

# April 2019 Featured Events

CONCERT®

**THE BLOOM EXHIBIT: IKEBANA IN THE ART GALLERY - THURSDAY, APRIL 4TH AT 5:30PM**

Ikebana arrangements from the Sogetsu School of Japanese flower arranging will take over the gallery space. The exhibition entitled, "BLOOM," from the Federation of Canadian Artists, will fill the gallery with 55 pieces of flowers, buds, plants, trees and the energy of springtime. A visual celebration of spring, Ikebana sculptures are a dynamic art form of their own (Medium Mobility Level - \$5).

**SAKURA DAYS - JAPAN FAIR AT VANDUSEN - SATURDAY, APRIL 13TH AT 12PM**

The sakura-Japanese cherry blossom, has long been a traditional icon in Japanese culture and is a symbol of spring. In 2008, the Vancouver Cherry Blossom Festival started the Sakura Days event. Soak in the wonderful Japanese festival with cultural performances, arts and crafts. Learn about Japanese culture by enjoying delicious food, sake, taiko drumming, martial arts, koto-Japanese harp, dance and singing performances. Participate in a tea ceremony, or learn about Ikebana-flower arranging, origami-paper folding, haiku or calligraphy and try getting dressed in an authentic yukata (Medium Mobility Level - \$15).

**MUSEUM OF VANCOUVER: GUIDED TOUR - TUESDAY, APRIL 16TH AT 1PM**

We have a private scheduled Guided Tour by the Vancouver Museum of two exhibits; *Cesna?em: the city before the city* and *Haida Now* (tour approximately 1 hour). There is *Truth Here* will be open at this time. *Resilience through artistic expression* - a central theme in the newest upcoming exhibition *There is Truth Here* focusing on rare surviving artworks created by children who attended various Indian Residential and Day Schools in Western Canada. The focus of the exhibition is not on the schools themselves, but upon witnessing the creativity of the children/survivors as conveyed through their childhood artworks - for some the only surviving material from their childhoods (Medium Impact Level - \$15).

**GUIDED SHOP TOUR OF DUNDARAVE PRINT "WATER" AND LUNCH OUTING TO THE VANCOUVER FISH COMPANY - THURSDAY, APRIL 18TH AT 12PM**

Our group has been welcomed by the Dundarave Print Workshop to visit their gallery. A shop attendant will be available on that day to speak with our Residents about their facility. The show is entitled 'Water' and will include a variety of works by many members of our gallery (Medium Impact Level - \$5 plus cost of Lunch).



**MANAGER & EMPLOYEE PHONE LIST**

General Manager – Danielle McQueen	ext. 4260
Business Office Manager – Joanne Enns	ext. 4264
Resident Services Coordinator - Sandy Samra	ext. 4266
Sales Manager – Danny Lidder	ext. 4263
Life Enrichment Manager – Suzanne Summersgill	ext. 4269
Health & Wellness Manager – Rose Ahmad	ext. 4268
Executive Chef – Chris Warren	ext. 4267
Restaurant Manager – Peter Jahutka	ext. 4271
Restaurant, Room Service and Reservations	ext. 3221
Hair Salon – Almas & Elaine	ext. 3210
Building Services Manager – Ryan Lowe	ext. 4270
Kinesiologists – Ellen, Shaireen & Luis	ext. 3218

