










CYPRESS GROVE ~ MARCH 2020 ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 8:45-10:30 STRENGTH TRAINING & 1-1 WALKS</p> <p>11:00 KEEP FIT, DINING ROOM</p> <p>1:30 1-1 VISITS</p> <p>1:30 STRENGTH TRAINING</p> <p>3:00 ST ALBAN'S ANGLICAN CHURCH SERVICE, FIRESIDE LOUNGE</p> <p>6:15 READING GROUP</p> <p>7:15 LEISURE TROLLEY</p>	<p>2 8:45-10:30 STRENGTH TRAINING & 1-1 WALKS</p> <p>11:00 KEEP FIT, DINING ROOM</p> <p>1:45 MUSIC & MASSAGE</p> <p>2:00 TRIVIA, DINING ROOM</p> <p>3:30 ACTIVE GAMES</p> <p>6:15 BINGO</p> <p>7:15 LEISURE TROLLEY</p>	<p>3 8:45-10:30 STRENGTH TRAINING & 1-1 WALKS</p> <p>10:00 READING GROUP</p> <p>11:00 MUSIC TRIVIA</p> <p>11:00 KEEP FIT</p> <p>1:45 CARDS & GAMES</p> <p>1:45 ARMCHAIR TRAVEL TO IRELAND</p> <p>6:15 SING-ALONG</p> <p>7:15 LEISURE TROLLEY</p>  <p>YEH-WU!!</p>	<p>4 8:45-12:00 STRENGTH TRAINING & 1-1 WALKS</p> <p>10:45 CARDS & PUZZLES</p> <p>1:45 MUSIC & MASSAGE</p> <p>1:45 ARTS & CRAFTS</p> <p>2:00 ICE CREAM SOCIALS, DINING ROOM</p> <p>3:30 BOWLING, DINING RM</p> <p>6:15 REMINISCING</p> <p>7:15 LEISURE TROLLEY</p>  <p>VALERIE !!</p>	<p>5 8:45-12:00 STRENGTH TRAINING & 1-1 WALKS</p> <p>10:00 BURNABY PUBLIC LIBRARY VISIT</p> <p>10:30 CARDS & PUZZLES</p> <p>11:00 KEEP FIT, DINING ROOM</p> <p>1:45 BINGO, DINING ROOM</p> <p>1:45 MUSIC & MASSAGE</p> <p>3:00 HAPPY HOUR, GAMES ROOM (MUSIC BY VIRGILIO C.)</p> <p>3:30 LEISURE TROLLEY</p>	<p>6 10:00 KEEP FIT, DINING ROOM</p> <p>11:00 WORD GAMES</p> <p>1:30 ACTIVE GAMES</p> <p>1:30 JAVA MUSIC CLUB, HOBBY ROOM</p> <p>3:15 ARTS AND CRAFTS</p>  <p>ETTA!!</p>	<p>7 10:00 MANICURES, BLUE GREEN LOUNGE</p> <p>10:15 KEEP FIT, DINING ROOM</p> <p>11:00 LEISURE TROLLEY</p> <p>1:45 BINGO, DINING ROOM</p> <p>3:30 1-1 VISITS</p>

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<p>8 8:45-10:30 STRENGTH TRAINING & 1-1 WALKS</p> <p>11:00 KEEP FIT, DINING ROOM</p> <p>1:30 1-1 VISITS</p> <p>1:30 STRENGTH TRAINING</p> <p>3:00 BURNABY GOSPEL CHURCH SERVICE, FIRESIDE LOUNGE</p> <p>6:15 READING GROUP</p> <p>7:15 LEISURE TROLLEY</p>	<p>9 8:45-10:30 STRENGTH TRAINING & 1-1 WALKS</p> <p>11:00 KEEP FIT, DINING ROOM</p> <p>1:45 MUSIC & MASSAGE</p> <p>2:00 TRIVIA, DINING ROOM</p> <p>3:30 ACTIVE GAMES</p> <p>6:15 BINGO</p> <p>7:15 LEISURE TROLLEY</p>	<p>10 8:45-10:30 STRENGTH TRAINING & 1-1 WALKS</p> <p>10:00 READING GROUP</p> <p>11:00 KEEP FIT, DINING ROOM</p> <p>1:30 STRENGTH TRAINING</p> <p>1:30 BAKING MINI CUPCAKES</p> <p>1:45 ARTS & CRAFTS</p> <p>3:30 1-1 VISITS</p> <p>6:15 SING-ALONG</p> <p>7:15 LEISURE TROLLEY</p>	<p>11 8:45-12:00 STRENGTH TRAINING & 1-1 WALKS</p> <p>10:45 CARDS & PUZZLES</p> <p>11:30 MUSIC WITH JOHN, DINING