

# RECREATION CHOICES

March 2016

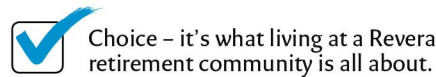
Sunwood by Revera, 12241- 224th. Maple Ridge, B.C. V2X 8Y8 604-463-5527

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Room Legend</b>		<b>01</b>	<b>Jewelry 02</b>	<b>Resident meeting 03</b>	<b>Coco's Clothes 04</b>	<b>05</b>
<b>CK-</b> Country Kitchen <b>DR-</b> Dining Room <b>PDR</b> Private Dining Room <b>T-</b> Tea-Room <b>L-</b> Lounge <b>UK-</b> Upstairs Kitchen <b>3rd.-</b> 3rd. Floor <b>M-</b> Movie Theater <b>1st.-</b> First floor Exerc.rm.  <b>R.L.-</b> Resident Led		9:30 Word Puzzles -L.  10:00 Chair moves to music - 3rd.  2:00 Scrabble - L.  7:00 Integrated Nutrition Meeting- C.K.  7:00 Shall "Wii" Play? - L.	9:30 Word Search -L.  10:30 Chair Exercises-3rd.  1:30 <b>Boca Raton Designs Jewelry - L.</b> 2:00 Bingo - 3rd.  6:30 Poker - 3rd.	9:30 Word Search -L. 9:30 Classical Stretch-1st. 10:30 Chair Exercises-3rd. 11:30 <b>W/C &amp; Walker check</b> 1:15 Resident meeting -D.R. 2:00 Cribbage - L 2:00 <b>Mind's in Motion -3rd.</b> 2:30 Happy/Social Hour  7:00 Shall "Wii" Play? - L.	9:30 Word Search 9:30 Classical Stretch-1st. 10:30 Chair Yoga-3rd. 11:00 <b>Coco's Clothes</b>  2-330 <b>Sunwood's Celebration Tea Open House!</b>  2:00 Cribbage 7:00 Movie—M	9:30 Word Search 9:30 <b>Classical Stretch-1st.</b> 10:30 Chair Exercises-3rd.- <b>Or</b> neighborhood walk.  1:15 <b>Decorate for St. Patrick's day</b> 2:30 Happy/Social Hour  Movie
<b>06</b>	<b>07</b>	<b>08</b>	<b>Miracle Ear 09</b>	<b>Party! 10</b>	<b>Bus Trip 11</b>	<b>PIZZA &amp; MOVIE 12</b>
9:30 Sunday Crossword L.  2:00 <b>Worship Service— 3rd.</b> WITH M.R. ALLIANCE CHURCH  3:00 Trivia - L. 7:00 T.V. Heartland  6:30 Poker - 3rd.	9:30 Word Puzzles -L. 10:00 Chair Yoga-3rd.  3:00 Bible Study—3rd.  7:00 T.V. Downton Abbey 7:00 Live Music with Darren—L.	9:30 Word Puzzles -L.  10:00 Chair moves to music - 3rd.  2:00 Scrabble - L.  7:00 Integrated Nutrition Meeting- C.K.  7:00 Shall "Wii" Play? - L.	9:30 Word Search-L.  9:30 Classical Stretch-1st. 10:30 Chair Exercises-3rd. 1:00 <b>Miracle Ear— L.</b> 2:00 <b>Welcome Orientation New Residents T.</b>  2:00 Bingo - 3rd.  6:30 Poker - 3rd.	9:30 Word Search 9:30 Classical Stretch-1st. 10:30 Chair Exercises-3rd. 2:00 <b>Peter Paulus-St.Patrick's Day Party</b> 2:00 <b>Mind's in Motion -3rd.</b> 2:00 Cribbage - L  2:30 Happy/Social Hour  7:00 Shall "Wii" Play? - L.	9:30 Word Search 9:30 Classical Stretch-1st. 10:30 Chair Yoga-3rd. 10:30 <b>Westminster Quay-Boardwalk &amp; Lunch at: Spaghetti Factory</b> 1:30 <b>Purple Angel Memory Café - L.</b> 2:00 Cribbage 7:00 Movie—M	9:30 Word Search 9:30 Classical Stretch-1st. 10:30 Chair Exercises-3rd.- <b>Or</b> neighborhood walk.  2:30 Happy/Social Hour 5:30 <b>Sunwood Pizza &amp; Movie Night- M.</b>  7:00 Movie
<b>13</b>	<b>14</b>	<b>15</b>	<b>Water &amp; Air 16</b>	<b>Irish Dancers! 17</b>	<b>Birthday Party 18</b>	<b>AUCTION 19</b>
9:30 Sunday Crossword L.  2:00 <b>Worship Service— 3rd.</b> WITH M.R. ALLIANCE CHURCH  3:00 Trivia - L. 7:00 T.V. Heartland 6:30 Poker - 3rd.	9:30 Word Puzzles -L. 10:00 Chair Yoga-3rd.  3:00 Bible Study—3rd.  7:00 T.V. Downton Abbey  7:00 Live Music with Darren—L.	9:30 Word Puzzles -L.  10:00 Chair moves to music - 3rd. 2:00 Scrabble - L. 5:45 <b>Kiwanis</b>  7:00 Integrated Nutrition Meeting- C.K.  7:00 Shall "Wii" Play? - L.	9:30 Word Search- L.  9:30 Classical Stretch-1st. 10:00 <b>Water &amp; Air Seminar "The Force of Life "-C.K.</b>  10:30 Chair Exercises-3rd. 2:00 Bingo - 3rd.  6:30 Poker - 3rd.	9:30 Word Search 9:30 Classical Stretch-1st. Chair Exercises-3rd. 11:30 <b>Marketing Lunch</b> 2:00 <b>Irish Dancers</b> 2:00 <b>Mind's in Motion -3rd.</b>  2:00 Cribbage - L  2:30 Happy/Social Hour  7:00 Shall "Wii" Play? - L.	9:30 Word Search  9:30 Classical Stretch-1st. 10:30 Chair Yoga -3rd.  2:00 March Birthday party  2:00 Cribbage 7:00 Movie—M	9:30 Word Search 9:30 Classical Stretch-1st. 10:30 Chair Exercises-3rd.- <b>Or</b> neighborhood walk.  1:30 <b>Sunwood Auction</b>  2:30 Happy/Social Hour  7:00 Movie

