
















# March 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 9:30am Step Up 1 Class 9:30am Strength & Balance 10:30am Musical Visits with Sterling 10:45am Step Up 2 Class  2:00pm Special Moments 3:00pm Music with Sterling (2 <sup>nd</sup> ) 3:00pm Get up Class	3 9:45am Creative Music Making with Sterling 10:30am Nail Care (2 <sup>nd</sup> ) 10:30am Worship with Vancouver Chinese Mission 11:00am Musical Visits with Sterling <b>10:45am Lunch Outing to The Old Spaghetti Factory</b> 2:00pm Creative Art: St. Patrick's Day Theme	4 9:30am Step Up 1 Class 9:30am Exercise 10:15am Bell Choir with Angela 10:45am Step Up 2 Class  12:00pm Friendship Lunch  1:30pm Tzu Chi Karaoke 3:00pm Get up Class 3:00pm Musical Visits with Angela 3:30pm Welcome Wagon: Craft	5 9:45am Creative Music Making with Sterling 10:30am Tzu Chi Program 11:00am Musical Visits with Sterling  12:00pm Tzu Chi Lunch  6:00pm Carpet Bowling 	6 9:30am Step Up 1 Class 9:30am Strength & Balance 9:30am Active Games (3 <sup>rd</sup> ) 10:30am Musical Visits with Sterling 10:45am Active Games (2 <sup>nd</sup> ) 11:15am Step Up 2 Class  1:30pm Mike's Critters: Cute and Cuddly 3:00pm Music with Sterling (2 <sup>nd</sup> ) 3:00pm Get Up Class	7 9:30am Bell Choir  10:45am Current Events  2:00pm   3:00pm Musical visits with Angela
8 9:45am Active Games (3 <sup>rd</sup> fl) 1:30pm Baking 	9 9:30am Step Up 1 Class 9:30am Strength & Balance 10:30am Musical Visits with Sterling 10:45am Step Up 2 Class  3:00pm Music with Sterling (2 <sup>nd</sup> ) 3:00pm Get up Class	10 9:45am Creative Music Making with Sterling 10:30am Nail Care (3 <sup>rd</sup> ) 10:30am Worship with Vancouver Chinese Mission 11:00am Musical Visits with Sterling <b>1:15pm Brock School Visit</b> 1:30pm Music with Pete (2 <sup>nd</sup> )	11 9:30am Step Up 1 Class 10:00am Musical Visits with Angela 10:45am Step Up 2 Class  1:30pm Tzu Chi Karaoke 3:00pm Get up Class 3:00pm Musical Visits with Angela	12 9:45am Creative Music Making with Sterling 10:30am Tzu Chi Program 11:00am Musical Visits with Sterling  12:00pm Tzu Chi Lunch 6:00pm Carpet Bowling	13 9:30am Step Up 1 Class 9:30am Active Games (3 <sup>rd</sup> ) 10:30am Musical Visits with Sterling <b>10:45am Lunch Outing to The Flamingo Restaurant</b> 11:15am Step-up 2 Class 2:00pm St. Pat's Decorating 3:00pm Music with Sterling (2 <sup>nd</sup> ) 3:00pm Get Up Class	14 10:45am St. Patrick's Day Trivia   2:00pm St. Patrick's Day Social With Bob Collins and Mary
15 	16 9:30am Step Up 1 Class 9:30am Strength & Balance 10:30am Musical Visits with Sterling 10:45am Step Up 2 Class  2:00pm Special Moments 3:00pm Music with Sterling (2 <sup>nd</sup> ) 3:00pm Get up Class	17 <b>St. Patrick's Day</b> 9:45am Creative Music Making with Sterling 10:30am Nail Care (2 <sup>nd</sup> ) 10:30am Worship with Vancouver Chinese Mission 11:00am Musical Visits with Sterling <b>2:00pm St. Patrick's Day Theme Birthday Party with Lorraine Smith</b>	18 10:00am <i>Memorial Service</i>   1:30pm Tzu Chi Karaoke 3:00pm Get up Class 3:00pm Musical Visits with Angela	19 <b>First Day of Spring</b> 9:45am Creative Music Making with Sterling 10:30am Tzu Chi Program 11:00am Musical Visits with Sterling  12:00pm Tzu Chi Lunch  6:00pm Carpet Bowling	20 9:30am Step Up 1 Class 10:00am Bookshelf Workshop 10:30am Musical Visits with Sterling 11:15am Step Up 2 Class    2:00pm Baking: Irish Soda Bread 3:00pm Music with Sterling (2 <sup>nd</sup> ) 3:00pm Get Up Class	21 10:45am Current Events  2:00pm 
