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March 2019 Recreation and Wellness Program



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>It was one of those <i>March</i> days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade.</p> <p>~Charles Dickens</p>					<p style="text-align: right;">1</p> <p>9:15 Current News (2nd Floor) 9:30 Fun & Fitness Exercise (2F) 10:30 Activity Meeting (2nd Floor) 2:00 5 Pin Bowling (2nd Floor)  3:00 The Price Is Right (3rd Floor)</p>	<p style="text-align: right;">2</p> <p>Board Games are available all day in 2nd & 3rd Floor Activity Rooms 2:00 Quarter Bingo w/ Irene (2nd Floor) 7:00 Crib Playing (3rd Floor) 7:00 Netflix Pick (Living Room) </p>
<p style="text-align: right;">3</p> <p>WELLNESS DAY 2:00 Scrabble Sunday (3rd Floor) 3:30 Blood Pressure (2nd Floor) 7:00 Residents Pick Movie Night (3rd Floor) </p>	<p style="text-align: right;">4</p> <p>9:15 News & Views (2F) 9:30 Morning Exercise (2nd Floor) 10:30 Food Forum (2nd Floor) 2:00 Word Jumble (3rd Floor) 3:00 Quarter Bingo (2nd Floor) </p>	<p style="text-align: right;">5</p> <p>9:15 Current Event (2F) 9:30 Sit & Be Fit Exercise (2F) 10:30 Trip to Museum Of Vancouver  2:00 Cards Bingo (3rd Floor) 3:00 Hymn Sing (2F) 7:00 Crib Playing (3rd Floor)</p>	<p style="text-align: right;">6</p> <p>9:15 Current News (2F) 9:30 Morning Exercise 10:15 Bean Bag Toss 11:00 Catholic Service (2nd Floor) 2:00 Crossword Puzzle (3rd Floor) 2:15 Burnaby Public Library Visit (2F) 3:00 Quarter Bingo (3F)</p>	<p style="text-align: right;">7</p> <p>9:15 Current Event (2nd Floor) 9:30 Strength & Balance Exercise (2nd Floor) 10:15 Ring Toss (2F) 1:30 Tuck Shop Thursday  2:30 March Birthday Celebration w/ Peter Pauluz (3rd Floor)  7:00 Crib Playing</p>	<p style="text-align: right;">8</p> <p>INT'L WOMENS DAY 9:15 Current news (2F) 9:30 Fun & Fitness 10:30 Scenic Drive to Burnaby Mtn, Deep Cove, Cates Park  2:00 Showing Women That Made Impact From Past- Present 3:00 Trivia About Women (3F)</p>	<p style="text-align: right;">9</p> <p>Board Games are available all day in 2nd & 3rd Floor Activity Rooms 2:00 Quarter Bingo w/ Irene (2nd Floor) 7:00 Crib Playing (3rd Floor)  7:00 Netflix Pick (Living Room)</p>
<p style="text-align: right;">10</p> <p>DAYLIGHT SAVING TIME BEGIN WELLNESS DAY 2:00 Scrabble Sunday 3:30 Temperature & Breathing Check (2nd Floor) 7:00 Resident Pick Movie Night (3F) </p>	<p style="text-align: right;">11</p> <p>9:15 News & Views (2F) 9:30 Morning Exercise (2nd Floor) 10:30 Balloon Toss (2nd Floor) 2:00 Mind Jogger (3rd Floor) 3:00 Quarter Bingo (3rd Floor) </p>	<p style="text-align: right;">12</p> <p>9:15 Current Event (2F) 9:30 Sit & Be Fit Exercise (2nd Floor) 10:30 Spiritual Time w/ Pastor Suzanne (2F) 12:45 Scenic Drive to Belcarra Park  3:00 Spelling Bee (3F) 7:00 Crib Playing (3F)</p>	<p style="text-align: right;">13</p> <p>11:00 Catholic Service (2nd Floor) 2:00 Afternoon Yoga (2nd Floor) 3:00 Quarter Bingo (2nd Floor)  6:30 Pub Night with Leo (3rd Floor) </p>	<p style="text-align: right;">14</p> <p>9:15 Current News (2F) 9:30 Strength & Balance (2nd Floor) 10:30 Decorating Committee (1st & 3rd Floor) 1:30 Tuckshop Thursday  2:00 Family Feud Game (3rd Floor)  3:00 Cards Bingo (2F) 7:00 Crib Playing (3F)</p>	<p style="text-align: right;">15</p> <p>9:15 Current News (2nd Floor) 9:30 Fun & Fitness (2nd Floor) 10:45 Lunch Outing to Cockney Kings  2:00 Armchair Travel to Ireland (3rd Floor) 3:30 Garden Walks (Weather