



MARCH 2023



Location Key		Sign Up Sheets		Wednesday 1	Thursday 2	Friday 3	Saturday 4
MR - Multipurpose Room	TH - Theatre		You will see a star beside the activity or outing on this calendar if sign-up is required. Activities binder is located by Village elevator.	9:30 Java Group 1 (L)	9:45 Exercise with Leah (MR)	10:00 Virtual Fit with Josh (MR)	9:15 Sit & Fit - Virtual (MR)
DR - Dining Room	TS - Tuck Shop			10:00 Weights - Virtual (MR)	1:00 Rummikub (MR)	1:00 Tuck Shop Open (TS)	1:00 Tuck Shop Open (TS)
FL - Fireside Lounge	VL - Village Lobby			1:00 Bible Study (L)	2:00pm Movie Matinee & Popcorn "Leap Year"	1:00 Knitting Crew (MR)	2:00 Movie Matinee: "The Wind That Shakes The Barley" (TH)
HS - Hair Salon	LL - Lodge Lobby			1:00 Bingo (MR)	6:00 Board Games (MR)	6:00 Board Games (MR)	6:00 Board Games (MR)
VP - Village Pub	VC - Village Courtyard			6:00 Board Games (MR)		6:30 Movie Night: "The Wind That Shakes The Barley" (TH)	
CF - Cafe	L - Library						
Sunday 5	Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10	Saturday 11	
9:00 Virtual Fit - Shannon (MR)	10:00 Virtual Advanced Fit (MR)	9:45 Exercise with Leah (MR)	9:30 Java Group 1 (L)	9:45 Exercise with Leah (MR)	10:00 Virtual Fit with Josh (MR)	9:15 Sit & Fit - Virtual (MR)	
10:00 Virtual Advanced Fit (MR)	10:30 Java Group 2 (L)	2:00 TV Series: "Great British Castles" (TH)	10:00 Weights - Virtual (MR)	10:00am-11:30am Walmart/Westshore Mall ☆	1:00 Tuck Shop Open (TS)	10:30 Virtual Advanced Fit (MR)	
2:00 Movie Matinee: "The Wind That Shakes The Barley" (TH)	1:00 Tuck Shop Open (TS)	6:00 Board Games (MR)	1pm-1:45pm Tuck Shop Open (TS)	2:00pm - 3:00pm Tea & Fashion Show	1:00 Knitting Crew (MR)	2:00 Movie Matinee: "Belfast" (TH)	
3pm-4pm Music with Marvin (MR)	1:00 Jacko (MR)	6:30 Movie Night: "The Iron Lady" (MR)	2:00pm - 3:00pm International Women's Day	3:00 Music Bingo (MR)	6:00 Board Games (MR)	6:00 Board Games (MR)	
6:00 Board Games (MR)	6:00 Board Games (MR)			6:00 Board Games (MR)	6:30 Movie Night: "Belfast" (TH)		
Sunday 12	Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17	Saturday 18	
9:00 Virtual Fit - Shannon (MR)	10:00 Ball & Band Exercise (MR)	9:45 Exercise with Leah (MR)	9:30 Java Group 1 (L)	9:45 Exercise with Leah (MR)	10:00 Virtual Fit with Josh (MR)	9:15 Sit & Fit - Virtual (MR)	
10:00 Active Games (MR)	10:30 Java Group 2 (L)	1:30pm Catholic Mass in the Library	10:00 Weighted Exercises (MR)	1:00 Rummikub (MR)	1:00 Knitting Crew (MR)	10:30 Virtual Advanced Fit (MR)	
1:30 Open Painting (MR)	1:00 Tuck Shop Open (TS)	2:00 TV Series: "Great British Castles" (TH)	1:00 Tuck Shop Open (TS)	2:00pm - 4:00pm Elements Casino - Test Your Luck! ☆	St. Patrick's Reception 3:30pm-4:30pm with The Carol Duo	2:00 Movie Matinee: "Brooklyn" (TH)	