22 9:45am Active Games (3 <sup>rd</sup> fl) 1:30pm Baking 	23 9:30am Step Up 1 Class 9:30am Strength & Balance 10:30am Musical Visits with Sterling 10:45am Step Up 2 Class <b>1:15pm Scenic Drive to Southlands</b> 3:00pm Music with Sterling (2 <sup>nd</sup> ) 3:00pm Get up Class	24 9:45am Creative Music Making <b>10:00am Easter Decorating</b> 10:30am Worship with Vancouver Chinese Mission 11:00am Musical Visits with Sterling  2:00pm <i>Multicultural Singers</i>	25 9:30am Step Up 1 Class 9:30am Exercise 10:00am Musical Visits with Angela 10:45am Step Up 2 Class 1:30pm Tzu Chi Karaoke  12:00pm Dim Sum 2:30pm Resident & Family Forum	26 9:45am Creative Music Making with Sterling 10:30am Tzu Chi Program 11:00am Musical Visits with Sterling  12:00pm Tzu Chi Lunch 6:00pm Carpet Bowling	27 9:30am Step Up 1 class 9:30am Exercise 9:30am Active Games (3 <sup>rd</sup> fl) 10:30am Catholic Mass 10:30am Music with Sterling (3 <sup>rd</sup> fl) 10:45am Active Games (2 <sup>nd</sup> fl) 11:15am Step-up 2 Class 2:00pm Out for Coffee 3:00pm Music with Sterling (2 <sup>nd</sup> fl) 3:00pm Get Up Class	28 10:45am Current Events  2:00pm Saturday Social with Brian Zalo
29 9:45am Active Games (3 <sup>rd</sup> fl) 1:30pm Baking 	30 9:30am Step Up 1 Class 9:30am Strength & Balance 10:30am Musical Visits with Sterling 10:45am Step Up 2 Class 2:00pm Special Moments 3:00pm Get up Class 3:00pm Drum Circle with Sterling	31 9:45am Creative Music Making with Sterling 10:30am Nail Care (3 <sup>rd</sup> ) 10:30am Worship with Vancouver Chinese Mission 11:00am Musical Visits with Sterling <b>1:15pm Brock School Visit</b> 3:30pm Music with Pete (2 <sup>nd</sup> )		<b>March Flower:</b> <i>Daffodil</i> 	<i>hello Spring</i> 	<b>March Birthstone:</b> <i>Aquamarine</i> 

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> 	<p>2</p> <p>9:30am Strength &amp; Balance (on main floor)</p> <p>10:45am Nail Care</p> <p>1:30pm Music with Sterling</p>	<p>3</p> <p>9:30am Nail Care</p> <p>10:30am Worship with Vancouver Chinese Mission (on main floor)</p> <p>3:30pm Sing Along with Emily</p>	<p>4</p> <p>11:30am Friendship Lunch (on Main Floor)</p> <p>3:30pm Reader's Corner</p>	<p>5</p> <p>9:30am Baking</p> <p>10:30am Snack Social</p> <p>1:30pm Music with Sterling</p> <p>6:00pm Carpet Bowling (on main floor)</p>	<p>6</p> <p>9:30am Musical Visits with Sterling</p> <p>10:45am Exercise</p> <p>1:30pm Mike's Critters "Cute &amp; Cuddly" (on main floor)</p>	<p>7</p> <p>9:30am Brain Games</p> <p>1:30pm Music with Angela</p> <p>2:00pm  (on Main Floor)</p>
