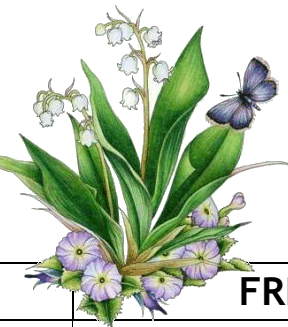






May 2018 Activities



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Sign-ups for May bus trips will be on Thursday, April 26th at 2:00pm in the Lounge. Please get your number from the front desk starting at 1:45pm.</p>	<p>Join us for a <i>Royal Wedding Tea</i> on May 19th to celebrate the wedding of Prince Harry to actress Meghan Markle!</p> 	<p>NexGen Hearing (P2) 1</p> <p>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 (Lobby Level) 7:30 Doc: <i>Mercury 13</i> (P2)</p>	<p>Hair Salon and Nail Care 2</p> <p>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 RESIDENT MEETING 7:30 <i>Chocolat</i> (P2)</p>	<p>Jeans Day 3</p> <p>9:00 PARC fit Steady Steps 1 (P1) 10:00 PARC fit Steady Steps2(P1) 11:00 PARC fit Steady Steps 3(P1) 1:00 SAS Shoe store 5:00 Dinner outing: APERO kitchen and wine bar 7:30 Series: <i>When Calls the Heart</i> (P2)</p> 	<p>4</p> <p>9:00 Yoga (P1) 10:00 PARC fit Strength D (P2) 10:10 Seated Yoga (P1) 11:00 PARC fit Strength C (P2) 1:30 Technology Lessons and Device Help (P1) 4:00 Happy Hour with the Keynotes Choir (Lounge)</p>	<p>5</p> <p>Saturday Buffet Dinner</p> <p>11:00 Stretch Video (P1) 1:30 Bridge Group 2:30 Cribbage (P1) 7:30 Feature Film: <i>Viceroy's House</i> (P2)</p>
<p>6</p> <p>11:00 Stretch Video (P1) 7:30 Feature Film: <i>Viceroy's House</i> (P2)</p>	<p>7</p> <p>9:00 PARC fit Strength D 10:00 PARC fit Strength A 11:00 PARC fit Strength B 1:30 TED Talks (P2) 7:00 Evening Bridge (Lounge) 7:30 <i>The Royal House of Windsor</i>; Ep. 1+2 (P2)</p>	<p>8</p> <p>Reflexology</p> <p>9:00 PARC fit Steady Steps 1 (P1) 10:00 PARC fit Steady Steps2 (P1) 11:00 PARC fit Steady Steps 3 (P1) 11:30 Lunch at the Tea House in Stanley Park 1:30 Personal History Writing workshop (P1) 7:30 Doc: <i>Chasing Coral</i> (P2)</p>	<p>9</p> <p>Hair Salon and Nail Care</p> <p>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 Grey Matters -Brain Puzzles (P1) 1:30 Painting Class (P1) 7:30 <i>The Blind Side</i> (P2)</p>	<p>10</p> <p>9:00 PARC fit Steady Steps 1 (P1) 10:00 PARC fit Steady Steps2(P1) 11:00 PARC fit Steady Steps 3(P1) 2:00 Westerleigh Art Walk Open House (Lobby and P1) 7:30 Series: <i>When Calls the Heart</i> (P2)</p>	<p>11</p> <p>9:00 Yoga (P1) 10:00 PARC fit Strength D (P2) 10:00 Garden Group (P1) 10:10 Seated Yoga (P1) 1:30 Capilano Mall bus 1:30 Massage Therapy (P1) 11:00 PARC fit Strength C (P2) 4:00 Happy Hour with Bob Collins (Lounge)</p>	<p>12</p> <p>Footcare Nurse (P2)</p> <p>11:00 Stretch Video (P1) 1:30 Bridge Group 2:30 Cribbage (lobby) 7:30 Feature Film: <i>Phantom Thread</i> (P2)</p>
<p>13</p> <p>Mother's Day Buffet 11:00am & 1:00pm 7:30 Feature Film: <i>Phantom Thread</i> (P2)</p> 	<p>14</p> <p>9:00 PARC fit Strength D 10:00 PARC fit Strength A 11:00 PARC fit Strength B 1:30 TED Talks (P2) 7:00 Evening Bridge (Lounge) 7:30 <i>The Royal House of Windsor</i>; Ep. 3+4 (P2)</p>	<p>15</p> <p>No PARC fit Steady Steps today</p> <p>10:00 Golden Ears Cheesecrafters - tour and lunch at their bistro 1:30 Personal History Writing workshop (P1) 7:00 Carousel Chorus Choir (lounge)</p>	<p>16</p> <p>Hair Salon and Nail Care</p> <p>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) 1:30 Grey Matters-Memory(P1) 3:00 Birthday Party with John Cronin (Lounge) 7:00 <i>Inside the Royal Wedding: Harry & Meghan</i> (P2)</p>	<p>17</p> <p>Shahla's Jewelry 4-6pm</p> <p>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 Tea and Trumpets "The Proms!" - Charter Bus 1:30 Technology Lessons and Device Help (P1) 5:45 Stars on Ice *tickets already purchased 7:30 Series: <i>When Calls the Heart</i> (P2)</p>	<p>18</p> <p>9:00 Yoga (P1) 10:00 PARC fit Strength D (P2) 10:00 Garden Consultations <i>*Please sign up for a time slot</i> 10:10 Seated Yoga (P1) 11:00 PARC fit Strength C (P2) 1:30 Massage Therapy (P1) 4:00 Happy Hour with Bob York (Lounge)</p>	<p>19</p> <p>11:00 Stretch Video(P1) 1:30 Bridge Group 2:30 Cribbage (lobby) 2:30 Royal Wedding Tea Party (bistro) 7:00 "The Best Brothers" at the Kay Meek Centre 7:30 Feature Film: <i>Cinderella</i> (P2)</p>
<p>20</p> <p>11:00 Stretch Video (P1) 7:30 Feature Film: <i>Cinderella</i> (P2)</p>	<p>21</p> <p>Victoria Day</p> <p>10:00 Older Wiser Workout video (P1) 2:10 Sarah McLachlan School of Music performance (lounge) 7:30 Movie: <i>Victoria & Abdul</i> (P2)</p>	<p>22</p> <p>Reflexology</p> <p>9:00 PARC fit Steady Steps 1 (P1) 10:00 PARC fit Steady Steps2(P1) 10:30 Park Royal bus 11:00 PARC fit Steady Steps 3(P1) 1:00 Nitobe Gardens guided tour 1:30 Personal History Writing workshop (P1) 2:00 Silver Harbour Choir(lounge) 7:30 Doc: <i>An Inconvenient Sequel</i></p>	<p>23</p> <p>Hair Salon and Nail Care</p> <p>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) 2:00 Health Matters: Pain Management (P1) 3:15 Food For Thought (bistro) 7:30 <i>Singin' in the Rain</i> (P2)</p>	<p>24</p> <p>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 Technology Lessons and Device Help (P1) 7:15 BINGO! (Lobby Level) 7:30 Series: <i>When Calls the Heart</i> (P2)</p>	<p>25</p> <p>9:00 Yoga (P1) 10:00 PARC fit Strength D 10:10 Seated Yoga (P1) 11:00 PARC fit Strength C (P2) 1:30 Massage Therapy (P1) 4:00 Happy Hour with Jennifer and Bob (Lounge)</p>	<p>26</p> <p>Footcare Nurse (P2)</p> <p>11:00 Stretch Video (P1) 1:30 Bridge Group 2:30 Cribbage (lobby) 7:30 Feature Film: <i>The Post</i> (P2)</p>
<p>27</p> <p>11:00 Stretch Video (P1) 7:30 Feature Film: <i>The Post</i> (P2)</p>	<p>28</p> <p>9:00 PARC fit Strength D 10:00 Garden Works trip (P1) 10:00 PARC fit Strength A 11:00 PARC fit Strength B 2:00 Scenic Drive 7:00 Evening Bridge (Lounge) 7:30 <i>The Royal House of Windsor</i>; Ep. 5+6 (P2)</p>	<p>29</p> <p>9:00 PARC fit Steady Steps 1 (P1) 10:00 PARC fit Steady Steps2 (P1) 11:00 PARC fit Steady Steps 3 (P1) 10:00 Grand Villa Casino Trip 2:00 Bus trip sign-up (Lounge) 7:30 Doc: <i>Maya Angelou: And Still I Rise</i> (P2)</p>	<p>30</p> <p>Hair Salon and Nail Care</p> <p>9:00 PARC fit Strength B (P2) 10:00 PARC fit Strength A (P2) 11:00 PARC fit Strength C (P2) No Zumba Gold today 1:30 Grey Matters - Brain Games (P2 theatre) 1:30 Painting Class (P1) 7:30 <i>Jackie</i> (P2)</p>	<p>31</p> <p>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 Technology Lessons and Device Help (P1) 7:00 Langley Ukulele Ensemble (Lounge) 7:30 Series: <i>When Calls the Heart</i> (P2)</p>	<p>Wear denim on May 3rd to support the BC Children's hospital. Lapel pins and buttons will be sold at the front desk.</p> 	

Social Activities In May:

Monday's (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.

