


RECREATION CHOICES

MARCH 2016

Parkwood Place - Marlie Philp, Director of Recreation

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>*Please note, many of the evening program times have changed.</p>	<p>1</p> <p>9:30 Chair Massage - HS 9:30 Sit & Strengthen I - FR 11:30 Meditation - Cancelled 12:45 Bridge - BR 1:15 Shopping Shuttle - FD 1:30 Interactive Music - TVL 4:00 Parkwood Pub - TVL 7:15 Super Quiz - TVL</p>	<p>2</p> <p>8:30 Hairdresser - HS 9:30 Sit & Strengthen I - FR 10:00 Special Outing - FD <i>Chemainus Theatre Festival</i> 2:00 RBC Fraud Prevention Presentation - TVL 4:00 IMAX Movie - TVL "Galapagos" 7:15 Brain Games - DR</p>	<p>3</p> <p>8:30 Hairdresser - HS 9:30 Sit & Strengthen II - FR 10:15 TED Talks - TVL 11:00 Billiards - BR 12:45 Bridge - BR 2:15 Afternoon Entertainment <i>Chris & Kris - DR</i> 4:00 Parkwood Pub - TVL Cancelled 7:30 Charity Bingo - DR</p>	<p>Staff Appreciation Day 4</p> <p>8:30 Hairdresser - HS 9:30 Sit & Strengthen II - FR 10:30 Adventure Lecture "Croatia: Part I" - TVL 12:45 Bridge - BR 2:30 Coffee Klatch - DR 2:15 Weekly Chronicles - TVL 3:30 Meditation - TVL 7:15 Masterminds - TVL</p>	<p>5</p> <p>9:30 Coffee Klatch - FSL 10:00 Strength & Balance - FR 10:00 "Lavish" Tuck Shop - FSL 10:15 Knitting Social - FSL 10:45 The Golden Girls - TVL 11:00 Library Clean Up - LB 1:30 Special Outing - FD Victoria Symphony 4:00 Parkwood University: "School Failure" - TVL 7:00 Movie Night - TVL "Groundhog Day"</p>
		<p>6</p> <p>9:30 Coffee Klatch - FSL 11:00 The Carol Burnett Show - TVL 1:00 Colouring - CR 2:00 Sunday Movie - TVL "Singing in the Rain" 2:30 Cribbage - BR 4:00 Parkwood University "Mammoth Cave" - TVL 7:00 Documentary - TVL "The Human Scale"</p>	<p>7</p> <p>9:30 Esthetician - HS 9:30 Chair Yoga - FR 10:00 Appointment Shuttle - FD 10:30 First Met United Church Service on Video - TVL 11:00 Cribbage - CR 2:30 Art with Betsy - CR "Dessert Art" 3:30 Are You Being Served? - TVL 7:30 Loonie Bingo - DR</p>	<p>International Women's Day 8</p> <p>9:30 Chair Massage - HS 9:30 Sit & Strengthen I - FR 11:30 Meditation - TVL 12:45 Bridge - BR 1:15 Shopping Shuttle - FD 1:30 Interactive Music - TVL 4:00 Parkwood Pub - TVL 7:15 Masterminds - TVL</p>	<p>9</p> <p>8:30 Hairdresser - HS 9:30 Sit & Strengthen I - FR 10:30 Weekly Chronicles - TVL 2:30 New Residents Info Session - TVL 4:00 IMAX Movie - TVL "Mountain Gorilla" 7:15 Trivia Night - DR</p>	<p>10</p> <p>8:30 Hairdresser - HS 9:30 Sit & Strengthen II - FR 10:00 Catholic Service - TVL 10:00 Hearing Health Checks - CR 11:15 TED Talks - TVL 11:00 Billiards - BR 12:45 Bridge - BR 2:15 Resident General Meeting - DR 4:00 Parkwood Pub - TVL</p>
<p>13</p> <p>9:30 Coffee Klatch - FSL 11:00 The Carol Burnett Show - TVL 1:00 Sunday Movie - TVL "Kramer vs Kramer" 2:30 Cribbage - BR 3:00 Eric Tolman History Presentation - TVL <i>The American Revolution & Canada</i> 7:00 Documentary - TVL "Being Elmo"</p>	<p>14</p> <p>9:30 Esthetician - HS 9:30 Chair Yoga - FR 10:00 Appointment Shuttle - FD 10:30 First Met United Church Service on Video - TVL 11:00 Cribbage - CR 2:30 Art with Betsy - CR "Pattern Cat" 4:00 Are You Being Served? - TVL 7:30 Loonie Bingo - DR</p>	<p>15</p> <p>9:30 Chair Massage - HS 9:30 Sit & Strengthen I - FR 11:30 Meditation - TVL 12:45 Bridge - BR 1:15 Shopping Shuttle - FD 1:30 Interactive Music - TVL 2:00 Victoria: Through Artists Eyes by Robert Amos - DR 4:00 Parkwood Pub - TVL 7:15 Super Quiz - TVL</p>	<p>16</p> <p>8:30 Hairdresser - HS 9:30 Sit & Strengthen I - FR 10:30 Weekly Chronicles - TVL 1:30 Special Outing - FD <i>Royal BC Museum</i> 2:00 RBC Investing in Taxes - TVL 2:30 Colouring - CR 4:00 IMAX Movie - TVL "Survival Island" 7:15 Brain Games - TVL</p>	<p>St. Patrick's Day 17</p> <p>8:30 Hairdresser - HS 9:30 Sit & Strengthen II - FR 10:15 TED Talks - TVL 11:00 "Ireland, Sculpted Isle" Documentary - TVL 11:00 Billiards - BR 12:45 Bridge - BR 2:00 St. Patrick's Day Party with the BVD's - DR 4:00 Parkwood Pub - TVL Cancelled 7:30 Charity Bingo - DR</p>	<p>18</p> <p>8:30 Hairdresser - HS 9:30 Sit & Strengthen II - FR 10:30 Adventure Lecture "Croatia: Part II" - TVL 12:45 Bridge - BR 2:00 Irish Dancers - DR 2:30 Coffee Klatch - DR 3:30 Meditation - TVL 7:15 Masterminds - TVL</p>	<p>19</p> <p>9:30 Coffee Klatch - FSL 10:00 Strength & Balance - FR 10:00 "Lavish" Tuck Shop - FSL 10:15 Knitting Social - FSL 10:45 The Golden Girls - TVL 11:00 Library Clean Up - LB 2:00 Bon Voyage, Marlie! - DR 4:00 Parkwood University: "Weight Loss" - TVL 7:00 Movie Night - TVL "Fantasia"</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20	21	22	23	24	Good Friday 25	26
9:30 Coffee Klatch - FSL 11:00 The Carol Burnett Show - TVL 1:00 Colouring - CR 2:00 Sunday Movie - TVL "One Flew Over the Cuckoos Nest" 2:30 Cribbage - BR 4:00 Parkwood University "Cave of Crystals"- TVL 7:30 Church Service - DR	9:30 Esthetician - HS 9:30 Chair Yoga - FR 10:00 Appointment Shuttle - FD 10:30 First Met United Church Service on Video - TVL 11:00 Cribbage - CR 1:30 Podiatrist - HS 2:30 Art with Betsy - CR "Tonal Cityscape" 3:30 Are You Being Served? - TVL 7:15 Loonie Bingo - DR	9:30 Chair Massage - HS 9:30 Sit & Strengthen I - FR 11:30 Meditation - TVL 12:45 Bridge - BR 1:15 Shopping Shuttle - FD 1:30 Interactive Music - TVL Cancelled 4:00 Parkwood Pub - TVL 7:15 Masterminds - TVL	8:30 Hairdresser - HS 9:30 Sit & Strengthen I - FR 10:30 Weekly Chronicles - TVL 2:00 RBC Computers for Seniors - TVL 2:30 Colouring - CR 4:00 IMAX Movie - TVL "Into The Deep" 5:30 Easter Dinner - DR 7:00 Movie Night - TVL ""	8:30 Hairdresser - HS 9:30 Sit & Strengthen II - FR 10:15 TED Talks - TVL 11:00 Allergies: Cases of Mistaken Identity by the Immune System - TVL 11:00 Billiards - BR 12:45 Bridge - BR 2:15 Afternoon Entertainment Winnie & Lonnie - DR 4:00 Parkwood Pub - TVL 7:30 Charity Bingo - DR	8:30 Hairdresser - HS 9:30 Sit & Strengthen II - FR 12:45 Bridge - BR 2:00 Fitness Room Orientation - FR 2:30 Coffee Klatch - DR 3:30 Meditation - TVL 7:15 Masterminds - TVL	9:30 Coffee Klatch - FSL 10:00 Strength & Balance - FR 10:00 "Lavish" Tuck Shop - FSL 10:15 Knitting Social - FSL 10:45 The Golden Girls - TVL 11:00 Library Clean Up - LB 4:00 Parkwood University: "I Can't Walk" - TVL 7:00 Movie Night - TVL "Saving Mr. Banks"
Easter Sunday 27	Easter Monday 28	29	30	31		
9:30 Coffee Klatch - FSL 11:00 The Carol Burnett Show - TVL 11:30 Easter Brunch - DR 1:00 Colouring - CR 2:00 Sunday Movie - TVL "Easter Parade" 2:30 Cribbage - BR 4:00 Parkwood University "Great Blue Hole"- TVL 7:00 Documentary - TVL "PlantPure Nation"	9:30 Esthetician - HS 9:30 Chair Yoga - FR 10:00 Appointment Shuttle - FD 10:30 First Met United Church Service on Video - TVL 11:00 Cribbage - CR 2:30 Art with Betsy - CR "Spring Flowers" 4:00 Are You Being Served? - TVL 7:15 Loonie Bingo - DR	9:30 Chair Massage - HS 9:30 Sit & Strengthen I - FR 11:30 Meditation - TVL 12:45 Bridge - BR 1:15 Shopping Shuttle - FD 1:30 Interactive Music - TVL 4:00 Parkwood Pub - TVL 7:30 Entertainment - DR "Trilogy"	8:30 Hairdresser - HS 9:30 Sit & Strengthen I - FR 10:30 Weekly Chronicles - TVL 2:15 IMAX Movie - TVL "The Secret of Life on Earth" 2:30 Colouring - CR 7:15 Trivia Night - TVL	8:30 Hairdresser - HS 9:30 Sit & Strengthen II - FR 10:00 Heart Pharmacy - CR One-on-One Consultations 10:15 TED Talks - TVL 12:45 Bridge - BR 2:15 Birthday Tea with Joan Songhurst - DR 3:00 Art with Betsy - CR "Banyan Trees" 4:00 Parkwood Pub - TVL 7:30 Charity Bingo - DR		
					Room Legend HS Hair Salon BR Billiards Room TVL TV Lounge CR Craft Room LB Library FSL Fireside Lounge FD Front Desk	FR Fitness Room DR Dining Room PDR Private Dining Room BP Back Patio FP Front Patio 3FL Third Floor Lounge 4FL Fourth Floor Lounge