

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
Room Legend		01	Jewelry 02	Resident meeting 03	Coco's Clothes 04	05
CK- Country Kitchen DR- Dining Room PDR Private Dining Room T- Tea-Room L- Lounge UK- Upstairs Kitchen 3rd.- 3rd. Floor M- Movie Theater 1st.- First floor Exerc.rm. R.L.- 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 Boca Raton Designs Jewelry - L. 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 W/C & Walker check 1:15 Resident meeting -D.R. 2:00 Cribbage - L 2:00 Mind's in Motion -3rd. 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 Coco's Clothes 2-330 Sunwood's Celebration Tea Open House! 2:00 Cribbage 7:00 Movie—M	9:30 Word Search 9:30 Classical Stretch-1st. 10:30 Chair Exercises-3rd.- Or neighborhood walk. 1:15 Decorate for St. Patrick's day 2:30 Happy/Social Hour Movie
06	07	08	Miracle Ear 09	Party! 10	Bus Trip 11	PIZZA & MOVIE 12
9:30 Sunday Crossword L. 2:00 Worship Service— 3rd. 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 Miracle Ear— L. 2:00 Welcome Orientation New Residents T. 2:00 Bingo - 3rd. 6:30 Poker - 3rd.	9:30 Word Search 9:30 Classical Stretch-1st. 10:30 Chair Exercises-3rd. 2:00 Peter Paulus-St.Patrick's Day Party 2:00 Mind's in Motion -3rd. 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 Westminster Quay-Boardwalk & Lunch at: Spaghetti Factory Purple Angel Memory Café - L. 2:00 Cribbage 7:00 Movie—M	9:30 Word Search 9:30 Classical Stretch-1st. 10:30 Chair Exercises-3rd.- Or neighborhood walk. 2:30 Happy/Social Hour 5:30 Sunwood Pizza & Movie Night- M. 7:00 Movie
13	14	15	Water & Air 16	Irish Dancers! 17	Birthday Party 18	AUCTION 19
9:30 Sunday Crossword L. 2:00 Worship Service— 3rd. 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 Kiwanis 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 Water & Air Seminar "The Force of Life "-C.K. 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 Marketing Lunch 2:00 Irish Dancers 2:00 Mind's in Motion -3rd. 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.- Or neighborhood walk. 1:30 Sunwood Auction 2:30 Happy/Social Hour 7:00 Movie

RECREATION CHOICES

March 2016

Sunwood by Revera, Teri Clegg Director of Recreation teri.clegg@reveraliving.com

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20	21	22	Foot Care Nurse 23	Food for thought 24	GOOD FRIDAY 25	26
9:30 Sunday Crossword L. 2:00 Worship Service — 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 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.	9:00 Foot Care Nurse 9:30 Word Search 9:30 Classical Stretch - 1st.fl. 10:30 Chair Exercises-3rd. 2:00 Bingo - 3rd. 2:30 Sofia's Designs 6:30 Poker - 3rd.	9:30 Word Search 9:30 Classical Stretch - 1st.fl. 10:30 Chair Exercises-3rd. 2:00 Mind's in Motions -3rd. 1:30 Food-4-Thought - PDR 2:00 Cribbage - L 2:30 Happy/Social Hour 7:00 Shall "Wii" Play? - L.	9:30 Word Search 1:15 Make Your own Easter Bonnet! - 3rd. 2:00 Resident Committee Meeting - P.D.R. 2:00 Cribbage 7:00 Movie	9:30 Word Search 9:30 Classical Stretch-1st. 10:30 Chair Exercises-3rd.- Or neighborhood walk. 2:30 Happy/Social Hour 7:00 Movie
EASTER BUFFET 27	EASTER MONDAY 28	29	30	Meet & Greet Social 31		
9:30 Sunday Crossword L. 2:00 Worship Service — 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 Mind's in Motion -3rd 2:00 .Cribbage - L 2:30 Happy/Social Hour 7:00 Meet & Greet Social w/ Kenny Buxton!		
Teri Clegg Director of Recreation Wednesday-Sunday	MARCH BIRTHDAYS!	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>Hair Salon</u> Georgina 604-992-7936 <u>Manicurist</u> Brittany 604-786-4316	<u>Foot Care Nurse</u> Vilma 778-998-2013	