# April 2019 Calendar of Events


## Snowdrops & Cherry Blossoms



Tapestry at Arbutus Walk  
2799 Yew Street, Vancouver BC  
604.736.1640



APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	9:00am Balance and Core (8FFC) 1 9,10am Grocery Shopping shuttle (B) 11:00am <b>Blood Pressure and Weight Clinic (HAWO)</b> 11:00am Trivia Teasers (L) 1:00pm City Square Shopping Shuttle (B) 1:30pm Melody Makers (MR) 2:30pm Bridge (L) 3:00pm Yoga (8FFC) 4:00pm <b>Home Instead Lecture: "The Down Low on High Blood Pressure" (MR)</b> 7:00pm Bridge (L) 7:00pm T.V. Series "Outlander" (MR)	9:30am Total Body Fit (8FFC) 2 10:30am Sit Fit (8FFC) 10:30am Foot Care Clinic (HAWO) 12:00pm Ping Pong Drop-in (8FFC) 2:00pm Knit and Stitch (L) 3:00pm <b>Movie "The Karate Kid" (MR)</b> 3:00pm <b>Resident Advisory Council (PDR)</b> 4:00pm Bend and Stretch Class (8FFC) 7:30pm <b>Movie: The Karate Kid" (MR)</b>	9:00am Walk n' Talk (MFL) 3 9:00am Dr. Appointment Shuttle (B) 10:15am Power for Parkinson's (8FFC) 11:00am Mobile Library Book Return (L) 11:00am Write For You (MR) 1:30pm Current Events Discussion Group (L) 2:00pm <b>Lecture: "Overall Health &amp; Wellness" with Rose (L)</b> 3:15pm Meditation with Ellen (MR) 4:30pm <b>Cocktails &amp; Canapes with Pete Mason (MFL)</b> 5:00pm The Long Table- Sit with Friends (R)	8:45am Aqua Fit (MFL) 4 9:30am Total Body Fit (8FFC) 10:30am Sit Fit (8FFC) 1:30pm Beginners French (MR) 2:30pm Bridge (L) 3:00pm Open Gym (8FFC) 5:30pm <b>The Bloom Exhibit: Ikebana in the Art Gallery (B)</b> 7:00pm Bridge (L)	9:00am Balance and Core (8FFC) 5 9,10,11 Oakridge Shuttle (B) 1:30pm Lectures and Docs on Screen (MR) 2:30pm <b>Portrait Sketches with Emily Kruecki (MFL)</b> 7:00pm Big Buck Bingo (MR)	9:00am Total Body Fit (8FFC) 6 10:00am Sit Fit (8FFC) 11:00am Wii Golf (MR) 11:30am Saturday Brunch (R) 1:30pm PERK Actives (MR) 3:00pm Jumbo Crosswords (L) 3:00pm Movie "Mary Queen of Scots" (MR) 7:00pm <b>PAL Theatre presents "April in Paris" (B)</b> 7:30pm Movie "Mary Queen of Scots" (MR)	
	8:30am Church Shuttle (B) 7 10:00am Pump It Up (8FFC) 10:45am Walk with Shaireen (MFL) 11:30am Sunday Brunch (R) 1:30pm <b>"Spiritual Wellness Lecture with Luana "From Pain to Happiness" (MR)</b> 2:00pm Classic Film and Discussion "The Third Man" (MR) 3:00pm Ping Pong Training (8FFC) 7:30pm Classic Film "The Third Man" (MR)	9:00am Balance and Core (8FFC) 8 9,10am Grocery Shopping shuttle (B) 11:00am Trivia Teasers (L) 11:00am <b>Carda Creations (MFL)</b> 1:00pm City Square Shopping Shuttle (B) 2:30pm Bridge (L) 3:00pm Yoga (8FFC) 7:00pm Bridge (L) 7:00pm T.V. Series "Outlander" (MR)	9:30am Total Body Fit (8FFC) 9 10:30am Sit Fit (8FFC) 10:30am Foot Care Clinic (HAWO) 12:00pm Ping Pong Drop-in (8FFC) 1:30pm <b>Community Meeting (MR)</b> 2:00pm Knit and Stitch (L) 3:00pm <b>Movie "Some Like It Hot" (MR)</b> 4:00pm Bend and Stretch Class (8FFC) 7:30pm <b>Movie "Some Like It Hot" (MR)</b>	9:00am <b>New Residents - Rise &amp; Shine Breakfast (R)</b> 10 9:00am Walk n' Talk (MFL) 9:00am Dr. Appointment Shuttle (B) 10:15am Power for Parkinson's (8FFC) 11:00am Mobile Library Book Return (L) 11:00am Parkinson's Meeting (PDR) 11:00am Write For You (MR) 1:30pm Current Events Discussion Group (L) 3:15pm Meditation with Ellen (MR) 4:30pm <b>Cocktails &amp; Canapes Song-a-long with Pete Campbell (MFL)</b> 5:00pm <b>Cherry Blossom Festival Dinner(R)</b> 5:00pm The Long Table- Sit with Friends (R)	8:45am Aqua Fit (MFL) 11 9:30am Total Body Fit (8FFC) 10:30am Sit Fit (8FFC) 2:30pm Bridge (L) 3:00pm <b>Lecture: "Healthy Teeth, Healthy Life" (MR)</b> 3:00pm Open Gym (8FFC) 7:00pm Bridge (L)	9:00am Balance and Core (8FFC) 12 9,10,11 Oakridge Shuttle (B) 1:30pm Lectures and Docs on Screen (MR) 2:30pm Mixed Media Arts (8FFC) 7:00pm Big Buck Bingo (MR)	9:00am Total Body Fit (8FFC) 13 10:00am Sit Fit (8FFC) 11:00am Wii Golf (MR) 11:30am Saturday Brunch (R) 12:00pm <b>Sakura Days - Japan Fair at VanDusen Botanical Garden (B)</b> 1:30pm PERK Actives (MR) 3:00pm Jumbo Crosswords (L) 3:00pm/ Movie "Monster In Law" (MR) 7:30pm
	8:30am Church Shuttle (B) 14 10:00am Pump It Up (8FFC) 10:45am Walk with Shaireen (MFL) 11:30am Sunday Brunch (R) 3:00pm Documentary "Secrets of Great British Castles" (MR) 3:00pm Ping Pong Training (8FFC) 7:30pm Documentary "Secrets of Great British Castles" (MR)	9:00am Balance and Core (8FFC) 15 9,10am Grocery Shopping shuttle (B) 11:00am Trivia Teasers (L) 1:00pm City Square Shopping Shuttle (B) 1:30pm Melody Makers (MR) 2:30pm Bridge (L) 3:00pm Yoga (8FFC) 7:00pm Bridge (L) 7:00pm T.V. Series "Outlander" (MR)	9:30am Total Body Fit (8FFC) 16 10:30am Sit Fit (8FFC) 10:30am Foot Care Clinic (HAWO) 12:00pm Ping Pong Drop-in (8FFC) 1:00pm <b>Museum of Vancouver: Guided Tour (B)</b> 2:00pm Knit and Stitch (L) 3:00pm <b>Movie "Desk Set" (MR)</b> 4:00pm Bend and Stretch Class (8FFC) 7:30pm <b>Movie "Desk Set" (MR)</b>	9:00am Walk n' Talk (MFL) 17 9:00am Dr. Appointment Shuttle (B) 10:15am Power for Parkinson's (8FFC) 11:00am Mobile Library Book Return (L) 1:30pm Current Events Discussion Group (L) 3:15pm Meditation with Ellen (MR) 4:30pm <b>Cocktails &amp; Canapes April in Paris with Malcolm &amp; Linda (MFL)</b> 5:00pm The Long Table- Sit with Friends (R)	8:45am Aqua Fit (MFL) 18 9:30am Total Body Fit (8FFC) 10:30am Sit Fit (8FFC) 10:30am Tunes with Toddlers (MR) 12:00pm <b>Guided Shop Tour of Dundarave Print "Water" and Lunch Outing to the Vancouver Fish Company (B)</b> 1:30pm Beginners French (MR) 2:30pm Bridge (L) 3:00pm Open Gym (8FFC) 7:00pm Bridge (L)	9:00am Balance and Core (8FFC) 19 9,10,11 Oakridge Shuttle (B) 12:30pm <b>Easter Hen Party - High Tea (PDR)</b> 1:30pm Lectures and Docs on Screen (MR) 2:30pm <b>Naturally Dyed Easter Eggs (8FFC)</b> 7:00pm Big Buck Bingo (MR)	9:00am Total Body Fit (8FFC) 20 10:00am Sit Fit (8FFC) 11:00am Wii Golf (MR) 11:30am Saturday Brunch (R) 1:30pm PERK Actives (MR) 3:00pm Jumbo Crosswords (L) 3:00pm/ Movie "Mississippi Grind" (MR) 7:30pm
