (P1) 7:30 Feature Film: <i>Murder on the Orient Express</i> (P2)
<b>29</b> 11:00 Stretch Video (P1) 2:00 <b>Student Piano Concert</b> (lounge) 7:30 Feature Film Re-run (P2)	<b>30</b> 9:00 PARC fit Strength D 10:00 Garden Group (P1) 10:00 PARC fit Strength A 11:00 PARC fit Strength B 1:30 Grey Matters - memory 2:00 <b>Spring blossoms tour</b> 5:00 <b>Dinner trip: APERO kitchen and wine bar</b> 7:00 Evening Bridge (Lounge) 7:30 Movie: <i>The Da Vinci Code</i> (P2)		** Please sign up if you are interested in attending the Personal History Workshop. This is strictly for the instructor to know how many residents to expect.		Bus trip sign ups will be on Friday, April 27th at 2:30pm in the <b>Multipurpose Room on P1</b> . Please get your number from the front desk starting at 2:15pm before heading down.	

## Social Activities In April:

- Monday's (1:30) - Grey Matters** - Exercise and strengthen your brain!! We work on fun exercises and games to keep your mind in tip-top shape! (P1)
- Tuesday's (1:30) - Personal History Writing workshop** - Join us for this special series of workshops to culminate the development of a personal history book. The instructor will interview participants and help each person individually craft their personal history. Please sign up at the front desk so we know how many participants to expect. (P1)
- (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 (1:30) - Technology Lessons and help** We will be continuing our lessons and help sessions with Maria and Angela. Please bring your device if you have one! (P1)
- 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!



- Friday, April 6th (10:30) - Table Tennis Intro Lesson** Come for a lesson, or just to play! We will have tables out, paddles ready, and an instructor to run our introductory class! (P1)
- (7:30) - Augustin Wright Trio** Child prodigy, Augustin Wright will be back to perform for us as a trio with cello, violin, and of course, piano! (lounge)
- Monday, April 16th (1:45) Dare to Dance** If you missed it last month, be sure to come to this one! A fun, energizing class of rhythm, music, and dance! (P1)
- Wednesday, April 18th (3:00) - Birthday Party with Brian Gimbel** Come and celebrate all the April birthdays with birthday cake and lively music! (lounge)
- Tuesday, April 24th (3:00) Coffee with Shelley** Join our GM, Shelley, in the bistro for a tea or coffee and discuss various topics.
- Monday, April 23rd (2:00) - Londoners Choir** Join this fun choir on St. Georges day for some lively music and a sing-a-long! (lounge)
- Wednesday, April 25th (2:00) - Health Matters** This month, the topic will be about the shingles vaccine. (P1)
- Thursday, April 26th (7:15) - BINGO!!** Allie returns this month to run our bingo game! Order a glass of wine, socialize, and play some bingo!! (Lobby level)

## Bus Trips in April:

**\*\*Please sign up for your top two trips on March 27th at 2:00pm.** After the 27th, there will not be a limit to how many trips you can sign up for. This format is to allow all residents a fair opportunity to attend the trips. Numbers will be handed out beginning at 1:45pm on the 27th at the front desk.\*\*

**Wednesday, April 4th- Capilano Mall Bus (10:30-12:30)**

**Thursday, April 5th - Tea and Trumpets - A Magical Dance (12:45-4:30)** The magical, musical world of dance is centre stage, with the talented dancers of *Goh Ballet*, and music by Dvořák, Lehar's Gold & Silver Waltz, excerpts from Tchaikovsky's Sleeping Beauty and The Nutcracker, and Hungarian Dances by Johannes Brahms. Limited tickets available.

**Monday, April 9th- Powerhouse at Stave Falls (9:30-4:00)** Join us for the tour of the BC Hydro Powerhouse at Stave Falls! See the amazing Tesla coil electricity demonstration and many interactive and historic displays, guests can take a walk back through time to see how power has helped build our province. We will stop for lunch in Maple Ridge on our way home. Admission is \$4.00.

**Tuesday, April 7th – Canadian Museum of Flight (10:30 - 3:30)** We're heading to the Langley Airport!! Take a chronological walk around this "hands on" aviation museum starting with WWI to present day, and can see how large a part Canada has played in aviation history. Admission is \$7.00. We will pack a lunch to take with us.

**Friday, April 20th – Purebread Bakery (10:00-12:00)** A yummy trip to a family bakery for scones, breads, savouries, and cakes! Head in and grab a coffee and a scrumptious treat! We'll be home for lunch, if you have room!

**- Park Royal Bus: (1:30-3:30)**

**Wednesday, April 25th – PARQ Casino Trip (10:00-3:00)** Join Summerhill and Cedar Springs residents at Vancouver's newest casino!

**Monday, April 30th- Spring Blossom Tour with Brian (2:00-4:00)** Take an afternoon drive and see the spectacular spring blooms around Metro Vancouver.

**- Dinner Trip: APERO Kitchen and Wine Bar (5:00-7:30)** Join us for dinner this month at APERO Kitchen, right in West Van!