















The Waterford Recreational Calendar March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 3:30 Knit Wits (LIB)  6:30 Scrabble (LIB) 7:00 Movie: <i>Love Actually</i> , Starring Hugh Grant, Emma Thompson and Liam Neeson (DVD/TV)	2 10:30 Seated Yoga with Kim (MP3) 12:10 Bus to Active Seniors at Delta Gymnastics 3:30 Short Stories with Sandy (TV)	3 9:55 - Walk to TED Talk at Tsawwassen Library (L) 10:30 Functional Fitness (L) 2:00 Create Cards of Encouragement! These cards will be sent to The Downtown Eastside Women's Shelter (L) 3:30 Social Hour with Christine Magee (L)	4 9:00 Nails with Adele (WR) 10:30 Functional Fitness (L) 2:00 Monthly Meeting with the Recreation Team (TV) 3:00 *NEW* Prayer & Bible Discussion Group, facilitated by Betty Scott & Bill Armerding (MP3/#304) 6:30 Evening Program: Vinyl Café with Stuart McLean (Audio Book) (MP3/304)	5 Health Hub 9-5 (SR) 10:30 Gentle Movement for Mind & Body with Kim (MP3) 2:00 International Women's Day Celebration with Carda Creations Spring Fashion Show (with Resident Models) (L) 5:00 Bus to Pasta Night at Beach Grove Golf Course with Trey	6 9:00 "Food On The Corner" Sandwich Making (TV) 10:30 Sing-a-Long w/ Paul (L) 2:00 Poetry Pals - International Women's Day Theme. Bring a poem, song lyrics or written word (by a female) to share with the group! (TV) 3:30 Social Hour with John Dean (L)	7 10:30 Fitness to The Beat (L) 2:00 Food For Thought with Chef Matt (L) 2:45 Tai Chi with Wayne (MP3) 7:00 Saturday Night Social (BYOB) (L)	
8 Daylight Savings Begins! International Women's Day 3:00 Catholic Communion with Paul Duggan & Liana: Sacred Heart Church (TV) 3:30 Knit Wits (LIB) 7:00 Movie: <i>Mamma Mia, Musical</i> (Netflix/TV)	9 10:30 Seated Yoga with Kim (MP3) 12:10 Bus to Active Seniors at Delta Gymnastics 3:30 Short Stories with Liz Alexander (TV)	10 10:30 Functional Fitness (L) 2:00 Brainworks! (TV)  3:30 Social Hour with Dale Peterson and The Tunemakers (L) 6:30 Bingo with Karlene & Ella (TV)	11 10:30 Functional Fitness (L) 11:30 Bus to Speeds Pub in Ladner for Lunch 2:00 Resident "Green Thumb" Gardening Club Meeting (TV) 3:00 Educational Talk by Greyhaven Exotic Bird Rescue, Including Live Birds! (L)	12 10:30 Gentle Movement for Mind & Body with Lisa (MP3) 10:30 Connect Hearing (WR) Time TBA Bus to Richmond Cineplex to see Call of the Wild Starring Harrison Ford (PG, Violence) 3:30 St. Patrick's Day Craft with Recreation (TV)	13 10:30 Fitness To The Beat! (L) 2:00 Chef Demonstration: Make and Eat Irish Soda Bread (TV)  3:30 Social Hour with Peter Montgomery (L)	14 3:00 Wheel of Fortune (L)  7:00 Movie: <i>All In The Family</i> starring Carroll O'Connor and Jean Stapleton (DVD/TV)	
