





Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Cedar Springs PARC</b> 3633 Mt Seymour Pkwy North Vancouver, BC V7H 0A9 604-986-3633</p>	<p>Legend Li = Library SR = Salish Room Bi = Bistro FL = Fireplace Lounge FR = Fitness Room CL = Cates Lounge</p>	<p><b>1</b> 9:30 Zumba (SR) 10:30 Brain Games (SR) <b>1:30 Walking Club</b> 2:00 Knitting Group (PDR) 7:00 Bingo with Sally</p>	<p><b>2</b> 9:30 Fun with French (SR) 10:30 Qi Gong (SR) 1-5 Circuit Training <b>4:30 Seymour's Pub</b> 7:00 Singing Group (Bi) 7:00 Bridge (SR)</p>	<p><b>3 <u>Jeans Day</u></b>  9:30 Exercise (SR) 11:00 Resident Meeting 1:30 All Levels Dance (SR) <b>3:00 Jeans Day Social and 50/50 draw</b> 7:00 Card Bingo (SR)</p>	<p><b>4</b> 10:00 Balance Class (SR) 1-5 Circuit Training 2:00 Jeopardy (SR) 7:00 Documentary/Games (SR) "Jago: A Life Underwater"</p>	<p><b>5</b>  10:00 Strength Video (SR) 2:00 Xbox with Wally <b>3:00 Cinco De Mayo Party With John Gilliat</b> 7:00 Movie Night "Fried Green Tomatoes"</p>
<p><b>6</b> 11:00 Chair Yoga with Martine (SR) 1:15 Tech Easy (Li) 2:30 Movie Matinee (SR) "Fried Green Tomatoes"</p>	<p><b>7</b> 9:30 Exercise (SR) 10:30 Exercise Video (SR) <b>10:30 Gardening Club Dykhoff Nurseries</b> 1-5 Circuit Training 2:00 Meditation (3rd Floor) 7:00 Cribbage (FLR)</p>	<p><b>8</b> 9:30 Zumba (SR) 10:30 Brain Games (SR) 2:00 Knitting Group (PDR) <b>1:30 Walking Club</b> 7:00 Bingo with Marj</p>	<p><b>9</b> 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)</p>	<p><b>10</b> 9:30 Exercise (SR) 10:30 Exercise (SR) <b>11:00 Granville Island Shopping and Lunch</b> 7:00 Card Bingo (SR)</p>	<p><b>11</b> 10:00 Balance Class (SR) <b>11-1:00 Walker Clinic (SR)</b> 1-5 Circuit Training 2:00 Jeopardy (SR) 7:00 Documentary/Games (SR) "Ray Charles"</p>	<p><b>12</b> 10:00 Strength Video (SR) <b>1:15 Deep Cove Theatre "Shirley Valentine"</b> 2:00 Xbox with Wally 4:00 TED Talks: 7:00 Movie Night</p>
<p><b>13</b> 11:00 Chair Yoga with Martine (SR) 1:15 Tech Easy (Li) <b>Mothers Day Dinner Buffet 4:30-6:00</b></p>	<p><b>14</b> 9:30 Exercise (SR) 10:30 Exercise (SR) 1-5 Circuit Training 2:00 Meditation (3rd Floor) 7:00 Cribbage (FLR)</p>	<p><b>15</b> 9:30 Zumba (SR) 10:30 Brain Games (SR) 2:00 Knitting Group (PDR) <b>1:30 Walking Club</b> <b>3:00 Silver Harbor Seniors Choir Performance</b> 7:00 Bingo with Audrey</p>	<p><b>16</b> 9:30 Fun with French (SR) <b>10:00 Dickens British Museum and Gift Shop</b> 10:30 Qi Gong (SR) <b>10:30-2:00 Heidi Fashions</b> 1-5 Circuit Training 1-5 Massage students (SR) 7:00 Singing Group (Bi) 7:00 Bridge (SR)</p>	<p><b>17</b> 9:30 Exercise (SR) 10:30 Exercise (SR) <b>12:30 Tea and Trumpets "The Proms"</b> 1:30 All Levels Dance (SR)</p>	<p><b>18</b> 10:00 Balance Class SR) 1-5 Circuit Training <b>3:00 Birthday Party with Greg Alcock on the Piano</b> 7:00 Documentary/Games (SR) "Life: Challenges of Life"</p>	<p><b>19</b> 10:00 Strength Video (SR) 2:00 Xbox with Wally 4:00 TED Talks: 7:00 Movie Night "Geronimo"</p>
<p><b>20</b> 11:00 Chair Yoga with Martine (SR) 1:15 Tech Easy (Li) 2:30 Movie Matinee (SR) "Geronimo"</p>	<p><b>21</b>  10:00 Stretch Video (SR) 7:00 Cribbage (FLR)</p>	<p><b>22</b> 9:30 Zumba (SR) 10:30 Brain Games (SR) <b>1:30 Walking Club</b> 2:00 Knitting Group (PDR)</p>	<p><b>23</b> 9:30 Fun with French 10:30 Qi Gong (SR) 1-5 Circuit Training 1-5 Massage students (SR) <b>1:30 Library Visit</b> 7:00 Singing Group (Bi) 7:00 Bridge (SR)</p>	<p><b>24</b> 9:30 Exercise (SR) <b>10:30 VanDusen Gardens and Picnic Lunch</b> <b>2:30 Food for thought with Chef Lisa</b> 7:00 Card Bingo (SR)</p>	<p><b>25</b> 10:00 Balance Class (SR) 1-5 Circuit Training 2:00 Jeopardy (SR) <b>7:00 Super Bingo (\$1.00)</b></p>	<p><b>26</b> 10:00 Strength Video (SR) 2:00 Xbox with Wally 4:00 TED Talks: 7:00 Movie Night "Miracles from Heaven"</p>
<p><b>27</b> 11:00 Chair Yoga with Martine (SR) 1:15 Tech Easy (Li) 2:30 Movie Matinee (SR) "Miracles from Heaven"</p>	<p><b>28</b> 9:30 Exercise (SR) 10:30 Exercise (SR) <b>11-3 Tanjay Clothing Sale</b> 1-5 Circuit Training 2:00 Meditation (3rd Floor) 7:00 Cribbage (FLR)</p>	<p><b>29</b> 9:30 Zumba (SR) 10:30 Brain Games (SR) <b>10:30 Casino Trip - Villa</b> <b>10-11 Hear @Home (CL)</b> <b>1:30 Walking Club</b> 2:00 Knitting Group (PDR) <b>2:30 Emergency Preparedness Presentation</b> 7:00 Bingo with Cathy N</p>	<p><b>30</b> 9:30 Fun with French (SR) <b>10:00 SAS Shoes Store</b> 10:30 Qi Gong (SR) <b>1:00 Capilano Mall</b> 1-5 Circuit Training 1-5 Massage students (SR) 7:00 Singing Group (Bi) 7:00 Bridge (SR)</p>	<p><b>31</b> 9:30 Exercise (SR) <b>10:30 Scenic Drive</b> 10:30 Exercise (SR) <b>3:00 Social Hour with Caitlin Carhoun</b> 7:00 Card Bingo (SR)</p>	<p> <b>Mothers Day Buffet</b> <b>Sunday May 13th</b> <b>4:30-6:30pm</b> <b>Please make your guest reservations with Reception</b></p>	