ROOM</p> <p>1:30 STRENGTH TRAINING</p> <p>1:45 MUSIC & MASSAGE</p> <p>1:45 ARTS & CRAFTS</p> <p>3:30 MENTAL AEROBICS</p> <p>3:30 OUTSIDE WALKS</p> <p>6:15 REMINISCING</p> <p>7:15 LEISURE TROLLEY</p>	<p>12 8:45-12:00 STRENGTH TRAINING</p> <p>10:30 CARDS & PUZZLES</p> <p>11:00 KEEP FIT, DINING ROOM</p> <p>1:45 MUSIC & MASSAGE</p> <p>2:00 MEMORIAL SERVICE FIRESIDE LOUNGE</p>  <p>3:30 LEISURE TROLLEY</p> <p>NO BINGO, NO HAPPY HOUR TODAY</p>  <p>TOM, & WAYNE!!</p>	<p>13 10:00 KEEP FIT, DINING ROOM</p> <p>11:00 WORD GAMES</p> <p>1:30 ACTIVE GAMES</p> <p>1:30 JAVA MUSIC CLUB, HOBBY ROOM</p> <p>3:15 REMINISCING</p>	<p>14 10:00 MANICURES, BLUE GREEN LOUNGE</p> <p>10:15 KEEP FIT, DINING ROOM</p> <p>11:00 LEISURE TROLLEY</p> <p>1:45 BINGO, DINING ROOM</p> <p>3:30 1-1 VISITS</p>

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<p>15 8:45-10:30 STRENGTH TRAINING</p> <p>11:00 KEEP FIT, DINING ROOM</p> <p>1:30 1-1 VISITS</p> <p>1:30 STRENGTH TRAINING</p> <p><u>3:00 CLASSICAL PIANO RECITAL, FIRESIDE LOUNGE</u></p> <p>6:15 READING GROUP</p> <p>7:15 LEISURE TROLLEY</p>  <p>WALTER!!</p>	<p>16 8:45-10:30 STRENGTH TRAINING & 1-1 WALKS</p> <p>11:00 KEEP FIT, DINING ROOM</p> <p>1:45 MUSIC & MASSAGE</p> <p>2:00 TRIVIA, DINING ROOM</p> <p>3:30 ACTIVE GAMES</p> <p>6:15 BINGO</p> <p>7:15 LEISURE TROLLEY</p>	<p>17 8:45-10:30 STRENGTH TRAINING & 1-1 WALKS</p> <p>10:30 SCENIC DRIVE</p> <p>11:00 CHOIR, FIRESIDE LOUNGE</p> <p>1:30 STRENGTH TRAINING</p> <p><u>2:00 ST. PATRICK'S DAY CELEBRATION</u> <u>ENTERTAINER: AL FOREMAN</u></p> <p>3:30 CARDS AND PUZZLES</p> <p>6:15 SING-ALONG</p> <p>7:15 LEISURE TROLLEY</p> <p>NO READING GROUP, NO KEEP FIT TODAY</p>	<p>18 8:45-12:00 STRENGTH TRAINING & 1-1 WALKS</p> <p>10:45 CARDS & PUZZLES</p> <p>11:30 MUSIC WITH JOHN, DINING ROOM</p> <p>1:30 STRENGTH TRAINING</p> <p>1:45 MUSIC & MASSAGE</p> <p>1:45 OUTSIDE WALKS</p> <p>2:00 SING ALONG, DINING ROOM</p> <p>3:30 BOWLING</p> <p>6:15 REMINISCING</p> <p>7:15 LEISURE TROLLEY</p>	<p>19 8:45-12:00 STRENGTH TRAINING & 1-1 WALKS</p> <p>10:30 CARDS & PUZZLES</p> <p>11:00 KEEP FIT, DINING ROOM</p> <p>1:45 BINGO, DINING ROOM</p> <p>1:45 MUSIC & MASSAGE</p> <p><u>2:00 CATHOLIC MASS, FIRSIDE LOUNGE</u></p> <p>3:00 HAPPY HOUR, GAMES ROOM</p> <p>3:30 LEISURE TROLLEY</p>	<p>20 10:00 KEEP FIT, DINING ROOM</p> <p>10:45 MUSICAL MEMORIES, BLUE GREEN LOUNGE</p> <p>11:00 CROSSWORDS</p> <p>1:30 ACTIVE GAMES</p> <p>1:30 JAVA MUSIC CLUB, HOBBY ROOM</p> <p>3:15 ARTS AND CRAFTS</p> <p>FIRST DAY OF SPRING</p> 	<p>21 10:00 MANICURES, BLUE GREEN LOUNGE</p> <p>10:15 KEEP FIT, DINING ROOM</p> <p>11:00 LEISURE TROLLEY</p> <p>1:45 BINGO, DINING ROOM</p> <p>3:30 1-1 VISITS</p>