15 2:00 Church Service: Tsawwassen United Church with Rev. Dan (L) 3:30 Knit Wits (LIB) 7:00 Movie: <i>Under The Tuscan Sun</i> , starring Diane Lane (DVD/TV)	16 10:30 Seated Yoga with Kim (MP3) 2:30 Social Cards: Penny Anti with Brynna (L)  3:30 St. John Ambulance Dog Therapy Program. Come and Meet Toto! (TV)	17 9:55 - Walk to TED Talk at Tsawwassen Library (L)  10:30 Functional Fitness (L) 2:00 St. Patrick's Day Bingo with Recreation (L) 3:30 St. Patrick's Day Irish Celebration with Peter Paulus, WEAR GREEN! (L)	18 10:30 Functional Fitness (L) 9:00 Nails with Adele (WR) 10:30 Church Service: St. Andrews Anglican with Danielle Martell (TV) 3:30 Seated Balloon Volleyball (L) 6:30 Evening Program: Beer and Billiards (3FL)	19 Health Hub 9-5 (SR) 9:15 Resident Council Meeting (PDR) 10:30 Gentle Movement for Mind & Body with Lisa (MP3) 10-12:00 Wellness Clinic with Marla Ellis, Registered Nurse (WR) 2:00 NEW* Weather Educational Talk by our own Meteorologist, Don Faulkner (TV) 3:30 Relaxing Live Performance by Jana Seale (Acoustic Guitarist) (L)	20 10:30 NEW * Sing-A-Long/ Dance-A-Long with Recreation (TV) 2:00 Petals of Gratitude Art Project (TV)  3:30 Social Hour with Gail Hawksworth (L)	21 2:45 Tai Chi with Wayne (MP3) 3:45 Ways of The World: Ireland (TV) 7:00 Saturday Night Social (BYOB) (L)	
22 3:30 Knit Wits (LIB)  7:00 Movie: <i>The Biggest Little Farm</i> , Inspiring Documentary (TV/Netflix)	23 10:30 Seated Yoga with Kim (MP3) 2:30 Ping Pong with Brynna (L) 3:30 The Story Behind the Song with Liz and Steve (TV)	24 10:30 Functional Fitness (L) 12:30 Birthday/New Resident Lunch (By Invitation) (PDR)  3:30 Social Hour with Greg Hampson—Birthday Cake Served! (L)	25 10:30 Functional Fitness (L) 12:10 *NEW* Bus to Aqua Joints (Ladner Leisure Centre Pool) 3:45 Bingo with Brynna & Alice (L)	26 10:15 Bus to Lunch at Olive Garden & Shopping at the Hudson's Bay 10:30 Gentle Movement for Mind & Body with Lisa (MP3) 2:15 NEW * Discussion Group with Ed: Blue Zones/Sardinia Italy (TV) 4:00 Second Floor Exercise Equipment Orientation (2FL)	27 10:30 Fitness To The Beat! (L) 2:00 Brainworks! (TV) 3:30 Social Hour with "The Flanagans" (L) 	28 1:50 Delta Concert Band at Kin Village with WEX (Performance @ 2:30pm) 7:00 Movie: <i>The Mary Tyler Moore Show</i> (DVD/TV)	
29 3:30 Knit Wits (LIB) 7:00 Movie: <i>The Carol Burnette Show</i> (DVD/TV) 	30 10:30 Functional Fitness (L) 12:10 Bus to Active Seniors at Delta Gymnastics 3:00 *NEW* Prayer & Bible Discussion Group, facilitated by Betty Scott & Bill Armerding (MP3/#304)	31 10:30 Functional Fitness (L) 2:00 Indoor Putting Green (L)  3:30 Social Hour with Allen Boolinoff (L)				<div style="border: 2px solid green; padding: 5px;"> <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> </div>	 The WATERFORD A BRIA COMMUNITY
			<div style="border: 2px solid green; padding: 5px; display: inline-block;"> <p>Cribbage Thursday nights at 6:30pm</p> </div>	<div style="border: 2px solid green; padding: 5px; display: inline-block;"> <p>BRIDGE Every night at 6:30pm</p> </div>	<div style="border: 2px solid green; padding: 5px; display: inline-block;"> <p>Scrabble Sunday nights at 6:30pm</p> </div>		