**Bus Trips**  
**Please signup at Reception**

**Seymour's Pub - Pool and Pints - Wednesday May 2nd 4:30pm**

**Gardening Club- Trip to Dyhkoff Gardening Centre  
Everyone Welcome - Monday May 7th 10:30-12:30pm**

**Granville Island—Lunch and Shopping  
Thursday May 10th 11:00-3:30**

**Deep Cove Theatre “Shirley Valentine”  
Saturday May 12th 1:15-5:00**

**Dickens British Museum and Gift Shop in Chilliwack  
Wednesday May 16th 10:00-3:00**

**Tea and Trumpets “The Proms” - Thursday May 17th 12:30pm**

**VanDusen Botanical Gardens and Picnic Lunch  
Thursday May 24th 10:30-2:30pm  
Cost: \$8.45**

**Casino Trip-Grand Villa - Tuesday May 29th 10:30-3:00pm**

**SAS Shoe Store- Wednesday May 30th 10:00am  
Capilano Wednesday May 30th 1:00pm**

**Scenic Drive - Thursday May 31st 10:30-12:30pm**



cedar springs  
parc



**Monthly Highlights**

**Jeans Day Social + 50/50 Draw- Thursday May 3rd 3:00pm  
Wear your best denim to support the BC Children's hospital**

**Cinco De Mayo Party with John Gilliat on Guitar  
Saturday May 5th 3:00pm**

**Walking Club Resumes! All levels welcome, walking poles available.  
Tuesdays at 1:30pm—Meet at Reception**

**Walker Clinic -Advanced Medical Equipment  
Friday May 11th 11:00am in the Salish Room**

**Silver Harbor Seniors Choir Performance  
Tuesday May 15th 3:00pm**

**Monthly Birthday Party with Greg Alcock  
Friday May 18th 3:00pm**

**Social Hour with Caitlin Carhoun - New Entertainer  
Thursday May 31st 3:00pm**

**Emergency Preparedness Day Presentation  
Earthquake awareness and preparedness plan  
Tuesday May 29th 2:30pm**