
















SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Bus Trip & Shuttle service Look for this symbol</p> 	<p>ROOM KEY BC = BUSINESS CENTRE BI = BISTRO LI = LIBRARY FR = FRASER ROOM LL = LOUGHEED LOUNGE LO = LOBBY RR = FITNESS ROOM PDR = PRIVATE DINING ROOM</p>	<p><i>Hair Salon with Anna</i> <i>Massage with Tanner</i> <i>Footcare with Ruba</i> <i>Manicures/Pedicures with Mojo</i> <i>Mobile Spa</i> <i>Book your appointments</i> <i>at the front desk</i></p>	<p>We are enjoying the outdoors this summer with beaches, parks and gardens.</p>	<p>Remember to stay safe in the sun, wear sunscreen and stay hydrated!</p>	<p>1 7:00 PARC Fit Strength 10:00 Stretch & Relax Hiroe 2:15 Bingo (FR) 7:15 Cribbage (BI)</p>	<p>2 Footcare with Ruba 10:00 Fitness DVD (FR) 10-12 Tech Easy Support (BC) 2:30 Watercolour Art Techniques With Bozena (FR) 7:15 Movie Night TBA (FR) 7:15 Yahtzee (BI)</p>
<p>3 10:00 All Games (BI) 1:00 Computers Zijun (BC) 2:00 Bean Bag Toss (FR) 7:15 Movie Night (FR) 7:15 Whist (BI)</p>	<p>4  9:30 - 2 Bus Shuttle 10:00 Steady Steps Mylene 2:15 Chair yoga (FR) 3:30 BUS TRIP SIGN UP (FR) 7:15 Bingo (FR)</p>	<p>5 7:00 PARC Fit Strength 10:00 Chicken Feet Dominos(BI) 2:15 Red Cross "Love & Duty" WWII Presentation & Film (FR) 7:30 Orpheus Male Choir (FR) 7:15 Rummoli (BI)</p>	<p>6 MILK PICK UP DAY 10:00 Steady Steps Mylene 11:45 Vandusen Garden \$9 talks & vendor info for Seniors & garden tour 2:15 Resident Meeting (FR) 7:15 Bridge (BI) 7:30 Inspirational Time (FR)</p>	<p>7  7:00 PARC Fit Strength 9:30 - 2 Bus Shuttle 10:00 Movement & Mobility Presentation (FR) 2:15 Knitting-For-A-Cause (FR) 3:30 Mulberry Crafters (FR) </p>	<p>8  7:00 PARC Fit Strength 10:00 Mulberry Singers (FR) 11:30 Granville Island \$ Shopping & walk 2:15 Bingo (FR) 7:15 Cribbage (BI)</p>	<p>9 10:00 Fitness DVD (FR) 10-12 Tech Easy Support (BC) 2:00 Bean Bag Toss (FR) 3:00 Sock Monkeys (FR) 7:15 Movie Night TBA (FR) 7:15 Yahtzee (BI)</p>
<p>10 1:00 Computers Zijun (BC) 2:00 Bean Bag Toss (FR) 7:15 Movie Night (FR) 7:15 Whist (BI)</p>	<p>11  9:30 - 2 Bus Shuttle 10:00 Steady Steps Mylene 2:15 Chair yoga (FR) 7:15 Bingo (FR)</p>	<p>12 7:00 PARC Fit Strength 9:30 Raisin Bread w/ Georgina (BI) 10:00 Tai Chi w/ Victor (FR) 2:15 Dancing w/ Darlene (FR) 7:15 Cable Girls Series (FR) 7:15 Rummoli (BI)</p>	<p>13 MILK PICK UP DAY 10:00 Steady Steps Mylene 11:30 Lunch @ Riverway golf course with Tony 4:00 Mulberry Crafters (FR) 7:15 Bridge (BI)</p>	<p>14 7:00 PARC Fit Strength 9:30 - 2 Bus Shuttle 10:00 COSCO "Technology, Aging in place" Presentation (FR) 2:15 Knitting-For-A-Cause (FR) 3:30 Crafting w/ Mylene (FR)</p>	<p>15 10:00 PARC Fit Achievement with Hiroe (FR)  2:15 Bingo (FR) 4:00 Father's day celebration Music & cocktails w/ Ron 4:30 Piano with Edward (LO) 7:15 Cribbage (BI)</p>	<p>16 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>17 Happy Father's Day! 2:15 Anglican Church (FR) 5:00 Elegant Dining 6:15 Elegant Dining 7:15 Movie Night (FR) 7:15 Whist (BI)</p>	<p>18  9:30 - 2 Bus Shuttle 10:00 Steady Steps DVD 2:15 Chair yoga (FR) 3:30 Mulberry Crafters Quilting (FR) 7:15 Bingo (FR)</p>	<p>19  7:00 PARC Fit Strength 10:00 Steady Steps Hiroe 1:00 Shopping @ Brentwood 2:15 Chair Volleyball (FR) 7:15 Cable Girls Series (FR) 7:15 Rummoli (BI)</p>	<p>20 MILK PICK UP DAY Manicures/pedicures w/ Mojo Mobile Spa 10:00 Steady Steps DVD 2:15 Resident Birthday Party w/ Peter Paulus (FR) 7:15 Bridge (BI) 7:30 Inspirational Time (FR)</p>	<p>21  7:00 PARC Fit Strength 9:30 - 2 Bus Shuttle 9:45 Windsor choir (FR) 10:00 Library visit (Li) 2:15 Knitting-For-A-Cause (FR) 7:15 Dancing w/ Darlene (FR)</p>	<p>22  7:00 PARC Fit Strength 10:00 Mulberry Singers (FR) 2:15 Bingo (FR) 4:30 Dinner at Taverna \$ Gorgona in Delta 7:15 Cribbage (BI)</p>	<p>23 9:30 Gift Crafts w/ Lori (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>24 10:00 All Games (BI) 1:00 Computers w/ Zijun (BC) 1:30 Grand Villa Casino \$ 3:00 Sock Monkeys (FR) 7:15 Movie Night (FR) 7:15 Whist (BI) </p>	<p>25  9:30 - 2 Bus Shuttle 10:00 Steady Steps DVD 2:15 New Resident Meeting (Li) 2:15 Chair yoga (FR) 7:15 Bingo (FR)</p>	<p>26 7:00 PARC Fit Strength 10:00 Tai Chi w/ Victor (FR) 10:00 Hearing Clinic Jamie (BC) 1:00- 3 Blood Pressure clinic w/ Harpreet (Bi) 2:15 Chair Volleyball (FR) 7:15 Cable Girls Series (FR) 7:15 Rummoli (BI)</p>	<p>27 MILK PICK UP DAY 10:00 Steady Steps DVD 2:30 Physical Health & Wellness Fair 7:15 Bridge (BI)</p>	<p>28 7:00 PARC Fit Strength 9:30 - 2 Bus Shuttle  10:00 RBC Presentation on Maximizing Gov't Benefits (FR) 2:15 Knitting-For-A-Cause (FR) 3:45 Skip- Bo (FR)</p>	<p>29 7:00 PARC Fit Strength 10:00 Stretch & Relax Hiroe 2:15 Super Bingo (FR) 4:30 Piano with Edward (LO) 7:15 Cribbage (BI)</p>	<p>30  9:15 Scenic Drive w/ Tony 10-12 Tech Easy Support (BC) 2:00 Bean Bag Toss (FR) 3:00 Mulberry Crafters (FR) 7:15 Movie Night TBA (FR) 7:15 Yahtzee (BI)</p>

