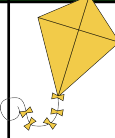









HALLMARK ON THE LAKE ACTIVITIES MARCH 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>HAPPY BIRTHDAY!</p> <p>Ivan G. 1st Katie B. 9th Martha H. 10th Dave K. 18th</p>		<p> Any activity with a kite is a joint outing with Hallmark on the Park</p> <p>Activities with a leprechaun have a description on back of the calendar </p>	<p>CALENDAR LEGEND:</p> <p>AC - Activity Centre BR - Billiards Room (downstairs) CM - Cafe Du Monde EX - 4th Floor Exercise Room LB - 4th Floor Library PH - Preservation Hall TS - Town Square</p>	<p>Please Sign up at the Concierge for any activity that is inside the lines</p>	<p>1</p> <p>9:30 Coffee Break (CM) 11:00 Stretch & Exercise (EX) 2:30 Horse Races (TS)</p>	<p>2</p> <p>10:00 Tech Support (CM) 2:00 Movie Afternoon (PH) "Brooklyn" <i>Emotional/Romantic</i> 7:00 TGIS Happy Hour in The Cafe</p>
<p>3</p> <p>10:30 Coffee Break (CM) 2:30 Gaither Video (PH)</p>	<p>4</p> <p>9:30 Bus Shuttle Service</p> <p>9:30 Coffee Break (CM) 2:00 Stretch & Exercise (EX) 2:30 Ice Cream Social (CM) 3:00 Bingo (AC)</p>	<p>5</p> <p>9:30 Coffee Break (CM) 10:45 Bible Study (PH) 2:30 Reminiscing: Favourite Songs (PH)</p> <p></p>	<p>6</p> <p>9:30 Coffee Break (CM) 1-3 Fashion Closet (TS) 2:00 Stretch & Exercise (EX) 2:30 Ice Cream Social (CM)</p>	<p>7</p> <p>9:30 Coffee Break (CM) 1:15 Bus Shuttle Service</p> <p>3:00 Celtic Fiddle with Kierah Raymond (TS)</p>	<p>8</p> <p>9:30 Coffee Break (CM) 11:00 Stretch & Exercise (EX) 2:15 / 2:45 Wii Bowling  (Sign up at Concierge for your timeslot: 4 people max per game)</p>	<p>9</p> <p>10:00 Tech Support (CM) 2:00 Crafting with Emma (AC) 7:00 TGIS Happy Hour in The Cafe</p>
<p>10 Daylight Savings Clocks move forward 1 hour</p> <p>10:30 Coffee Break (CM) 2:30 Indescribable DVD God's Universe: Talk by Louie Giglio (PH)</p>	<p>11</p> <p>9:30 Bus Shuttle Service</p> <p>9:30 Coffee Break (CM) 2:00 Stretch & Exercise (EX) 2:30 Ice Cream Social (CM) 3:00 Bingo (AC)</p>	<p>12</p> <p>9:30 Coffee Break (CM) 10:30 Falls Seminar by Fraser Health at Hallmark on the Park  10:45 Bible Study (PH) 2:30 Bocce Ball (TS)</p>	<p>13</p> <p>9:30 Coffee Break (CM) 11:30 Taste Test Challenge: Coke or Pepsi? (TS)  2:00 Stretch & Exercise (EX) 2:30 Ice Cream Social 3:00 Hymn Sing (TS)</p>	<p>14</p> <p>9:30 Coffee Break (CM) 11:00 Wild Wonder Preschool visit (Back Patio) 1:15 Bus Shuttle Service</p> <p>6:45 Treats & Trivia with Emma (CM)</p>	<p>15</p> <p>9:30 Coffee Break (CM) 11:00 Stretch & Exercise (EX) 2:30 Chicken Soup for the Soul Read Aloud (PH)</p>	<p>16</p> <p>10:00 Tech Support (CM) 2:00 Movie Afternoon (PH) "The Case For Christ" <i>Biographical/Spiritual</i> 7:00 TGIS Happy Hour in The Cafe</p>
<p>17 St. Patrick's Day</p> <p>10:30 Coffee Break (CM) 3:00 Chapel Service led By Barry Ashton Community Church In Town Square</p>	<p>18 Wear Green Day</p> <p>9:30 Bus Shuttle Service</p> <p>9:30 Coffee Break (CM) 11:00 Irish Dancers (TS) 2:00 Stretch & Exercise (EX) 2:30 Ice Cream Social (CM) 3:00 Bingo (AC)</p>	<p>19 Wear Yellow/Blue Day</p> <p>9:30 Coffee Break (CM) 10:45 Bible Study (PH) 2:00 Hymn Sing (TS) 3:15 Hat Decorating (AC) </p>	<p>20 Wear Floral Day Spring Begins!</p> <p>9:30 Coffee Break (CM) 2:00 Stretch & Exercise (EX) 2:30 Ice Cream Social (CM)</p>	<p>21 Hat Day Birthday Party!</p> <p>9:30 Coffee Break (CM) 10:00 Miracle Ear Hearing AC 11:00 Wild Wonder Preschool visit (Back Patio) 1:15 Bus Shuttle Service</p> <p>3:30 Slava & Katya: (TS) Ukrainian Music & Dance</p>	<p>22 Crazy Hair Day</p> <p>9:30 Coffee Break (CM) 11:00 Stretch & Exercise (EX) 12:00 Chinese Take out from Jasmine Gardens (AC) **space is limited and meals need to be pre-ordered/paid. Menu/Sign up at Concierge</p>	<p>23</p> <p>10:00 Tech Support (CM) 2:00 Movie Afternoon (PH) "Life Below Zero" <i>Episode 1: Documentary</i> 7:00 TGIS Happy Hour (CM)</p>
<p>24</p> <p>10:30 Coffee Break (CM) 2:30 Gaither Video (PH)</p>	<p>25</p> <p>9:30 Bus Shuttle Service</p> <p>9:30 Coffee Break (CM) 1:00 Resident Community Discussion (TS) 2:00 Stretch & Exercise (EX) 2:30 Ice Cream Social (CM) 3:00 Bingo (AC)</p>	<p>26</p> <p>9:30 Coffee Break (CM) 10:45 Bible Study (PH) 2:00 China: Pictures and stories from Randy's adventure (PH)</p> <p></p>	<p>27</p> <p>9:30 Coffee Break (CM) 2:00 Stretch & Exercise (EX) 2:30 Ice Cream Social (CM) 3:30 Music with Shawn McKee (TS)</p>	<p>28</p> <p>9:30 Coffee Break (CM) 1:15 Bus Shuttle Service</p> <p>2:30 Rummikub (ICP)</p>	<p>29</p> <p>9:30 Coffee Break (CM) 11:00 Stretch & Exercise (EX) 2:30 Ladder Ball (TS)</p>	<p>30</p> <p>10:00 Tech Support (CM) 11:00 Music by the Pentones (PH) 2:00 Movie Afternoon (PH) DVD Dick Van Dyke Show "Never Name a Duck" <i>Comedy</i> 7:00 TGIS Happy Hour (CM)</p>
<p>31</p> <p>3:00 Chapel Service led by St. Matthews Anglican Church at Hallmark on the Park</p>						

