







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10:00 Fitness First 11:00 Fitness First 2:15 Team Trivia 3:30 Happy Hour With Greg Alcock 7:15 Movie Night - 'Murder on the Orient Express'	2 10:30 Chair Exercises 12:40 Bus to SDSS for "Oakhoma" 3:00 Tai Chi 3:30 Catholic Communion
3 10:30 The Week Ahead 2:15 Hymn Sing and Service 2:15 Movie Encore 7:15 Hand Chime Choir	4 10:00 Fitness First 11:00 Fitness First 2:00 Cribbage 2:15 Bus to Tsawwassen 2:15 Bingo 6:30 Scouts' Visit	5 10:15 Coffee Group 11:00 Chair Yoga 2:00 Scenic Drive 3:30 Social Hour 7:15 Word Games	6 9:45 Walking Group 10:00 Chair Exercises 11:00 Bright Eyes Academy 12:00 5 th Avenue Jewelry 2:30 Crossword Puzzle 3:30 Fitness First 3:30 Ash Wednesday Service	7 9:30 Bus to Ladner 10:15 News & Views 2:00 Happy Wanderers 2:15 Chair Yoga 7:15 Flash Back	8 10:00 Fitness First 11:00 Fitness First 2:15 Team Trivia 3:30 Happy Hour With Barry Powel 7:15 Movie Night 'A Dog Year'	9 10:30 Chair Exercises 3:00 Fun & Games Hour 3:30 Catholic Communion
10 10:30 The Week Ahead 2:15 Ladner Gospel Assembly 2:15 Movie Encore 7:15 Hand Chime Choir	11 10:00 Fitness First 11:00 Fitness First 2:00 Cribbage 2:15 Bus to Tsawwassen 2:15 Bingo	12 10:15 Coffee Group 11:00 Chair Yoga 2:00 Scenic Drive 3:00 Line Dancing Demonstration 3:30 Social Hour 7:15 Word Games	13 9:45 Walking Group 10:00 Chair Exercises 11:00 Food and Dining Forum 2:30 Crossword Puzzle 3:30 Fitness First 7:15 Indoor Golf	14 9:30 Bus to Ladner 10:00 Making Irish Soda Bread 10:45 Health Hub 12:00 Barb's Scarves & Watkins 2:15 Chair Yoga 2:15 Sacred Heart Kids Visit 2:50 Wear Green Birthday Tea 7:15 Creative Story Telling	15 10:00 Fitness First 11:00 Fitness First 2:15 Team Trivia 3:30 Happy Hour With Pamela 7:15 Movie Night 'Andre Rieu in Dublin'	16 10:30 Chair Exercises 3:00 Name that "Irish" Tune 3:30 Catholic Communion
17 10:30 The Week Ahead 2:15 Movie Encore 3:00 O'Brien Irish Dancers 7:15 Hand Chime Choir 	18 10:00 Fitness First 11:00 Fitness First 12:00 Fashion Closet 2:00 Cribbage 2:15 Bus to Tsawwassen 2:15 Bingo	19 10:15 Coffee Group 11:00 Chair Yoga 2:00 Scenic Drive 3:30 Social Hour 3:30 Blood Pressure Clinic 7:15 Word Games	20 9:45 Walking Group 10:00 Chair Exercises 2:30 Crossword Puzzle 3:30 Fitness First 7:15 Persian Celebration	21 9:30 Bus to Ladner 10:15 News & Views 10:45 Health Hub 11:30 Bus to River Rock Casino 2:15 Chair Yoga 3:00 Short Stories 7:15 Who, What, When	22 10:00 Fitness First 11:00 Fitness First 2:15 Team Trivia 3:30 Happy Hour With Retro Two 7:15 Movie Night 'Far from the Madding Crowd'	23 10:30 Chair Exercises 3:00 Dear Ann/Abby... 3:30 Catholic Communion
24 10:30 The Week Ahead 2:15 Baptist Church Service 3:00 Art with Lea 7:15 Hand Chime Choir <hr/> 31 10:30 The Week Ahead 2:15 Baking 3:00 Art with Lea 7:15 Hand Chime Choir	25 10:00 Fitness First 11:00 Fitness First 12:45 Low Vision Group 2:00 Cribbage 2:00 Bus to Tsawwassen 2:15 Bingo	26 10:15 Coffee Group 11:00 Chair Yoga 2:00 Scenic Drive 3:30 Social Hour 3:30 Blood Pressure Clinic 4:00 Gardening Meeting 7:15 Word Games	27 9:45 Walking Group 10:00 Chair Exercises 11:30 Ladies Lunch to Speeds Pub 2:30 Crossword Puzzle 3:30 Fitness First 7:15 You be the Judge	28 9:30 Bus to Ladner 10:15 News & Views 11:30 Men's Lunch to Ladner Legion 2:15 Chair Yoga 3:00 Resident Forum 3:40 Health Talk 'Arthritis' 7:15 Finish the Line	29 10:00 Fitness First 11:00 Fitness First 2:15 Team Trivia 3:30 Happy Hour With Ben Dunhill 7:15 Movie Night 'The Young Victoria'	30 10:30 Chair Exercises 3:00 Tai Chi 3:00 Camera Club 3:30 Catholic Communion