























































































The Waterford Recreational Calendar March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>The WATERFORD A BRIA COMMUNITY</p>	<p>LOCATION LEGEND: *NEW* (SR) = Serenity Room #104 (L) = Lounge (MP3) = 3rd Floor Multi-Purpose Room (TV) = TV Room (WR) = Wellness Room (PDR) = Private Dining Room (2FL) = 2nd Floor Lounge</p>			<p>ACTIVITY LEGEND:  = Physical  = Social  = Spiritual  = Intellectual  = Creative Expression</p> <p>BRIDGE Every night at 6:30pm</p>	<p>1 9:00 "Food On The Corner" Sandwich Making (TV) 10:30 Fitness to the Beat (L)  2:00 Monthly Recreation Meeting (TV) 3:30 Social Hour with Greg Hampson (L)</p>	<p>2 11:30 Bus to Silver City Cineplex to see <u>Green Book</u> 7:00 Movie Night: Dolly Parton's Coat of Many Colors (Dolly's true story about the simple gift that changed her life forever) (TV)</p>
<p>3 10:30 Gentle Movement for Mind & Body with Lisa (MP3)  2:00 Knit Wits (LIB)  7:00 Movie Night: Sabrina (1954) (TV) <i>Starring Audrey Hepburn & Humphrey Bogart</i></p>	<p>4 10:30 Functional Fitness (MP3)  2:30 Arts & Craft: Building Marshmallow Towers (TV)  3:30 Short Stories with Liz Alexander (TV)  7:00 Parts Unknown: London (TV)</p>	<p>5 9:55 - Walk to TED Talk at Tsawwassen Library (L)  10:30 Functional Fitness (MP3)  2:00 Jeopardy (TV)  3:30 Mardi Gras Themed Social Hour with Tin Pan Trio (L) </p>	<p>6 9:00 Nails By Adele (WR) 10:15 Bus to Active Seniors Program 10:30 Keep Fit with Brenda (MP3)  2:30 Mind Games (TV)  3:30 Arts & Crafts: Painted Rocks Using Acrylic Paints (L)  7:00 The Crown (S.1, E.5) (TV)</p>	<p>7 9:00 Resident Scrabble Game (TV)  10:30 Functional Fitness (MP3)  3:30 Vinyl Café Audiobook with Stuart McLean—Listen & Enjoy! (SR) 4:15 Bus to Alfa's Greek Restaurant 7:00 Cribbage (L)</p>	<p>8 Buffet Lunch <i>* International Women's Day *</i> 10:30 Sing-a-Long w/ Paul (L)  1:45 The Price is Right Game (TV)  3:30 Social Hour with John Dean and Sous-Chef Lief's Goodbye (L) </p>	<p>9 2:45 Tai Chi with Wayne (MP3)   7:00 Saturday Night Social (BYOB) (L) </p>
<p>10 Daylight Savings/ Move Clocks Forward 2:00 Knit Wits (LIB)  3:00 Catholic Communion with Paul Duggan & Liana: Sacred Heart Church (TV)  7:00 Movie Night: Butch Cassidy and the Sundance Kid (1969) (TV) <i>Starring Paul Newman & Robert Redford</i></p>	<p>11 10:30 Functional Fitness (MP3)  1:45 Bus to Mystery Scenic Drive with Brynna 3:30 Resident Garden Club Meeting (TV)  7:00 Parts Unknown: Sichuan With Eric Ripert (TV)</p>	<p>12 10:30 Functional Fitness (MP3)  2:00 Seated Balloon Volleyball (L) 2:00 Vinyl Café Audiobook with Stuart McLean—Listen & Enjoy! (SR) 3:30 Social Hour with Brian Gimble (L)  7:00 Bingo with Alice (TV) </p>	<p>13 10:15 Bus to Active Seniors Program 10:30 Functional Fitness (MP3)  2:00 Hand Massages (L)  3:00 Elder College Presents 'Gardening in a Pot' Demonstration (L) 7:00 The Crown (S.1, E.6) (TV)</p>	<p>14 9:00 Resident Scrabble Game (L)  10:30-12:00 Connect Hearing (WR) 10:30 Gentle Movement for Mind & Body with Lisa (MP3)  11:30 Bus to Lunch at Adrian's at the Airport/Guided Tour of the Museum of Flight (Langley) 3:30 St. Patrick's Day Craft -Painting Vases & Making Centerpieces (TV)  7:00 Cribbage (L)</p>	<p>15 10:00 Fitness to the Beat (L)  11:30 Jewelry Sale with Malcolm and Linda (TV)   3:30 St. Patrick's Day Social Hour with Suede Dogs (Wear Green!) (L) </p>	<p>16 11:30 Bus to Dublin Crossing Irish Pub for Lunch 7:00 Movie Night: Rooster Cogburn (and the Lady) (1975) <i>Starring John Wayne & Katharine Hepburn</i> (TV)</p>
