






# MARCH 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><u>Abbreviation Key</u>            ADP = 3rd Fl ADP Room            CK= Country Kitchen            FR= Fitness Room            LL = Lower Lounge            ML = Main Floor Lounge</p>	<p>MPR= Multi- Purpose Room            O= Oasis Auditorium            W= Wellness Service Room            T = 3rd Fl Theatre Room            * = Sign-Up Required (call 2000)</p>	<p><u>Need Technology Help?</u>  <u>Telus TV help:</u>            call Reception (2000)  <u>Computer/tablet help:</u>            call Wellness (2025)</p>	<p><b>1</b>            10:30 Balance Class (MPR)            11:00 Virtual Reality:            New Zealand Escapade (CK)  <b>1:30 Movie Matinee:            The Upside (MPR)</b>  <b>1:30 Bus Outing: Save-On-Foods</b>            6:30 Bingo Night (LL)</p> 	<p><b>2</b>            10:30 Chair Fit (MPR)            2:00 Beach Ball Volleyball (MPR)  <b>3:15 Java Music Club (CK)</b>            - by invitation            6:30 Jeopardy! Night (MPR)</p>	<p><b>3</b>            10:30 Stretch &amp; Strength (MPR)            2:30 Cranium Crunches:            Wacky Wordies (LL)            3:30 Virtual Reality (CK)            6:45 Movie Night:            When Calls The Heart (T)  <b>7:00 MEI Choir Performance (O)</b></p>	<p><b>4</b>            10:15 Manicures (CK)            10:30 Chair Fit (MPR)            2:00 Bowling (MPR)  <b>3:15 Live Accordion Music (LL)</b></p>
<p><b>5</b>            10:00 Worship Service (MPR)            2:00 Board Games (LL)</p>	<p><b>6</b>            9:30 Bible Study (MPR)            10:30 - 11:30 Relaxation Room (W)            1:30 Chair Fit (MPR)            2:30 Crafter's Corner (LL)  <b>6:30 Evening Social:            Spelling Bee (MPR)</b></p>	<p><b>7</b>            10:00 Art Expression (ADP)            10:30 Stretch &amp; Strength (MPR)            3:30 Hymn Sing (MPR)            6:45 Movie Night: Dr Quinn (T)</p>	<p><b>8</b>            10:30 Balance Class (MPR)            11:00 Virtual Reality (CK)            1:30 Beach Ball Volleyball (MPR)            6:30 Bingo Night (LL)</p>	<p><b>9</b>            10:30 Chair Fit (MPR)            2:00 Bocce Ball (MPR)  <b>3:15 March Social with Live            Music by Doug Hawksworth (LL)</b>            6:30 Jeopardy! Night (MPR)</p>	<p><b>10</b>  <b>9:30 Men's Group (FM)</b>            10:30 Stretch &amp; Strength (MPR)            2:30 Catholic Mass (MPR)            3:30 Virtual Reality (CK)            6:45 Movie Night:            When Calls The Heart (T)</p>	<p><b>11</b>            10:15 Manicures (CK)            10:30 Chair Fit (MPR)            2:00 Shuffleboard (MPR)  <b>3:30 Bus Outing: Mystery            Scavenger Hunt Tour</b></p> 
<p><b>12 DAYLIGHT SAVINGS</b>            10:00 Worship Service (MPR)            2:00 Board Games (LL)</p>	<p><b>13</b>            9:30 Bible Study (MPR)            10:30 - 11:30 Relaxation Room (W)  <b>1:00 - 3:00 Hearing Clinic (MPR)*</b>            - sign-up by calling ext 2000            2:30 Crafter's Corner (LL)  <b>6:30 Evening Social:            Group Games (MPR)</b></p>	<p><b>14</b>            10:30 Stretch &amp; Strength (MPR)            3:30 Hymn Sing (MPR)            6:45 Movie Night: Dr Quinn (T)</p>	<p><b>15</b>            10:30 Balance Class (MPR)            11:00 Virtual Reality:            Vineyard Tour (CK)  <b>11:15 - 2:30 Alta Vida Fashions (O)</b>  <b>1:30 Bus Outing: Save-On-Foods</b>            2:30 Resident