WHAT'S HAPPENING THIS MARCH

REMINISCING: FAVOURITE SONGS

March 5th at 2:30pm in Preservation Hall

What are some of your favourite songs of today and days past? Did you know that scientific studies have shown that music lowers stress, improves health, reduces depression, strengthens learning and memory, reduces pain and encourages relaxation? It's also just plain enjoyable to put on a favourite tune!! Bring a song or two and Emily will play them for the group. Join in as we reminisce through music... Who knows, you may even find yourself tapping your toes!

WII BOWLING (VIDEO GAME)

Friday March 8th in Preservation Hall

1st group starts at 2:15 and 2nd group starts around 2:45 or when the first game is complete

Wii bowling has become quite popular so we are trying something new. We will play 2 games with a maximum of 4 players per game to allow each player to enjoy the entire game. If you'd like to play please sign up for a time slot at the concierge. You're welcome to watch the games as well. Join us in for an afternoon of fun! If you have questions please speak with Emily in Activities.

TASTE TEST CHALLENGE

Wednesday, March 13th at 11:30 until lunch
in Town Square

Some of you have said you'd be able to taste the difference between Coke and Pepsi. While you wait for lunch I invite you to take the taste test challenge. Which do you prefer? Are you able to taste the difference?



HAT DECORATING

March 19th at 3:15 in the Activity Centre

One of the dress up days during this month's "Spirit Week" is hat day. Join Emily to decorate hats to wear on March 21st. She will have supplies available for you to make a gorgeous or perhaps somewhat ridiculous hat. If you have an old hat you'd like to decorate, you're welcome to bring it and use the supplies to spruce it up!

VISIT CHINA WITH RANDY

Tuesday, March 26th at 2pm
in Preservation Hall

In January Randy went to visit his daughter, Alannah in China and will show pictures from his adventure to Beijing and Shanghai. Come and see how China has changed from a communist country, closed to visitors, to a busy metropolitan country with lots of intrigue and mystery.

FALLS SEMINAR BY FRASER HEALTH

Tuesday, March 12th at 10:30am
in the **Fireside Room at Hallmark on the Park**

Falling can cause injury, loss of mobility and independence. While risk factors for falls increase with age, falls are not an inevitable part of aging. A Fraser Health physiotherapist will be here to present on some of the factors that cause falls and how you can prevent them. This interactive presentation will have some useful information on a topic that affects so many seniors.