<p>8</p> <p>11:00am Active Games</p> 	<p>9</p> <p>9:30am Strength &amp; Balance (on main floor)</p> <p>10:45am Nail Care</p> <p>1:30pm Music with Sterling</p>	<p>10</p> <p>10:30am Worship with Vancouver Chinese Mission (on main floor)</p> <p>10:45am Nail Care</p> <p>1:00pm Music with Peter Campbell</p>	<p>11</p> <p>10:30am Arts &amp; Crafts St. Patrick's Theme</p>  <p>1:30pm Karaoke with Tzu Chi (on Main floor)</p>	<p>12</p> <p>9:30am St. Patrick's Day Theme Baking</p> <p>10:30am Snack Social</p> <p>1:30pm Music with Sterling</p> <p>6:00pm Carpet Bowling (on main floor)</p>	<p>13</p> <p>9:30am Musical Visits with Sterling</p> <p>10:45am Exercise</p> <p>1:30pm Music with Sterling</p> <p>3:30pm Home Life Program</p>	<p>14</p> <p>9:30am Ball Games</p> <p>2:00pm St. Patrick's Day Social with Entertainment by Bob &amp; Mary (on Main Floor)</p> 
<p>15</p> 	<p>16</p> <p>9:30am Strength &amp; Balance (on main floor)</p> <p>10:45am St. Patrick's Day Decorating</p> <p>1:30pm Music with Sterling</p>	<p>17</p> <p><b>St. Patrick's Day</b></p> <p>10:30am Worship with Vancouver Chinese Mission (on main floor)</p> <p>10:45am Nail Care</p> <p>2:00pm St. Patrick's Day Birthday Party with Lorraine Smith (on Main Floor)</p>	<p>18</p> <p>10:00am Memorial Service (on Main floor)</p> <p>1:30pm Music with Angela</p> <p>2:00pm Fresh Air Walks</p> <p>3:30pm Reader's Corner</p>	<p>19</p> <p><b>First Day of Spring!</b></p> <p>9:30am Baking</p> <p>10:30am Snack Social</p> <p>1:30pm Music with Sterling</p> <p>6:00pm Pathfinders (on main floor)</p>	<p>20</p> <p>9:30am Musical Visits with Sterling</p> <p>10:00am Book Shelf Workshop (on Main Floor)</p> <p>1:45pm Garden Terrace Birthday Party with Lorraine Smith</p>	<p>21</p> <p>9:30am Brain Games</p> <p>2:00pm  (on Main Floor)</p>
<p>22</p> <p>11:00am Active Games</p> 	<p>23</p> <p>9:30am Strength &amp; Balance (on main floor)</p> <p>10:45am Nail Care</p> <p>1:15pm Scenic Drive to Southlands</p> <p>1:30pm Music with Sterling</p>	<p>24</p> <p>10:30am Worship with Vancouver Chinese Mission (on main floor)</p> <p>10:45am Nail Care</p> <p>2:00pm Multi-Cultural Singers (on main floor)</p>	<p>25</p> <p>10:45am Exercise</p> <p>2:00pm Arts &amp; Crafts</p> <p>2:30pm Resident &amp; Family Forum (on Main Floor)</p> <p>3:30pm Sing Along with Emily</p>	<p>26</p> <p>9:30am Baking</p> <p>10:30am Snack Social</p> <p>1:30pm Music with Sterling</p> <p>6:00pm Carpet Bowling (on main floor)</p>	<p>27</p> <p>9:30am Musical Visits with Sterling</p> <p>10:30am Catholic Mass (on Main fl)</p> <p>10:45am Exercise</p> <p>2:00pm Out for Coffee</p>	<p>28</p> <p>9:30am Ball Games</p> <p>2:00pm Saturday Social with Entertainment by Brian Zalo (on Main Floor)</p>
<p>29</p> <p>11:00am Active Games</p> 	<p>30</p> <p>9:30am Strength &amp; Balance (on main floor)</p> <p>10:45am Spring Decorating</p> <p>3:00pm Drum Circle (on Main Floor)</p>	<p>31</p> <p>10:30am Worship with Vancouver Chinese Mission (on main floor)</p> <p>10:45am Nail Care</p> <p>4:00pm Music with Peter Campbell</p>			<p>March's Flower is the Daffodil</p> 	<p>March's Birthstone Is Aquamarine</p> 