





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Bus Trip & Shuttle service Look for this symbol</p> 		<p>1 7:00 PARC Fit Strength 8:30 BUS SIGN UP (BI) 10:00 Chicken Ft Domino's (Bi) 11:00 Hanging Basket Group 2:15 Chair Volleyball (FR) 7:15 The Crown Series (FR) 7:15 Rummoli (BI)</p>	<p>2 MILK PICK UP DAY 10:00 Steady Steps Mylene 2:15 Resident Meeting (FR) 7:15 Bridge (BI) 7:30 Inspirational Time (FR)</p>	<p>3 7:00 PARC Fit Strength 9:30-2 Bus Shuttle 2:15 Knitting-For-A-Cause 3:45 Garden club patio plot selection (Bi) 7:15 Cinco de Mayo w/ Poncho & Sal (FR) 🎵</p>	<p>4 7:00 PARC Fit Strength 10:00 Stretch & Relax Hiroe 2:15 Bingo (FR) 3:30 Beginners Bridge (FR) 7:15 Cribbage (BI)</p>	<p>5 Footcare with Ruba 9:15 Scenic Drive w/ Tony 10:00 Fitness DVD (FR) 10-12 Tech Easy Support (BC) 2:00 Bean Bag Toss (FR) 7:15 Movie Night TBA (FR) 7:15 Yahtzee (BI)</p>
<p>6 10:00 All Games (BI) 1:00 Computers Zijun (BC) 2:00 Beginners Bridge (BI) 7:15 Movie Night (FR) 7:15 Whist (BI)</p>	<p>7 9:30 - 2 Bus Shuttle 10:00 Steady Steps Mylene 2:15 Chair yoga (FR) 7:15 Bingo (FR)</p>	<p>8 7:00 PARC Fit Strength 10:00 Chicken Ft Domino's (Bi) 2:30 Dancing w/ Darlene 4:00 Virtual Reality w/ Daniel 7:15 The Crown Series (FR) 7:15 Rummoli (BI)</p>	<p>9 MILK PICK UP DAY 9:45 Steady Steps Mylene 10:45 Lunch at Westerleigh Residence & walk at Ambleside beach 7:15 Bridge (BI)</p>	<p>10 7:00 PARC Fit Strength 9:30 - 2 Bus Shuttle 10:00 Coffee Chat w/ Jeri 2:15 Knitting-For-A-Cause 3:45 Skip- Bo (BI)</p>	<p>11 7:00 PARC Fit Strength 10:00 Mulberry Singers (FR) 2:15 Bingo (FR) 4:30 Piano with Edward (LO) 4:30 Northview Golf course Roast beef Dinner & walk \$\$ 7:15 Cribbage (BI)</p>	<p>12 10:00 Fitness DVD (FR) 10-12 Tech Easy Support (BC) 2:00 Bean Bag Toss (FR) 7:15 Movie Night TBA (FR) 7:15 Yahtzee (BI)</p>
<p>13 11:00 & Mother's Day Brunch w/ Guests & Family 1:00 Computers Zijun (BC) 7:15 Movie Night (FR) 7:15 Whist (BI)</p>	<p>14 9:30 - 2 Bus Shuttle 10:00 Steady Steps Mylene 2:15 Chair yoga (FR) 7:15 Bingo (FR)</p>	<p>15 7:00 PARC Fit Strength 10:00 Chicken Ft Domino's (Bi) 2:15 Balance w/ Francis (FR) 7:15 The Crown Series (FR) 7:15 Rummoli (BI)</p>	<p>16 MILK PICK UP DAY 10:00 Steady Steps Mylene 2:15 Mulberry Crafting (FR) 7:15 Bridge (BI) 7:30 Inspirational Time (FR)</p>	<p>17 7:00 PARC Fit Strength 9:30 - 2 Bus Shuttle 10:00 "Dealing w/ Stress" Presentation by COSCO 12:15 Tea & Trumpets "The Proms!" 2:15 Knitting-For-A-Cause 3:45 Skip- Bo (BI)</p>	<p>18 7:00 PARC Fit Strength 10:00 Stretch & Relax Hiroe 2:15 Bingo (FR) 3:30 Beginners Bridge (FR) 7:15 Cribbage (BI)</p>	<p>19 Footcare with Ruba 10:00 Fitness DVD (FR) 10-12 Tech Easy Support (BC) 2:00 Bean Bag Toss (FR) 7:15 Movie Night TBA (FR) 7:15 Yahtzee (BI)</p>
<p>20 9:30 Manicures/pedicures w/ Mojo Mobile Spa 10:00 All Games (BI) 1:00 Computers w/ Zijun (BC) 2:15 Anglican Church (FR) 7:15 Movie Night (FR) 7:15 Whist (BI)</p>	<p>21 10:00 Steady Steps DVD 2:15 Chair yoga (FR) 7:15 Sarah McLachlan school of Music performance</p>	<p>22 7:00 PARC Fit Strength 11:30 Paddlewheeler lunch at New West Quay \$\$ 4:00 Art & Wine w/ Bozena 7:15 The Crown Series (FR) 7:15 Rummoli (BI)</p>	<p>23 MILK PICK UP DAY 10:00 Steady Steps Mylene 2:30 Royal Tea (FR) 7:15 Bridge (BI)</p>	<p>24 7:00 PARC Fit Strength 9:30 - 2 Bus Shuttle 10:00 Library visit (FR) 2:15 Knitting-For-A-Cause 3:45 Skip- Bo (BI)</p>	<p>25 7:00 PARC Fit Strength 10:00 Mulberry Singers (FR) 2:15 Super Bingo (FR) 4:30 Piano with Edward (LO) 7:15 Cribbage</p>	<p>26 9:30 Gift Crafts w/ Lori 10-12 Tech Easy Support (BC) 2:00 Bean Bag Toss (FR) 3:30 Rosanna's Harpist students perform (LI) 7:15 Movie Night TBA (FR) 7:15 Yahtzee (BI)</p>
<p>27 10:00 All Games (BI) 1:00 Computers w/ Zijun (BC) 1:30 Starlight Casino \$\$ 7:15 Movie Night (FR) 7:15 Whist (BI)</p>	<p>28 9:30 - 2 Bus Shuttle 10:00 Steady Steps Mylene 2:15 New Resident Meeting 2:15 Chair yoga (FR) 7:15 Bingo (FR)</p>	<p>29 7:00 PARC Fit Strength 10:00 Chicken Ft Domino's (Bi) 1:00- 3 Blood Pressure clinic w/ Harpreet (Bi) 7:15 The Crown Series (FR) 7:15 Rummoli (BI)</p>	<p>30 10:00 Steady Steps Mylene 2:15 Birthday Party w/ Martin Adcock 4:45 Captain's Table & Elegant Dining 7:15 Bridge (BI)</p>	<p>31 7:00 PARC Fit Strength 9:30 - 2 Bus Shuttle 10:30 Balcarr Park Picnic 2:15 Knitting-For-A-Cause 3:45 Skip- Bo (BI)</p>	<p>ROOM KEY BC = BUSINESS CENTRE BI = BISTRO LI = LIBRARY FR = FRASER ROOM LL = LOUGHEED LOUNGE LO = LOBBY RR = FITNESS ROOM</p>	<p>Hair Salon with Anna Massage with Tanner Footcare with Ruba Manicures/Pedicures with Mojo Mobile Spa Book your appointments at the front desk</p>