OSCARS at 5pm	1:00pm NO Jacko - Show set up	3:00 Jeopardy (MR)	1:00 Bible Study (L)	6:00 Board Games (MR)	Followed by a themed dinner	6:00 Board Games (MR)	
Streaming in the Village Pub	2:00pm-3:00pm Juan de Fuca Singers	6:00 Board Games (MR)	1:00 Bingo (MR)		6:30 Movie Night: "Brooklyn" (TH)		
6:00 Board Games (MR)	6:00 Board Games (MR)		6:30pm - 7:30pm in the MR		St. Patrick's Day		
Day Light Savings - Spring Forward			Jumbo Crossword with Charissa				
Sunday 19	Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24	Saturday 25	
9:00 Virtual Fit - Shannon (MR)	10:00 Chair Zumba (MR)	9:45 Exercise with Leah (MR)	9:30 Java Group 1 (L)	9:45 Exercise with Leah (MR)	10:00 Virtual Fit with Josh (MR)	9:15 Sit & Fit - Virtual (MR)	
10:00 Virtual Advanced Fit (MR)	10:30 Java Group 2 (L)	2:00 TV Series: "Great British Castles" (TH)	10:00 Weighted Exercises (MR)	1:00 Rummikub (MR)	1:00 Tuck Shop Open (TS)	10:30 Virtual Advanced Fit (MR)	
2:00 Movie Matinee: "Brooklyn" (TH)	1:00 Tuck Shop Open (TS)	1:00pm - 3:30pm Tillicum Mall ☆	1:00 Tuck Shop Open (TS)	2pm - March Birthday Tea "The Gypsy-Rovers"	1:00 Knitting Crew (MR)	1:30 Open Painting (MR)	
1:00pm - 4:30pm Sannich Outing Gratzel Vic. Poliez Chorus	1:00 Jacko (MR)	6:00 Board Games (MR)	1:00 Bingo (MR)	6:00 Board Games (MR)	6:00 Board Games (MR)	2:00 Movie Matinee: "Forrest Gump" (TH)	
6:00 Board Games (MR)	2:00 Culinary & Resident Meeting (DR)		2pm-4pm Nexgen Hearing Clinic (L)		6:30 Movie Night: "Forrest Gump" (TH)	6:00 Board Games (MR)	
	6:00 Board Games (MR)		6:00 Board Games (MR)				
Sunday 26	Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31	Tuck Shop Our Village Tuck Shop is open every Monday, Wednesday and Friday afternoons from 1:00pm - 2:00pm <i>*Sometimes it doesn't fit on the scheduled day*</i>	
9:00 Virtual Fit - Shannon (MR)	10:00 Ball & Band Exercise (MR)	9:45 Exercise with Leah (MR)	9:30 Java Group 1 (L)	9:45 Exercise with Leah (MR)	10:00 Virtual Fit with Josh (MR)		
10:00 Standing Fit - Charissa (MR)	10:30 Java Group 2 (L)	2:00 TV Series: "Great British Castles" (TH)	10:00 Chair Zumba (MR)	1:00 Rummikub (MR)	1:00 Knitting Crew (MR)		
1:30 Resident Travel Chat (MR)	1:00 Tuck Shop Open (TS)	3:00 Music Bingo (MR)	1:00 Tuck Shop Open (TS)	1:30pm - 3:30pm Royal Roads Outing ☆	6:00 Board Games (MR)		
2:00 Movie Matinee: "Forrest Gump" (TH)	1:00 Jacko (MR)	6:00 Board Games (MR)	1:00 Bible Study (L)	6:00 Board Games (MR)	6:30 Movie Night: "Come Sunday" (TH)		
6:00 Board Games (MR)	6:00 Board Games (MR)		1:00 Bingo (MR)	Take a Walk in The Park Day			
			6:00 Board Games (MR)				