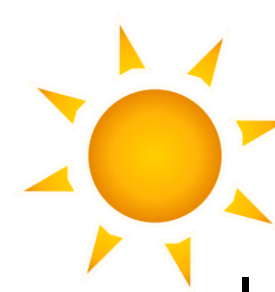


June 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Cedar Springs PARC 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>1 10:00 Balance Class (SR) 11:00 Book Club 1-5 Circuit Training 2:00 Jeopardy (SR) 7:00 Documentary/Games (SR) "Wild Australia"</p>	<p>2 10:00 Strength Video (SR) 4:00 TED Talks: 7:00 Classic Film "Breakfast at Tiffany's"</p>
<p>3 Open House 11:00 Chair Yoga with Martine (SR) 1:15 Tech Easy (Li) 2:00 - 4:00 IL+ Open House</p>	<p>4 9:30 Exercise (SR) 10:30 VanDusen Botanical Gardens and picnic lunch 1-5 Circuit Training 1-3 Tupperware Table (SR) 7:00 Cribbage (SR)</p>	<p>5 9:30 Zumba (SR) 10:30 Brain Games (SR) 2:00 Knitting Group (PDR) 1:30 Bocce Ball 7:00 Bingo with Jim</p>	<p>6 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>7 9:30 Exercise (SR) 11:00 Resident Meeting 3:00 Happy Hour with Singer Gwen Gouchee 7:00 Card Bingo (SR)</p>	<p>8 10:00 Stretch Video (SR) 1-5 Circuit Training 2:00 Jeopardy (SR) 7:00 Documentary/Games (SR) "Tesla Documentary"</p>	<p>9 10:00 Stretch Video (SR) 4:00 TED Talks: 7:00 Movie Night "The greatest Showman"</p>
<p>10 11:00 Chair Yoga with Martine (SR) 12:45 Hastings Racetrack Box and Catered Lunch 1:15 Tech Easy (Li) 2:30 Movie Matinee (SR) "The Greatest Showman"</p>	<p>11 9:30 Exercise (SR) 10:30 Exercise (SR) 1-5 Circuit Training 2:00 Meditation (3rd Floor)</p>	<p>12 9:30 Zumba (SR) 10:30 Brain Games (SR) 2:00 Student Violin Recital 2:00 Knitting Group (PDR) 7:00 Bingo with Bev</p>	<p>13 9:30 Fun with French (SR) 10:00 Langley Farm Museum 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>14 9:30 Exercise (SR) 10:30 Exercise (SR) 1:30 All Levels Dance (SR) 7:00 Card Bingo (SR):</p>	<p>15 10:00 Balance Class SR) 1-5 Circuit Training 2:00 Afternoon Song with Mary Jean and Lorraine 7:00 Documentary/Games (SR) "Crescendo, the power of music"</p>	<p>16 10:00 Strength Video (SR) 4:00 TED Talks: 7:00 Movie Night "The Darkest Hour"</p>
<p>17 Fathers Day 11:00 Chair Yoga with Martine (SR) 1:15 Tech Easy (Li) 4:30-6:00 Fathers Day BBQ Buffet</p>	<p>18 9:30 Exercise (SR) 10:00 Westminster Abbey 11-3 Fifth Avenue Jewelry 7:00 Cribbage (SR)</p>	<p>19 9:30 Zumba (SR) 1:30 Bocce Ball 2:00 Knitting Group (PDR) 7:00 Bingo with Cathy (SR)</p>	<p>20 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>21 First Day of Summer 9:30 Exercise (SR) 10:30 Exercise (SR) 3:00 Summer Social with Poncho and Sal</p>	<p>22 10:00 Balance Class (SR) 10:30 Krause Berry Farm 1-5 Circuit Training 2:00 Jeopardy (SR) 7:00 Documentary/games "The Eagle Huntress"</p>	<p>23 10:00 Stretch Video (SR) 4:00 TED Talks: 7:00 Movie Night "The Post"</p>
<p>24 11:00 Chair Yoga with Martine (SR) 11:30 Deep Cove Theatre "Camelot" 1:15 Tech Easy (Li) 2:30 Movie Matinee (SR) "The Post"</p>	<p>25 9:30 Exercise (SR) 10:30 Exercise (SR) 1-5 Circuit Training 2:00 Meditation (3rd Floor) 7:00 Cribbage (SR)</p>	<p>26 9:30 Zumba (SR) 10:30 Casino Trip: Grand Villa 10-11 Hear @Home (CL) 1:30 Music with Wayne (Bi) 2:00 Knitting Group (PDR) 7:00 Bingo with Hazel</p>	<p>27 9:30 Fun with French (SR) 10:30 Qi Gong (SR) 1-5 Circuit Training 1:30 Library Visit 11:30-1:00 Cedar Springs 6th Anniversary Lunch Buffett 1-5 Massage students (SR)</p>	<p>28 9:30 Exercise (SR) 10:00 Park Royal 10:30 Exercise (SR) 1:00 Capilano Mall 1:30 All Levels Dance (SR) 3:00 Monthly Birthday Party with Jennifer Lauren 7:00 Card Bingo (SR)</p>	<p>29 10:00 Balance Class (SR) 1-5 Circuit Training 2:00 Jeopardy (SR) 7:00 Super Bingo (\$1.00)</p>	<p>30 10:00 Strength Video (SR) 4:00 TED Talks: 7:00 Movie Night "I Tonya"</p>

Bus Trips
Please signup at Reception

VanDusen Botanical Gardens and Picnic Lunch
Monday June 4th 10:30-3:00pm

Hastings Race Track Box Seat and Catered Lunch Buffet
Sunday June 10th 12:45-4:30pm \$50.00 per person

Langley Farm Museum and Lunch in Fort Langley
Wednesday June 13th 10:00-3:00pm

Westminster Abbey and Gardens in Mission
Monday June 18th 10:00-2:00

Krause Berry Farms- Restaurant, Berry Picking and Winery
Friday June 22nd 10:30-3:00

Deep Cove Theatre "Camelot" and Lunch in the Cove
Sunday June 24th 11:30pm -5:30pm

Casino Trip- Grand Villa
Tuesday June 26th 10:30-3:00pm

Shopping Trips—Thursday June 28th
Park Royal 10:00-12:30
Capilano Mall 1:00-3:30



cedar springs
parc



Monthly Highlights

IL+ Open House

Sunday June 3rd 2:00-4:00pm
Food for Thought with Joseph and Entertainment by Bob Collins

Bocce Ball

Tuesday afternoons at 1:30pm on the back patio

Happy Hour with Singer Gwen Gouchee

Thursday June 8th 3:00-4:00pm

Student Violin Recital

Tuesday June 12th 2:00-3:00pm

Afternoon of Song - With Mary Jean and Lorraine

Friday June 15th 2:00-3:00pm

Summer Social Hour with Poncho and Sal

Thursday June 21st 3:00-4:00pm

Cedar Springs 6th Anniversary Buffet Lunch

Wednesday June 27th 11:30-1:00pm