Permitting)  7:00 Netflix Evening (1F)</p>	<p style="text-align: right;">16</p> <p>Board Games are available all day in 2nd & 3rd Floor Activity Rooms 2:00 Quarter Bingo w/ Irene (2nd Floor) 7:00 Crib Playing (3rd Floor)  7:00 Netflix Pick (Living Room)</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>17</p> <p>ST. PATRICK'S DAY WELLNESS SUNDAY</p> <p>2:00 Scrabble Sunday (2nd Floor)</p> <p>3:30 Oxygen Saturation Check (2nd Floor)</p> <p>7:00 Residents Pick Movie Night (3rd Floor)</p> 	<p>18</p> <p>9:15 News & Views (2nd Floor)</p> <p>9:30 Morning Exercise (2nd Floor)</p> <p>10:30 Decorating Committee (1st & 3rd Floor)</p> <p>2:00 Crossword Puzzle (3rd Floor)</p> <p>3:00 Quarter Bingo (3rd Floor)</p> 	<p>19</p> <p>9:15 Current Events (2nd Floor)</p> <p>9:30 Sit & Be Fit Exercise (2nd Floor)</p> <p>10:30 RCMP Senior Personal Safety & Fraud Prevention Presentation (2F)</p> <p>12:45 Trip to Shadbolt Arts & Music</p> <p>3:30 Hymn Sing (2nd Floor)</p> <p>7:00 Crib Playing (3F)</p> 	<p>20</p> <p>11:00 Catholic Service (2nd Floor)</p> <p>2:00 Word Jumble (3rd Floor)</p> <p>3:00 Quarter Bingo (2nd Floor)</p> <p>6:30 Pub Night w/ Buddy & Fely (Bistro)</p> 	<p>21</p> <p>9:15 News & Views (2nd Floor)</p> <p>9:30 Strength & Balance Exercise (2nd Floor)</p> <p>10:45 Shopping Trip to Cioffi's Italian Deli</p> <p>1:30 Tuckshop Thursday</p> <p>2:00-4:00 Art Class w/ Adam (2nd Floor)</p> <p>7:00 Crib Playing (3rd Floor)</p> 	<p>22</p> <p>9:15 Current News (2nd Floor)</p> <p>9:30 Fun & Fitness Exercise (2nd Floor)</p> <p>2:30 Afternoon Cheese & Crackers w/ Rory (Bistro)</p> <p>7:30 Netflix Evening (Living Room)</p> 	<p>23</p> <p>Board Games are available all day in 2nd & 3rd Floor Activity Rooms</p> <p>2:00 Quarter Bingo w/ Irene (2nd Floor)</p> <p>7:00 Crib Playing (3rd Floor)</p> <p>7:00 Netflix Pick (Living Room)</p> 
<p>24</p> <p>WELLNESS SUNDAY</p> <p>2:00 Scrabble Sunday (3rd Floor)</p> <p>3:30 Oxygen Saturation Check (2nd Floor)</p> <p>7:00 Residents Pick Movie Night (3F)</p> 	<p>25</p> <p>9:15 Current Events (2nd Floor)</p> <p>9:30 Morning Exercise (2nd Floor)</p> <p>10:30 Balloon Toss (2F)</p> <p>2:00 Family Feud (3rd Floor)</p> <p>3:00 Quarter Bingo (3rd Floor)</p>  	<p>26</p> <p>9:15 Current News (2nd Floor)</p> <p>9:30 Early Morning Exercise (2F)</p> <p>10:30 Scenic Drive to Cypress Mtn</p> <p>2:00 5 Pin Bowling (2nd Floor)</p> <p>3:15 Hymn Sing (2nd Floor)</p> <p>7:00 Crib Playing (3rd Floor)</p>  	<p>27</p> <p>11:00 Catholic Service (2nd Floor)</p> <p>2:00 Afternoon Yoga (2nd Floor)</p> <p>3:00 Quarter Bingo (2nd Floor)</p> <p>6:30 Pub Night w/ John Parson (Bistro)</p> 	<p>28</p> <p>9:15 Current Events (2F)</p> <p>9:30 Strength & Balance Exercise (2nd Floor)</p> <p>10:30 Bean Bag Toss (2nd Floor)</p> <p>1:30 Tuckshop Thursday</p> <p>2:00 Cards Bingo (3rd Floor)</p> <p>3:00 Hymn Sing (2nd Floor)</p> <p>7:00 Crib Playing (3rd Floor)</p>  	<p>29</p> <p>9:15 Current News (2nd Floor)</p> <p>9:30 Fun & Fitness Exercise (2nd Floor)</p> <p>10:30 Ring Toss (2nd Floor)</p> <p>2:30 Trip to Fortuna Bakery</p> <p>7:00 Netflix Evening (Living Room)</p> 	<p>30</p> <p>Board Games are available all day in 2nd & 3rd Floor Activity Rooms</p> <p>2:00 Quarter Bingo w/ Irene (2nd Floor)</p> <p>7:00 Crib Playing (3rd Floor)</p> <p>7:00 Netflix Pick (Living Room)</p> 
<p>31</p> <p>WELLNESS SUNDAY</p> <p>2:00 Scrabble Sunday (3rd Floor)</p> <p>3:30 Blood Pressure Check (2nd Floor)</p> <p>7:00 Residents Pick Movie Night (3F)</p> 