







# March 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>LOCATIONS LEGEND</b> BB Bria Bistro DR Dining Room ML Main Lounge BF Bria Fit Room PDR Private Dining Room FL Front Lounge				10:30 Functional Fitness BF 12:00 Sharp <i>Oklahoma Play</i> @ South Delta Secondary School (For those who have paid) 1:00 Bailey & her Dog come for a visit ML 6:00-7:00 Resident Led Bingo	10:00 Chair Yoga with Wendy BF 2:00 Resident Ping Pong Game (See Recreation or Reception for set up) BF 2:30 'The Art Of Conversation' Tea Time BB 6:30 Movie Night Viewer's Choice ML
3 1:30 Resident Led Shuffleboard Bowling FL 2:00 Resident Walk & Talk (Meet in Lobby) 6:00-7:00 Resident Led Bingo BB	4 10:00 Chair Yoga with Wendy BF 3:30-4:30 Social Hour with... Marty Wosley ML 6:00 Cribbage with Ollie BB	5 10:00 Delta Gymnastics (For those who have previously signed up) 6:00-7:00 Resident Led Bingo BB	6 10:30 'In Step' Balance Class BF 1:30 Nex Gen Hearing Presentation Info Session for Family & Friends about Hearing Loss & Communication BB 3:00 'In Stitches' Knitting Group (All knitters welcome!) ML 6:00 Resident Led Dominos BB	7 1:00-2:00 Writing Group with Resident Ben Andersen BB 3:00 Discussion about the Great Women from the past. ML	8 10:30 Functional Fitness BF 1:00 Bailey the Dog & Owner come for a visit ML 3:30-4:30 International Women's Day & Farewell to Chef Bernard & Happy 102 <sup>nd</sup> Birthday to John Harlow Entertainment Anne Murray & K.D. Lang Show 6:00-7:00 Resident Led Bingo BB	9 10:00 Chair Yoga with Wendy BF 1:30 Walk to Artist Guild/ Free Workshop or Observe Artists at work 2:00 Resident Ping Pong Game (See Recreation or Reception for set up) 3:00 Wii Bowling ML 6:30 Movie Night Viewer's Choice Before you go to sleep move your clocks forward 1 Hour!!
10 10:30 Church Service & Hymns with Reverend Danielle Martell ML 1:30 Shuffleboard Bowling FL 2:00 Resident Walk & Talk (Meet in Lobby) 6:00-7:00 Resident Led Bingo BB	11 9:30 Sandwich Making for Freshwave Ministries BB 10:00 Chair Yoga with Wendy BF 3:30-4:30 Social Hour with Brian Gimble ML 6:00 Cribbage with Ollie BB	12 10:30 Functional Fitness with Diane & John BF 11:15 Lunch @ Dublin's Crossing 3:00 Bella The Dog & Her Owner Morgan Come for a visit FL 6:00-7:00 Resident Led Bingo BB	13 10:30 'In Step' Balance Class' BF 1:00 Resident Book Chat ML 2:30 'Gardening in a Pot Lecture' @ The Waterford (by Elder College) 3:00 'In Stitches' Knitting Group (All knitters welcome!) 6:00 Resident Led Dominos BB	14 10:30-11:30 Wellness Clinic BF 1:00-2:00 Writing Group with Resident Ben Andersen BB 2:30 Irish Trivia & Games Irish Beer Tasting & Irish Appetizer	15 10:30 Functional Fitness BF 1:00 Bailey the Dog & Owner come for a visit ML 6:00-7:00 St. Paddy's Day Irish Pub Night with 'The Paddy Boys' ML Don't forget to wear Green!!	16 3:00-3:45 Carolyn Robinson Irish Dancers ML 6:30 Movie Night 'Leap Year' See Synopsis ML
17 Happy St. Patrick's Day! 1:30 Shuffleboard Bowling FL 2:00 Resident Walk & Talk (Meet in Lobby) 2:30 Adult Coloring Pages (See Reception for supplies) 6:00-7:00 Resident Led Bingo	18 10:00 Chair Yoga with Wendy BF 3:30-4:30 Social Hour with Peter Williams ML 6:00 Cribbage with Ollie BB	19 10:30 Functional Fitness BF 11:00 Bus Trip to H. R. Macmillan Space Centre (1 Show, Science Demonstration & Interactive Gallery) ( Box Lunch Required) 3:00 Storytime with John 6:00-7:00 Resident Led Bingo BB	20 10:30 'In Step' Balance Class BF 11:15 Chef's Chat BB 1:30 Travel Show " N/W Passage, Greenland & The Artic" with Paul & Anne Thomas ML 1:30-3:30 Tsawwassen Hearing BF 6:00 Resident Led Dominos BB 6:30 First Day of Spring BYOB Games Night (Resident Pick) FL	21 11:00-2:00 Avon Calling FL 1:00-2:00 Writing Group with Resident Ben Andersen BB 6-7:00 Resident Led Bingo BB	22 6:30-8:00 Celebrate The Wexford's 3 <sup>rd</sup> Anniversary with an Evening of Music & Magic with ' Suede Dog & The Maestro of MAGIC!	23 10:00 Chair Yoga with Wendy BF 1:00 Shopping Trip to Walmart & Dollarama @ Tsawwassen Mills 2:00 Ping Pong Game BF 6:30 Movie Night Viewer's Choice ML
24 10:30 Church Service & Hymns with Reverend Danielle Martell 11:30 MEN'S PUB LUNCH WITH THE WATERFORD (see sign-up) 1:30 Shuffleboard Bowling FL 2:00 Resident Walk & Talk 6:00-7:00 Resident Led Bingo BF	25 9:30 Sandwich Making for Freshwave Ministries BB 10:00 Chair Yoga with Wendy BF 3:30-4:30 Social Hour with Kenny Buston ML 6:00 Cribbage with Ollie BB	26 10:30 Functional Fitness BF 2:00 Spring Trivia & Games Afternoon BB 6:00-7:00 Resident Led Bingo BB	27 10:30 'In Step' Balance Class BF 2:00-4:00 Art & Painting with Enya BB 3:00 'In Stitches' Knitting Group (All knitters welcome!) ML 4:45 Dinner with John Resident's Choice 6:00 Resident Led Dominos BB	28 12:00 Birthday Lunch for all March Birthdays PDR 1:00-2:00 Writing Group with Resident Ben Andersen BB 3:30-4:30 Birthday Social Hour with Music Variations ML	29 10:30 Functional Fitness BF 12:30 Starlight Casino 2:00 Wii Bowling ML 6-7:00 Resident Led Bingo BB	30 10:00 Chair Yoga with Wendy BF 1:30 Rock Painting BB 2:00 Ping Pong Game BF 6:30 Movie Night Viewer's Choice ML
31 1:30 Shuffleboard Bowling ML 6:00-7:00 Resident Led Bingo BB	6:00 Cribbage with Ollie BB	6:00-7:00 Resident Led Bingo BB	6:00 Resident Led Dominos BB	6-7:00 Resident Led Bingo BB	6-7:00 Resident Led Bingo BB	6:30 Movie Night Viewer's Choice ML

