




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
INDEPENDENT LIVING EVENTS CALENDAR MARCH 2017			01 10:00 Prayer Group @ E 11:00 to 4:00 Massage Therapy @ E 12:00 Coby's Kitchen @ A 2:30 Tai Chi @ E	02 9:00 Osteofit 10:15 Get Up and Go 6:30 Grief Support @ E	03  10:00 Mass @ E 10:45 Willowbrook Mall	04
05 9:30 Worship Service @ HW MPR 1:30 Worship Service @ H MPR	06 9:00 to 2:00 Mobile Spa 9:00 Fitness Class 10:00 Bible Study @ E 7:00 Carpet Bowling	07 9:00 Osteofit 10:15 Get Up and Go 2:00 - 5:00 ADP @ E 3:30 Hymn Sing @ E	08 10:00 IL Info Session 10:00 Prayer Group @ E 11:00 to 4:00 Massage Therapy @ E 12:00 Coby's Kitchen @ A 2:30 Tai Chi @ E	09 9:00 Osteofit 10:15 Get Up and Go 7:00 Movie	10  10:00 Mass @ E 10:00 Windows/PC Computer Class 10:30 Ricky's Restaurant and Surrey Museum	11
12 9:30 Worship Service @ HW MPR 1:30 Worship Service @ H MPR	13 9:00 to 2:00 Mobile Spa 9:00 Fitness Class 10:00 Bible Study @ E 7:00 Carpet Bowling	14 9:00 RC Meeting 9:00 Osteofit 10:15 Get Up and Go 2:00 - 5:00 ADP @ E 3:30 Hymn Sing @ E	15 10:00 Prayer Group @ E 11:00 to 4:00 Massage Therapy @ E 12:00 Coby's Kitchen @ A 2:30 Tai Chi @ E	16 9:00 Osteofit 10:15 Get Up and Go 6:30 Grief Support @ E	17 10:00 Mass @ E 10:00 Apple/Ipad Computer Class 7:00 Gospel Sing Along	18
19 9:30 Worship Service @ HW MPR 1:30 Worship Service @ H MPR	20 9:00 to 2:00 Mobile Spa 9:00 Fitness Class 10:00 Bible Study @ E 7:00 Carpet Bowling	21 9:00 Osteofit 10:15 Get Up and Go 10:00 Alzheimer's Support @ E 2:00 - 5:00 ADP @ E 3:30 Hymn Sing @ E	22 10:00 Prayer Group @ E 11:00 to 4:00 Massage Therapy @ E 12:00 Coby's Kitchen @ A 2:30 Tai Chi @ E	23 9:00 Osteofit 10:15 Get Up and Go 7:00 Trinity Western University Choir	24 10:00 Mass @ E 10:00 PSP Support Group 12:00—3:30 Coco's Clothes @ E	25
26 9:30 Worship Service @ HW MPR 1:30 Worship Service @ H MPR	27 9:00 to 2:00 Mobile Spa 9:00 Fitness Class 10:00 Bible Study @ E 10:30 "The Benefits of Fitness" Education Session 7:00 Carpet Bowling	28 9:00 Osteofit 10:15 Get Up and Go 2:00 - 5:00 ADP @ E 3:30 Hymn Sing @ E	29  9:00 Tour of Trinity Western University 10:00 Prayer Group @ E 11:00 to 4:00 Massage Therapy @ E 12:00 Coby's Kitchen @ A 2:30 Tai Chi @ E	30 9:00 Osteofit 10:15 Get Up and Go 7:00 Video Presentation	31  10:00 Mass @ E 10:45 Wal-Mart	

ABBREVIATION KEY: RC = RESIDENT COUNCIL ADP = ADULT DAY PROGRAM E = EMERALD A = ATLIN B = BOWRON H = HARRISON HW = HARRISON WEST MPR = MULTIPURPOSE ROOM