March Talks & events:

Coffee chat with Jeri our General Manager
On Thursday, Mar. 22nd @ 10:00am

Pension & Taxes Presentation by COSCO on
Thursday, Mar.15th @ 10:00am in Fraser Room

Calendar update meeting with Mylene on Monday,
Mar. 26th @ 3:45pm in Fraser Room

Blood Pressure Clinic with Bev our Nurse in the Bistro on
Saturday, Mar. 24th from 1:00pm to 3:00pm

Hearing Clinic with Jamie in the computer room on
Tuesday, Mar. 27th from 10:00am to 12:00pm

Chair Dancing with Bozena & Mylene
Tuesday Mar. 1st @ 4:00pm

BUS TRIPS

Saturday, Mar. 3rd @ 9:15am
Scenic Drive with Tony

Wednesday Mar. 7th @ 4:45pm
Dinner at Greek Taverna \$

Wednesday Mar. 14th @ 11:30am
Casino outing and **Buffet lunch** at
Grand Villa

Monday Mar. 19th @ 11:30am
Lunch outing to **Angelina's** in the
New West Quay

Saturday Mar. 24th @ 9:15 am
Mystery Drive with Tony

Tuesday Mar. 27th @ 10:30
Shopping and lunch at Lougheed
Mall in Burnaby

Monthly Highlights

Rock N Roll Pub Night & Music
with Greg Alcock entertainment
Tuesday Mar. 6th @ 7:15pm

I Love Lucy Cocktail hour on
Tuesday Mar.20th @ 4:00pm

St-Patrick's Day Celebration Pub,
Music & Dancing with Glen Pearson
entertainment on Thursday
Mar. 15th @ 7:15pm

Pop up Farmer's Market with
Maria Lennox & her chicks
Tuesday, Feb.20th @ 2:15pm

"A Taste of Mulberry" Food
Centered event with Raymond
Friday, Mar. 24th @ 2:00pm

Easter Brunch with Family and Friends
on Sunday Mar. 25th @ 11:30am &
1:00pm

March Birthday Celebration w/ Mike
Kinal Wednesday, Mar.28th @ 2:15pm
in Fraser Room