<p>17 St. Pats Day 10:30 Gentle Movement for Mind & Body with Lisa  (MP3) 2:00 Knit Wits (LIB)  2:00 Church Service: Tsawwassen United Church with Rev. Dan (L)  7:00 Movie Night: All Quiet on the Western Front (1930) (TV)</p>	<p>18 10:30 Functional Fitness (MP3)  2:00 Bus to Feed the Ducks @ Westham Island Bird Sanctuary 3:30 Short Stories with Liz Alexander (TV)  7:00 Parts Unknown: Nashville (TV)</p>	<p>19 9:55 - Walk to TED Talk at Tsawwassen Library (L) 10:30 Functional Fitness (MP3)  12:30 Birthday/New Resident Lunch (By Invitation) (PDR) 2:00 Emergency Preparedness Talk (L)  3:30 Birthday Social Hour with Kenny Buston (L) </p>	<p>20 9:00 Nails By Adele (WR) 10:30 Church Service: St. Andrews Anglican with Piano Music (TV)  10:30 Functional Fitness (MP3)  2:00 Watercolour with Enya (L)  3:30 Dairy-Free Ice Cream Sundae Social (with all the fixin's) (L)  7:00 The Crown (S.1, E.7) (TV)</p>	<p>21 9:00 Resident Scrabble Game (TV)  9:15 Resident Council Meeting (PDR)  10-12:00 Wellness Clinic with Marla Ellis, Registered Nurse (WR) 10:30 Gentle Movement for Mind & Body with Lisa (MP3)  3:30 Wine Pairing with Chef Rod (L)  7:00 Cribbage (L)</p>	<p>22 Buffet Lunch 10:30 Functional Fitness (MP3)  1:45 Quarterly Resident Meeting (L)  3:30 Social Hour with Gordy Van (L) </p>	<p>23 2:45 Tai Chi with Wayne (MP3)   7:00 Saturday Night Social (BYOB) (L) </p>
<p>24 10:30 Gentle Movement for Mind & Body with Lisa (MP3)  2:00 Knit Wits (LIB)  7:00 Movie Night: Steel Magnolias (1989) (TV)</p>	<p>25 10:00 a.m. Bus Trip to WINGS Restaurant for lunch and Shopping at The Bay in Langley 10:30 Keep Fit With Brenda (MP3)  3:30 Short Stories with Liz Alexander (TV)  7:00 Parts Unknown: Hanoi (TV)</p>	<p>26 10:30 Functional Fitness (MP3)  1:15 Bus to Magnolia Gardens for a Tour and Social Hour 2:15 Craft Project - Make a Personalized Name Tag for Your Walker (TV)  3:30 Social Hour with Brian Zalo (L)  7:00 Bingo with Karlene/Ella (TV) </p>	<p>27 10:30 Functional Fitness (MP3)  2:00 Show and Tell with Friends (Bring down a cherished item and tell the group about it) (L)  3:30 Vinyl Café Audiobook with Stuart McLean—Listen & Enjoy! (SR) 7:00 The Crown (S.1, E.8) (TV)</p>	<p>28 9:00 Resident Scrabble Game (L)  10:30 Gentle Movement for Mind & Body with Lisa (MP3)  11:30 Bus to Seniors Horseback Riding at Pacific Riding for Developing Abilities 2:30 Cheese Fondue with Artisan Breads for Dipping (L)  7:00 Cribbage (L)</p>	<p>29 10:00 Fitness to the Beat (L)  2:00 Chef Chat (TV)  3:30 Social Hour with Liz & Steve (L) </p>	<p>30 10:30 You be the Judge (TV)  1:00 Bus to The River Rock Casino (Richmond) 7:00 Movie Night: The Postman Always Rings Twice (TV) <i>Starring Lana Turner</i></p>
<p>31 10:30 Gentle Movement for Mind & Body with Lisa (MP3)  11:30 Men's Lunch @ Two Stones Grill (Tsawwassen)  2:00 Knit Wits (LIB)  7:00 Movie Night: Elvis Presley, The Searcher (TV)</p>						