Council (MPR)            6:30 Bingo Night (LL)</p> 	<p><b>16</b>            10:30 Chair Fit (MPR)  <b>2:15 Steel School of Irish            Dance Performance (MPR)</b>            3:15 Armchair Travel to Ireland            (MPR)            6:30 Jeopardy! Night (MPR)</p>	<p><b>17 SAINT PATRICK'S DAY</b>            10:30 Stretch &amp; Strength (MPR)            2:30 Cranium Crunches:            Split Words (LL)  <b>3:30 Virtual Reality to Ireland            for Saint Patrick's Day (CK)</b>            6:45 Movie Night:            When Calls The Heart (T)</p>	<p><b>18</b>            10:15 Manicures (CK)            10:30 Chair Fit (MPR)            2:00 Bowling (MPR)</p>
<p><b>19</b>            10:00 Worship Service (MPR)            2:00 Board Games (LL)</p>	<p><b>20 1<sup>st</sup> DAY OF SPRING</b>            9:30 Bible Study (MPR)            10:30 - 11:30 Relaxation Room (W)            1:30 Chair Fit (MPR)            2:30 Crafter's Corner (LL)  <b>6:30 Evening Social:            St. Patrick's &amp; Spring (MPR)</b></p>	<p><b>21</b>            10:00 Art Expression (ADP)            10:30 Stretch &amp; Strength (MPR)            3:30 Hymn Sing (MPR)            6:45 Movie Night: Dr Quinn (T)</p>	<p><b>22</b>            10:30 Balance Class (MPR)  <b>11:00 Bus Outing: Golden Ears            Cheesecrafter's Lunch &amp; Farmer's            Market</b>            1:30 Bocce Ball (MPR)            6:30 Bingo Night (LL)</p> 	<p><b>23</b>            10:30 Chair Fit (MPR)  <b>2:00 Welcome Tea (CK)*</b>            - by invitation  <b>3:30 Video Presentation with            George VB: Classical Music for            the Start of Spring (MPR)</b>            6:30 Jeopardy! Night (MPR)</p>	<p><b>24</b>  <b>9:30 Men's Group (FM)</b>            10:30 Stretch &amp; Strength (MPR)            2:30 Catholic Mass (MPR)            3:30 Virtual Reality (CK)            6:45 Movie Night:            When Calls The Heart (T)</p>	<p><b>25</b>            10:15 Manicures (CK)            10:30 Chair Fit (MPR)  <b>2:00 Easter Ballet            Performance (O)</b>            2:00 Shuffleboard (MPR)</p>
<p><b>26</b>            10:00 Worship Service (MPR)            2:00 Board Games (LL)</p>	<p><b>27</b>            9:30 Bible Study (MPR)            10:30 - 11:30 Relaxation Room (W)            1:30 Chair Fit (MPR)            2:30 Crafter's Corner (LL)  <b>3:00 - 4:30 Spring            Paint Party (HW)*</b>            - call ext. 4025 to register  <b>6:30 Evening Social:            Minute to Win It! (MPR)</b></p>	<p><b>28</b>            10:30 Stretch &amp; Strength (MPR)            3:30 Hymn Sing (MPR)            6:45 Movie Night: Dr Quinn (T)</p>	<p><b>29</b>            10:30 Balance Class (MPR)            11:00 Virtual Reality (CK)  <b>12:00 - 3:00 Pretty Little            Things Vendor (ML)</b>  <b>1:30 Bus Outing: Save-On-Foods</b>            6:30 Bingo Night (LL)</p> 	<p><b>30</b>            10:30 Chair Fit (MPR)            1:30 Beach Ball Volleyball (MPR)  <b>3:15 Java Music Club (CK)</b>            - by invitation            6:30 Jeopardy! Night (MPR)</p>	<p><b>31</b>            10:30 Stretch &amp; Strength (MPR)            2:30 Cranium Crunches:            Word Scramble (LL)            3:30 Virtual Reality (CK)            6:45 Movie Night:            When Calls The Heart (T)</p>	<p><u>Phone Extensions</u>            Nurse - ext 2101            Reception - ext 2000            Pastor Lorin - ext 2018            Wellness - ext 2025/2004</p>