June Talks & events:

Red Cross “Love & Duty” WWII Presentation & Film

In the Fraser Room June 5th @ 2:15pm

Movement & Mobility Presentation by Physio for Seniors

Thursday, June 7th @ 10:00am

“Technology, Aging in place” Presentation by COSCO on

Thursday, June 14th @ 10:00am in Fraser Room

Library visit in the Fraser room on

Thursday, June 21st @ 10:00am

Blood Pressure Clinic with Harpreet in the Bistro on

Tuesday, June 26th from 1:00pm to 3:00pm

Hearing Clinic with Jamie in the computer room on

Tuesday, June 26th from 10:00am to 12:00pm

RBC Presentation on Maximizing Government Benefits

Thursday, June 28th @ 10:00am

BUS TRIPS

Vandusen Garden \$9

Wednesday, June 6th @ 11:45am

Granville Island shopping & walk

Friday, June 8th @ 11:30am

Lunch @ Riverway Golf Course

Wednesday, June 13th @ 11:30am

Shopping @ Brentwood Mall

Tuesday, June 19th @ 1:00pm

Dinner @ Taverna Gorgona

Friday, June 22nd @ 4:30pm

Scenic Drive with Tony

Saturday, June 30th @ 9:15am

Monthly Highlights

Watercolour Art Techniques

w/ Bozena, beginner's welcomed

Saturday, June 2nd @ 2:20pm

Tai Chi w/ Victor

Tuesday, June 12th & 26th @ 10:00am

Father's day Celebration w/ Ron

Friday, June 15th @ 4:00pm

June Birthday's w/ Peter Paulus

Wednesday, June 20th @ 2:15pm

Dancing w/ Darlene

Thursday, June 21st @ 7:15pm

Physical Health & Wellness Fair

Wednesday, June 27th @ 2:30pm