







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				9:30 Bus to Ladner 10:15 News & Views 2:00 Happy Wanderers 2:15 Chair Yoga 7:15 Hand Chime Choir	<b>2</b> 10:00 Fitness First 11:00 Fitness First 2:15 Team Trivia <b>3:30 Happy Hour</b> With "Brian Zalo "	<b>3</b> 10:30 Chair Exercises 2:30 Movie Matinee "The Lady in The Van" 3:00 Tai Chi 3:30 Catholic Communion
<b>4</b> 10:30 The Week Ahead 2:15 Hymn Sing & Service	<b>5</b> 10:00 Fitness First 11:00 Fitness First 2:00 Cribbage 2:15 Bus to Tsawwassen 2:15 Bingo 4:00 Guitar with Carter 7:00 Bridge	<b>6</b> 10:00 Coffee Group 11:00 Fitness First 2:00 Scenic Drive 3:30 Social Hour 3:30 Blood Pressure Clinic 7:15 Word Games	<b>7</b> 9:45 Walking Club 10:00 Chair Exercises 11:00 Dining Forum 2:30 Card Making 3:30 Fitness First 4:15 Music with Alex 7:15 Where / Who is it?	<b>8</b> 9:30 Bus to Ladner 10:15 News & Views 11:30 Bus to River Rock Casino 2:00 Sacred Heart Kids visit 2:15 Chair Yoga 7:15 Hand Chime Choir	<b>9</b> 10:00 Fitness First 11:00 Fitness First 11:00 Jewelry Sale 2:15 Team Trivia <b>3:30 Happy Hour</b> With "Linda & Malcom"	<b>10</b> 10:30 Chair Exercises 2:30 Movie Matinee "Andre Rieu in Dublin" 3:30 Catholic Communion
<b>11</b> 10:30 The Week Ahead 2:15 Ladner Gospel Assembly 3:00 Art with Lea   <b>Clocks Go Forward</b>	<b>12</b> 10:00 Fitness First 11:00 Fitness First 2:00 Cribbage 2:15 Bus to Tsawwassen 2:15 Bingo 4:00 Guitar with Carter 7:00 Bridge	<b>13</b> 9:30 Breakfast at White Spot 10:00 Coffee Group 11:00 Chair Yoga 2:00 Scenic Drive 3:30 Social Hour 7:15 Word Games	<b>14</b> 9:45 Walking Club 10:00 Chair Exercises 2:30 Video Bowling 3:30 Fitness First 4:15 Music with Alex 7:15 You Be the Judge	<b>15</b> 9:30 Bus to Ladner 10:00 Making Irish Soda Bread 2:15 Chair Yoga <b>2:50 Birthday &amp; Welcome Tea</b> <b>Wear Green</b> 7:15 Hand Chime Choir	<b>16</b> 10:00 Fitness First 11:00 Fitness First 2:15 Team Trivia <b>3:30 Happy Hour</b> With "Kenny Buston "	<b>17</b> 10:30 Chair Exercises 3:00 O'Brian Irish Dancers 3:30 Catholic Communion   <b>St. Patrick's Day</b>
<b>18</b> 10:30 The Week Ahead 2:15 Baptist Church Service	<b>19</b> 10:00 Fitness First 11:00 Fitness First 1:00 Low Vision Group/Library Visit 2:00 Cribbage 2:15 Bus to Tsawwassen 2:15 Bingo 4:00 Guitar with Carter 7:00 Bridge	<b>20</b> 10:00 Coffee Group 11:00 Chair Yoga 2:00 Scenic Drive 3:30 Social Hour 3:30 Blood Pressure Clinic 7:15 Word Games  <b>Spring Begins</b>	<b>21</b> 9:45 Walking Club 10:00 Chair Exercises 11:30 Ladies Lunch / Milestones 2:30 Crossword Puzzle 3:30 Fitness First 4:15 Music with Alex 7:15 Remember When	<b>22</b> 9:30 Bus to Ladner 10:15 News & Views 11:30 Barbs Scarves & Watkins 11:30 Men's Lunch /Ladner Legion 2:15 Chair Yoga 3:00 Resident Forum 3:40 Health Talk "Arthritis" 7:15 Hand Chime Choir	<b>23</b> 10:00 Fitness First 11:00 Fitness First 2:15 Team Trivia <b>3:30 Happy Hour</b> With "Liz & Steve"	<b>24</b> 10:30 Chair Exercises 2:30 Movie Matinee "Mr. Beans Holiday" 3:30 Catholic Communion
<b>25</b> 10:30 The Week Ahead 2:15 Baking 3:00 Art with Lea  <b>Palm Sunday</b>	<b>26</b> 10:00 Fitness First 11:00 Fitness First 11:00 Fashion Closet 1:00 Bus to Willowbrook Mall 2:00 Cribbage 2:15 Bingo 4:00 Guitar with Carter 7:00 Bridge	<b>27</b> 10:00 Coffee Group 11:00 Fitness First 2:00 Scenic Drive 3:30 Social Hour 4:00 Gardening Meeting 7:15 Word Games	<b>28</b> 9:45 Walking Club 10:00 Chair Exercises 2:30 Video Bowling 3:30 Fitness First 4:15 Music with Alex 7:15 Where / Who is it?	<b>29</b> 9:30 Bus to Ladner 10:15 News & Views 2:15 Chair Yoga 7:15 Hand Chime Choir	<b>30</b> 10:00 Fitness First 11:00 Fitness First 2:15 Team Trivia <b>3:30 Happy Hour</b> With "The Sax of Us"  <b>Good Friday</b>	<b>31</b> 10:30 Chair Exercises 2:30 Movie Matinee "Victor Borge" 3:00 Tai Chi 3:30 Catholic Communion