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<p>22 8:45-10:30 STRENGTH TRAINING & 1-1 WALKS</p> <p>11:00 KEEP FIT, DINING ROOM</p> <p>1:30 1-1 VISITS</p> <p>1:30 STRENGTH TRAINING</p> <p>3:00 CHRISTIAN REFORMED CHURCH SERVICE, FIRESIDE LOUNGE</p> <p>6:15 READING GROUP</p> <p>7:15 LEISURE TROLLEY</p>	<p>23 8:45-10:30 STRENGTH TRAINING & 1-1 WALKS</p> <p>11:00 KEEP FIT, DINING ROOM</p> <p>1:45 OUTDOOR WALKS</p> <p>2:00 TRIVIA, DINING ROOM</p> <p>3:30 ACTIVE GAMES</p> <p>6:15 BINGO</p> <p>7:15 LEISURE TROLLEY</p>  <p>ROBERT D., & HUNG MEI!!</p>	<p>24 8:45-10:30 STRENGTH TRAINING & 1-1 WALKS</p> <p>10:00 READING GROUP</p> <p>11:00 CHOIR, FIRESIDE LOUNGE</p> <p>11:00 KEEP FIT, DINING ROOM</p> <p>1:45 DISCOVERY KIT-SPRING</p> <p>1:45 CARDS & GAMES</p> <p>3:30 HELPING HANDS</p> <p>3:30 1-1 VISITS</p> <p>6:15 SING-ALONG</p> <p>7:15 LEISURE TROLLEY</p>	<p>25 8:45-12:00 STRENGTH TRAINING & 1-1 WALKS</p> <p>11:30 MUSIC WITH JOHN, DINING ROOM</p> <p>1:30 STRENGTH TRAINING</p> <p>1:45 MUSIC & MASSAGE</p> <p>1:45 ARTS & CRAFTS</p> <p>2:00 SING ALONG, DINING ROOM</p> <p>3:30 BOWLING, DINING ROOM</p> <p>6:15 REMINISCING</p> <p>7:15 LEISURE TROLLEY</p>  <p>ALOISIA!!</p>	<p>26 8:45-12:00 STRENGTH TRAINING & 1-1 WALKS</p> <p><u>12:00 LUNCH CLUB, BLUE GREEN LOUNGE</u></p> <p>1:45 BINGO, DINING ROOM</p> <p>1:45 MUSIC & MASSAGE</p> <p>3:00 HAPPY HOUR, GAMES ROOM</p> <p>3:30 LEISURE TROLLEY</p>	<p>27 10:00 KEEP FIT, DINING ROOM</p> <p>10:45 MUSICAL MEMORIES, BLUE GREEN LOUNGE</p> <p>11:00 WORD GAMES</p> <p>1:30 ACTIVE GAMES</p> <p>1:30 JAVA MUSIC CLUB, HOBBY ROOM</p> <p><u>3:00 RESIDENT INFORMATION MEETING</u></p>	<p>28 10:00 MANICURES BLUE GREEN LOUNGE</p> <p>10:15 KEEP FIT, DINING ROOM</p> <p>11:00 LESIURE TROLLEY</p> <p>1:45 BINGO, DINING ROOM</p> <p>3:30 1-1 VISITS</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>29 8:45-10:30 STRENGTH TRAINING & 1-1 WALKS</p> <p>11:00 KEEP FIT, DINING ROOM</p> <p>1:30 1-1 VISITS</p> <p>1:30 STRENGTH TRAINING</p> <p><u>3:00 CLASSICAL PIANO RECITAL, FIRESIDE LOUNGE</u></p> <p>6:15 READING GROUP</p> <p>7:15 LEISURE TROLLEY</p>	<p>30 8:45-10:30 STRENGTH TRAINING</p> <p>11:00 KEEP FIT, DINING ROOM</p> <p>1:45 OUTDOOR WALKS</p> <p>2:00 TRIVIA, DINING ROOM</p> <p>3:30 ACTIVE GAMES</p> <p>6:15 BINGO</p> <p>7:15 LEISURE TROLLEY</p>  <p>GERHARD!!</p>	<p>31 8:45-10:30 STRENGTH TRAINING & 1-1 WALKS</p> <p>10:00 READING GROUP</p> <p>11:00 CHOIR, FIRESIDE LOUNGE</p> <p>11:00 KEEP FIT</p> <p><u>2:00 BIRTHDAY PARTY! (MUSIC BY PETE C.) DINING ROOM</u></p>  <p>TERESA, & ALL MARCH CELEBRANTS!!</p> <p>4:00 1-1 VISITS</p> <p>6:15 SING-ALONG</p> <p>7:15 LEISURE TROLLEY</p>				