Tuesday's (1:30) - Personal History Writing workshop - This workshop will continue for four more classes in May. You will be guided on how to craft your personal history. There is an opportunity to publish your work once you are finished! (P1)

Wednesday's (1:30) - Grey Matters - Exercise your brain!! We work on fun but challenging exercises to keep your mind in tip-top shape! (P1)
(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 The seasons are changing! Join Janelle in the garden on the 11th and 18th. She will also be doing private consultations for your plants on your balconies. Please sign up at the front desk for an appointment time. (Garden on P1).

(4:00) Happy Hour Join us for a drink in the lounge and enjoy the musical entertainment each Friday!

Thursday, May 10th (2:00) - Westerleigh Art Walk Join us for this fun open house event featuring local North Shore artists! (Lobby Level and P1)

Sunday, May 13th (11:00 & 1:00) Mother's Day Brunch A special day honouring the women in your life! Please let the front desk know if you will be attending. (P1)

Tuesday, May 15th (7:00) - Carousel Chours Enjoy the sounds of this choral group after dinner! (lounge)

Wednesday, May 16th (3:00) Birthday Party with John Cronin Join us for cake and music and to wish all those born in May a Happy Birthday! (Lounge)

Saturday, May 19th (2:30) - Royal Wedding Tea Party Do you hear wedding bells? This royal couple will have wed in the wee hours on this day (pacific time). Join us for a high tea party to celebrate the marriage of Prince Harry to actress, Meghan Markle! (bistro)

Monday, May 21st (3:00) - Sarah McLachlan School of Music We are delighted to host some students from this music school. Join us for this special 30min concert! (lounge)

Wednesday, May 23rd (2:00) - Health Matters This month, the topic will be about pain management.

Thursday, May 24th (7:15) - BINGO!! Allie returns to call bingo! Order a glass of wine, socialize, and play some bingo!! Please sign up and pay at the front desk. (Lobby level)

Thursday, May 31st (7:00) - Langley Ukulele Ensemble Enjoy the fun, energetic, musical performance by this student ukulele ensemble! A concert not to miss! (Lounge)

Bus Trips in May:

****Please sign up for your top two trips on April 26th at 2:00pm.** After the 26th, there will not be a limit on 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 26th at the front desk.**

Thursday, May 3rd- SAS Shoe store (1:00-3:30) An exclusive event for Westerleigh residents at their Burnaby store.

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

Tuesday, May 8th- Lunch at the Teahouse in Stanley Park (11:30-2:30) Enjoy the views from Ferguson Point of while having lunch in Stanley Park.

Friday, May 11th – Capilano Mall Bus (1:30 - 3:30)

Tuesday, May 15th – Golden Ears Cheesecrafters tour and lunch (10:00-2:30) Let's go out to visit the farm! A fun tour of this small artisan cheese company. We will stay at their bistro for lunch. Tour and lunch will be approx. \$20.00.

Thursday, May 17th - Tea and Trumpets - The Proms! (12:45-4:30) Take a trip to Royal Albert Hall and the BBC Promenades with Maestro Bramwell Tovey, in a concert based on The Last Night of the Proms, including beloved favourites such as Elgar's Enigma Variations, Rule Britannia, Jerusalem, and more. (Charter Bus).

- **Stars on Ice (5:45-9:30)** *Please note tickets have already been purchased for this trip. Members of the Canadian Olympic team will be performing at Rogers Arena. There are some stairs to get to our seats.

Saturday, May 19th- "The Best Brothers" at the Kay Meek Theatre (7:00-9:30) When a free-spirited woman dies unexpectedly, her two middle-aged sons bicker over her funeral arrangements, her personal effects—and her feisty Italian Greyhound.

Tuesday, May 22nd- Park Royal Bus (10:30-12:30) A trip to the mall! Stops include The Bay and London Drugs on the North side, and Simons on the South side.

- **Nitobe Gardens guided tour (1:00-4:00)** Take an afternoon drive out to UBC to see the beautiful Japanese gardens on campus. We will have a guide to talk to us about the different plants and their significance in the gardens.

Monday, May 28th- Garden Works Trip (10:00-12:00) Head to the garden store to buy your spring/summer flowers! You will receive a discount on all purchases made today.

- **Scenic Drive (2:00-4:00)** Take an afternoon drive around town!

Wednesday, May 29th – Grand Villa Casino Trip (10:00-3:00) Join Summerhill and Cedar Springs residents at this Burnaby casino!