	<b>Easter Sunday</b> 21 8:30am Church Shuttle (B) 10:00am Pump It Up (8FFC) 10:45am Walk with Shaireen (MFL) 11:30am <b>Easter Sunday Brunch (R)</b> 2:00pm <b>Easter Egg Scavenger Hunt (MFL)</b> 3:00pm Documentary "Secrets of Great British Castles" (MR) 3:00pm Ping Pong Training (8FFC) 4:00pm <b>Pianist Dale Nichols Performing in the Lobby (MFL)</b> 7:30pm Documentary "Secrets of Great British Castles" (MR)	<b>Easter Monday / Earth Day</b> 22 1:30pm <b>Cherry Blossom Drive (B)</b> 2:30pm/ Bridge (L) 7:00pm 7:00pm T.V. Series "Outlander" (MR)	9:30am Total Body Fit (8FFC) 23 10:30am Sit Fit (8FFC) 10:30am Foot Care Clinic (HAWO) 12:00pm Ping Pong Drop-in (8FFC) 2:00pm Knit and Stitch (L) 2:00pm <b>Walker Wash (MFL)</b> 3:00pm <b>Movie "The Pink Panther" (MR)</b> 4:00pm Bend and Stretch Class (8FFC) 7:30pm <b>Movie "The Pink Panther" (MR)</b>	9:00am Walk n' Talk (MFL) 24 9:00am Dr. Appointment Shuttle (B) 10:15am Power for Parkinson's (8FFC) 11:00am Mobile Library Book Return (L) 1:30pm Current Events Discussion Group (L) 3:15pm <b>"About Memory" Lecture by Shaireen (MR)</b> 4:30pm <b>Cocktails &amp; Canapes with Gianni Fuoco (MFL)</b> 5:00pm The Long Table- Sit with Friends (R)	8:45am Aqua Fit (MFL) 25 9:30am Total Body Fit (8FFC) 10:30am Sit Fit (8FFC) 10:30am Tunes with Toddlers (MR) 2:00pm <b>Tea and Trumpets (B)</b> 2:30pm Bridge (L) 2:30pm <b>Welcome &amp; Birthday Tea (R)</b> 3:00pm Open Gym (8FFC) 7:00pm Bridge (L)	9:00am Balance and Core (8FFC) 26 9,10,11 Oakridge Shuttle (B) 1:30pm Lectures and Docs on Screen (MR) 2:30pm Mixed Media Arts (8FFC) 7:00pm Big Buck Bingo (MR)	9:00am Total Body Fit (8FFC) 27 10:00am Sit Fit (8FFC) 11:00am Wii Golf (MR) 11:30am Saturday Brunch (R) 1:30pm PERK Actives (MR) 3:00pm Jumbo Crosswords (L) 3:00pm/ Movie "Sophie and the Rising Sun" (MR) 7:30pm
	8:30am Church Shuttle (B) 28 10:00am Pump It Up (8FFC) 10:45am Walk with Shaireen (MFL) 11:30am Sunday Brunch (R) 3:00pm Documentary "Secrets of Great British Castles" (MR) 3:00pm Ping Pong Training (8FFC) 7:30pm Documentary "Secrets of Great British Castles" (MR)	9:00am Balance and Core (8FFC) 29 9,10am Grocery Shopping shuttle (B) 11:00am Trivia Teasers (L) 1:00pm City Square Shopping Shuttle (B) 1:30pm Melody Makers (MR) 2:30pm Bridge (L) 3:00pm <b>Creative Lives Lecture with Jacquie Conradi (MR)</b> 3:00pm Yoga (8FFC) 7:00pm Bridge (L) 7:00pm T.V. Series "Outlander" (MR)	9:30am Total Body Fit (8FFC) 30 10:30am Sit Fit (8FFC) 10:30am Foot Care Clinic (HAWO) 12:00pm Ping Pong Drop-in (8FFC) 1:30pm <b>Adventure Seekers: Evolve Virtual Reality (B)</b> 2:00pm Knit and Stitch (L) 3:00pm <b>Movie "It Happened to Jane" (MR)</b> 4:00pm Bend and Stretch Class (8FFC) 7:30pm <b>Movie "It Happened to Jane" (MR)</b>	<b>LOCATIONS:</b> 8th Floor Fitness Center (8FFC) BUS (B) Health and Wellness Office (HAWO) Library (L) Media Room (MR) Private Dining Room (PDR) Main Floor Lobby (MFL) Restaurant (R)	<b>BUS OUTINGS:</b> Sign Up at the Front Desk Bus Trip Fees will be charged to your suite. You will be charged for any cancelled trips that require advanced tickets, unless a replacement is found.  <b>SHOPPING SHUTTLE TIMES:</b> Grocery Shuttle: Mondays at 9,10am City Square Shuttle: Mondays at 1pm Oakridge Mall: Fridays at 9,10,11am		