



The
WATERFORD

March 2022

The Waterford Independent Living



BRIA FIT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 2:00 Netflix Movie: The Founder (Michael Keaton) TV 6 2:00 Movie Netflix Matinee: Wonder (TV) 13 2:30 Tsawwassen United Worship Church Service (with Rev. Daniel Kirkegaard) (L) 20 2:00 Movie Netflix Matinee: The Guernsey Literary & Potato Peel Society (TV) 27	10:15 Functional Fitness (L) 7 3:00 History Discussion: The Seven Wonders of the World (L)  10:15 Functional Fitness (L) 14 2:30 The Garden Club Meeting (L) 3:00 Quarterly Meeting with the General Manager (L)  10:15 Functional Fitness (L) 21 2:00 Chef Chat: Food For Thought with Chef Matt (DR) 10:15 Functional Fitness (L) 28 3:00 Bean Bag Toss (TV)	10:15 Functional Fitness (L) 1 3:00 Social Hour: Peter Montgomery 10:15 Functional Fitness (L) 8 3:00 Social Hour: Colleen Durdon 10:15 Functional Fitness (L) 15 3:00 Social Hour: Suede Dogs (St. Patrick's Day Social - Wear Green)  10:15 Functional Fitness (L) 22 3:00 Social Hour: Richard Stepp 10:15 Functional Fitness (L) 29 3:00 Social Hour: Peter Williams	Adele's Nail Care (#104) 2 10:15 Functional Fitness (L) 2:00 Bingo (DR)  10:15 Functional Fitness (L) 9 1:00 Wellness Clinic with Nurse Marla (1pm-3pm) Rm #104 2:00 Bingo (DR)  Adele's Nail Care (#104) 16 10:15 Functional Fitness (L) 2:00 Bingo (DR) 3:00 World Cuisine: Travel to Dublin (TV)  10:15 Functional Fitness (L) 23 1:00 Wellness Clinic with Nurse Marla (1pm-3pm) Rm #104 2:00 Bingo (DR)  10:15 Functional Fitness (L) 30 2:00 Bingo (DR) 	10:15 Functional Fitness (L) 3 2:00 Guess The Singer and Watch them Perform! (L) 3:00 Jeopardy! (L)  10:15 Functional Fitness (L) 10 2:00 Documentary: The Dolly Parton Story (L) 3:00 Jeopardy! (L)  10:15 Functional Fitness (L) 17 2:00 St. Patrick's Day Origins Discussions (L)  10:15 Functional Fitness (L) 24 2:00 Art History: Featuring Frida Kahlo (L) 3:00 Jeopardy! (L)  10:15 Functional Fitness (L) 31 3:00 Jeopardy! (L) 	9:00 Sandwich Makers (DR) 4 10:15 Fitness to the Beat (L) 3:00 Social Hour: John Dean 10:15 Fitness to the Beat (L) 11 3:00 Social Hour: Peter Dean 10:15 Fitness to the Beat (L) 18 3:00 Social Hour: Pacific Mist Jazz Trio 10:15 Fitness to the Beat (L) 25 3:00 Social Hour: The Music Variations Band 	2:00 Women's History Month: Discussion- Women's Heros (L) 5 3:00 Knit Wits! (LIBR) 6:30 Movie Netflix : Miracles from Heaven (TV) 10:15 Functional Fitness (L) 12 3:00 Knit Wits! (LIBR) 6:30 Movie Netflix: Dolly Parton: Here I am (TV)  10:15 Functional Fitness (L) 19 3:00 Knit Wits! (LIBR) 6:30 Movie Netflix: Jerry Maguire (TV)  10:15 Functional Fitness (L) 26 2:00 History Discussion: Amelia Earhart with Liz (TV) 3:00 Knit Wits! (LIBR) 6:30 Movie Netflix : The Age of Adeline (TV) 