



ENJOYING MARCH



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:15am Ageless Yoga with Annette-Community 1 11:30am Chutzpah Reception at Jewish Community Centre 2:00pm Bridge 5:00pm Family Buffet- Japan 7:30pm Various Card Games	11:15am Ageless Yoga with Annette 2 12:15pm Piano Playing by Annette 1:30pm Outing-Scenic Drive 7:00pm Evening Cinema- One Fine Day	10:00am CrossFit Fun-Circuit Training 3 11:00am Piano Entertainment by Hoy Yip 1:30pm Classic Matinee- Sabrina 3:30pm Guys & Doll's Billiards	Happy Purim 4 11:15am Ageless Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 1:15pm Audiology Appts with Connect Hearing 1:15-5:00pm 3:30pm Cribbage Tournament	10:00am CrossFit Fun-Strength Training 5 11:00am Bus Drop Off: Safeway 1:00pm Wellness Clinic with Pat 2:00pm BMO Banking Security Presentation 2:00pm Bridge	10:00am CrossFit Fun-Core Conditioning 6 11:15am Ageless Yoga with Annette 2:00pm Bridge 5:00pm Candle Lighting & Cocktail Music	11:15am Ageless Yoga with Annette-Community 7 1:30pm Grace Notes Performance with Cake & Tea 3:30pm PERK Activities with Rosemary 6:30pm Trivial Pursuit
11:15am Ageless Yoga with Annette-Community 8 2:00pm Bridge 5:00pm Family Buffet- Portuguese 7:30pm Various Card Games	11:15am Ageless Yoga with Annette 9 12:15pm Piano Playing by Annette 1:30pm Outing-Scenic Drive 7:00pm Evening Cinema- The Descendants	10:00am CrossFit Fun-Circuit Training 10 11:00am Piano Entertainment by Hoy Yip 1:30pm Classic Matinee- From the Terrace 3:30pm Guys & Doll's Billiards	11:15am Ageless Yoga with Annette 11 12:00pm Piano Entertainment by Hoy Yip 1:30pm Bridge 3:30pm Cribbage Tournament	10:00am CrossFit Fun-Strength Training 12 11:00am Bus Drop Off: Safeway 1:00pm Wellness Clinic with Pat 2:00pm Bridge	10:00am CrossFit Fun-Core Conditioning 13 11:15am Ageless Yoga with Annette 2:00pm Bridge 5:00pm Candle Lighting & Cocktail Music	11:15am Ageless Yoga with Annette-Community 14 3:30pm PERK Activities with Rosemary 6:30pm Trivial Pursuit
11:15am Ageless Yoga with Annette-Community 15 2:00pm Bridge 5:00pm Family Buffet- Chutzpah Style 7:30pm Various Card Games	11:15am Ageless Yoga with Annette 16 12:15pm Piano Playing by Annette 1:30pm Outing- Dr. Sun Yat-Sen Park 7:00pm Evening Cinema- Belle	Happy St. Patrick's Day 17 10:00am CrossFit Fun-Circuit Training 10:30am Bridge Musicians Performance- Quintet 1:30pm Classic Matinee- River of No Return 3:30pm Guys & Doll's Billiards	11:15am Ageless Yoga with Annette 18 12:00pm Piano Entertainment by Hoy Yip 2:00pm Resident Meeting with Julie 3:30pm Cribbage Tournament	10:00am CrossFit Fun-Strength Training 19 11:00am Bus Drop Off: Safeway 1:00pm Wellness Clinic with Pat 2:00pm Chef Demo with Rob	10:00am CrossFit Fun-Core Conditioning 20 11:15am Ageless Yoga with Annette 2:00pm Nutrition Seminar with Hans Lin- Medical Pharmacies 5:00pm Candle Lighting & Cocktail Music	11:15am Ageless Yoga with Annette-Community 21 1:00pm Wellness Day Fair 3:30pm PERK Activities with Rosemary 6:30pm Trivial Pursuit
11:15am Ageless Yoga with Annette-Community 22 2:00pm Bridge 5:00pm Family Buffet 7:30pm Various Card Games	11:15am Ageless Yoga with Annette 23 12:15pm Piano Playing by Annette 1:30pm Outing- Granville Island 7:00pm Evening Cinema- In Your Eyes	10:00am CrossFit Fun-Circuit Training 24 11:00am Piano Entertainment by Hoy Yip 1:30pm Classic Matinee- All About Eve 3:30pm Guys & Doll's Billiards	11:15am Ageless Yoga with Annette 25 12:00pm Piano Entertainment by Hoy Yip 3:00pm Fireside Chat with Walter 3:30pm Cribbage Tournament	10:00am CrossFit Fun-Strength Training 26 11:00am Bus Drop Off: Safeway 1:00pm Wellness Clinic with Pat 2:00pm HCPP Piano Performance	10:00am CrossFit Fun-Core Conditioning 27 11:15am Ageless Yoga with Annette 2:00pm Bridge 5:00pm Candle Lighting & Cocktail Music	11:15am Ageless Yoga with Annette-Community 28 3:30pm PERK Activities with Rosemary 6:30pm Trivial Pursuit
11:15am Ageless Yoga with Annette-Community 29 2:00pm Bridge 5:00pm Family Buffet- Greece 7:30pm Various Card Games	11:15am Ageless Yoga with Annette 30 12:15pm Piano Playing by Annette 1:30pm Outing- Gelato Shop 7:00pm Evening Cinema- Terms of Endearment	10:00am CrossFit Fun-Circuit Training 31 11:00am Piano Entertainment by Hoy Yip 2:00pm West Coast Railway Association Presentation 3:30pm Guys & Doll's Billiards				