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Sunwood by Revera, Teri Clegg Director of Recreation [teri.clegg@reveraliving.com](mailto:teri.clegg@reveraliving.com)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>20</b>	<b>21</b>	<b>22</b>	<b>Foot Care Nurse 23</b>	<b>Food for thought 24</b>	<b>GOOD FRIDAY 25</b>	<b>26</b>
9:30 Sunday Crossword L. 2:00 <b>Worship Service</b> — 3rd. With Brunette Fellowship 3:00 Trivia -T. 7:00 T.V. Heartland 6:30 Poker -3rd.	9:30 Word Puzzles -L. 10:00 Chair Yoga-3rd. 3:00 Bible Study 7:00 T.V. Downton Abbey 7:00 <b>Live Music with Darren</b> —L.	9:30 Word Puzzles -L. 10:00 Chair moves to music - 3rd. 2:00 Scrabble - L. 7:00 Integrated Nutrition Meeting- C.K. 7:00 Shall "Wii" Play? - L.	9:00 Foot Care Nurse 9:30 Word Search 9:30 Classical Stretch - 1st.fl. 10:30 Chair Exercises-3rd. 2:00 Bingo - 3rd. 2:30 <b>Sofia's Designs</b> 6:30 Poker - 3rd.	9:30 Word Search 9:30 Classical Stretch - 1st.fl. 10:30 Chair Exercises-3rd. 2:00 <b>Mind's in Motions</b> -3rd. 1:30 <b>Food-4-Thought</b> - PDR 2:00 Cribbage - L 2:30 Happy/Social Hour 7:00 Shall "Wii" Play? - L.	9:30 Word Search 1:15 <b>Make Your own Easter Bonnet!</b> - 3rd. 2:00 <b>Resident Committee Meeting</b> - P.D.R. 2:00 Cribbage 7:00 Movie	9:30 Word Search 9:30 Classical Stretch-1st. 10:30 Chair Exercises-3rd.- <b>Or neighborhood walk.</b> 2:30 Happy/Social Hour 7:00 Movie
<b>EASTER BUFFET 27</b>	<b>EASTER MONDAY 28</b>	<b>29</b>	<b>30</b>	<b>Meet &amp; Greet Social 31</b>		
9:30 Sunday Crossword L. 2:00 <b>Worship Service</b> — 3rd. WITH M.R. ALLIANCE CHURCH 3:00 Trivia -T. 7:00 T.V. Heartland 6:30 Poker-3rd.	9:30 Word Puzzles -L. 2:00 Color Therapy 7:00 T.V. Downton Abbey	9:30 Word Puzzles -L. 10:00 Chair moves to music - 3rd. 2:00 Scrabble - L. 7:00 Integrated Nutrition Meeting- C.K. 7:00 Shall "Wii" Play? - L.	9:30 Word Search 9:30 Classical Stretch - 1st.fl. 10:30 Chair Exercises-3rd. 2:00 Bingo - 3rd. 6:30 Poker - 3rd.	9:30 Word Search 9:30 Classical Stretch - 1st.fl. 10:30 Chair Exercises-3rd. 2:00 <b>Mind's in Motion</b> -3rd 2:00 .Cribbage - L 2:30 Happy/Social Hour 7:00 <b>Meet &amp; Greet Social</b> w/ Kenny Buxton!		
Teri Clegg Director of Recreation Wednesday-Sunday	<b>MARCH BIRTHDAYS!</b>	Happy Birthday to: 02 Harvey 04 Esther L. 04 Claudia 04 Peggy C.	09 Jan 10 Flora 20 Ed Bradley 23 Bob 23 Leona 28 Peggy E. 31 Dorothy C.	<u><a href="#">Hair Salon</a></u> Georgina 604-992-7936  <u><a href="#">Manicurist</a></u> Brittany 604-786-4316	<u><a href="#">Foot Care Nurse</a></u> Vilma 778-998-2013	