


June 2018 Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Join us for Family Dinner featuring Roast Beef and Yorkshire Pudding on Father's Day, June 17th.</p>			<p>Calendar Activities Legend Bus Trips - RED 1st Floor Programs - BLUE 2nd Floor Programs - BLACK</p>		<p>1 10:30 PARC FIT Video 1:30 Student Massages with Spa Utopia 7:00 Cribbage</p>	<p>2 10:30 Seated Yoga with Eleanor 3:00 Photo Presentation with Gerry Goldman—The Battle of Dunkirk and Battleships</p>
<p>3 10:30 PARC FIT Video (strength) 7:00 TV Room Movie "7 Years in Tibet"</p>	<p>4 9:30-3:00 PARC FIT with Hiroe 10:30 PARC FIT Video 11:00-1 Fifth Ave Jewelry 7:00 Bridge</p>	<p>5 10:00 Hear at Home 10:30 PARC FIT Video 10:30—12:30 Computer Assistance with "Technology Todd" 2:00 Needleworking Group 7:00 Inspirational Service</p>	<p>6 9:30 W.C.R Heritage Park and Howe Sound Brewery 9:30-3 PARC FIT with Hiroe 2:00 Scrabble 2:30 Steady Steps with Hiroe 7:00 Bingo</p>	<p>7 10:30 PARC FIT Walking Group 2:00 Dundarave Players 7:15 Meditation with Betty</p>	<p>8 9:30 Dog visits with Stella 10:00 Morning Scenic Drive 10:30 PARC FIT Video 10:30 Technology Help 1:00 Lions Gate Quilt Show 1:30 Student Massages 7:00 Cribbage</p>	<p>9 10:30 PARC FIT Video 3:00 Photo Presentation with Gerry Goldman—Trip to Amsterdam and Kenya</p>
<p>10 10:30 PARC FIT Video (strength) 2:00 Newsletter Meeting with Samantha 7:00 TV Room Movie "Erin Brockovitch"</p>	<p>11 9:30-3 PARC FIT with Hiroe 10:30 PARC FIT Video 2:00 Dance Class with Heather 7:00 Bridge</p>	<p>12 8:30 Bus Trip to Gibsons 10:30 PARC FIT Video 1:00-3:30 Carda Creations 2:00 Needleworking Group</p>	<p>13 9:30-3 PARC FIT with Hiroe 10:30—11:30 Physio2U Wellness Talk 2:00 Scrabble 2:00 Creative Expressions "Red Umbrella's" 7:00 Bingo</p>	<p>14 9:30 Visit OWL Orphaned Wildlife Rehabilitation Society 10:30 PARC FIT Video 3:30 Social Hour 7:15 Meditation with Betty</p>	<p>15 10:30 Grey Matters 1:30 Student Massages with Spa Utopia 7:00 Cribbage</p>	<p>16 10:30 PARC FIT Video</p>
<p>17 Father's Day and Family Dinner 10:30 PARC FIT Video (strength) 7:00 TV Room Movie "Hello, my name is Doris"</p>	<p>18 9:30-3:00 PARC FIT with Hiroe 10:30 PARC FIT Video 2:00 Birthday Party with The Sax of Us 7:00 Bridge 7:15 Meditation on Health"</p>	<p>19 10:30 PARC FIT Video 2:00 Needleworking Group 2:30 Resident Update Meeting 7:00 Inspirational Service with Chaplain Dan</p>	<p>20 9:30-3:00 PARC FIT with Hiroe 10:30 Picnic and explore Queen Elizabeth Park 2:00 Scrabble 2:30 PARC Fit Achievement with Hiroe 7:00 Bingo</p>	<p>21 First Day of Summer 10:30 PARC FIT Walking Group 11:30-1 Kickoff to BBQ Season Lunch 3:30 Social Hour with John Cronin 7:15 Meditation with Betty</p>	<p>22 10:30 PARC FIT Video 1:30 Student Massages with Spa Utopia 3:00 Calendar Update Meeting</p>	<p>23 10:30 Seated Yoga with Eleanor</p>
<p>24 10:30 PARC FIT Video (strength) 2:00 Newsletter Meeting with Samantha 7:00 TV Room Movie "The Other Boleyn Girl"</p>	<p>25 10:30 PARC FIT Video 9:30-3:00 PARC FIT with Hiroe 1:30-2:30 Dog visits with Stella 2:00 Dance Class with Heather 7:00 Bridge</p>	<p>26 10:15 Grand Villa Casino 10:30 PARC FIT Video 2:00 Needleworking Group 2:00 Peer Support Group</p>	<p>27 9:00-1:00 PARC FIT with Hiroe 2:00 Scrabble IL + Day Rob Huppee Food and Fitness 7:00 Bingo</p>	<p>28 10:30 PARC FIT Walking Group 2:00 Seniors Peer Support Discussion with Lorna 3:30 Social Hour with John Cronin 7:15 Meditation with Betty</p>	<p>29 10:30 Grey Matters 1:00 Afternoon Scenic Drive 1:30 Student Massages with Spa Utopia 3:00 Decorate Bus for Canada Day Parade</p>	<p>30 10:30 PARC FIT Video 2:30 Book Club with the NVCL</p>