




Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday



March 2018

Evergreen Heights Recreation Calendar

<p style="text-align: center;">4</p> <p style="text-align: center;"><u>COMMUNION</u></p> <p>10:00 Worship Service In Chapel 2:00 Heights Worship Service ~TTL 6:00 Movie on Netflix~TTL</p>	<p style="text-align: center;">5</p> <p>9:00 BLT Breakfast~TTL 10:00 Sit & Be Fit ~ TTL 10:35 Cross Words ~TTL 2:30 Music Sing along Doug Simpson ~TTL 3:30 Scrabble ~ TTL</p>	<p style="text-align: center;">6</p> <p>10:00 Sit and Be Fit~TTL 10:35 Brain Games ~TTL 11:30 Lunch Out to Turkey House 2:00 Bingo ~ TTL 2:20 Relaxation Grp~RO 3:00 Drama Group ~5th</p>	<p style="text-align: center;">7</p> <p>9:30 Ros&Comm~5th Fl 10:00 Sit and Be Fit~TTL 10:30 Short Story ~5th FL 1:00 Walmart Shuttle 2:15 Hymn Sing ~TTL 3:00 Wii Bowling 3:30 Bible Study ~ML 3:30 Town Hall~DR 4:00 Pet Visits with Tucker</p>	<p style="text-align: center;">8</p> <p>9:45 Celebration Service 10:00 Sit and Be Fit~TTL 10:30 Ribbon Shamrock Pin Craft ~TTL 1:45 Hand Chimes with Heather~TTL 2:30 Painting with Jess Rice~TTL</p>	<p style="text-align: center;">9</p> <p>10:15 Gym Workout with Candice and Michelle~2nd Fl 12:00 White Spot ~Lunch In 3rd Floor 2:00 Bingo ~TTL 3:15 Painting with Louise~TTL</p>	<p style="text-align: center;">10</p> <p>2:30 Tea Time and Movie Matinee "His Girl Friday"</p>
<p style="text-align: center;">11</p> <p>10:00 Worship Service In Chapel 2:00 Heights Worship Service ~TTL 6:00 Movie on Netflix~TTL</p> <p style="font-size: small;">Daylight Saving Time Begins</p>	<p style="text-align: center;">12</p> <p>9:45 This Week at the Heights ~ RO 10:00 Sit & Be Fit ~ TTL 10:35 Cross Words ~TTL 1:15 Swimming Outing 2:30 Manicures ~TTL</p>	<p style="text-align: center;">13</p> <p>10:00 Sit and Be Fit~TTL 10:35 Jeopardy ~TTL 1:30 Relaxation Grp~RO 2:00 Bingo ~ TTL 2:15 Crossroad Mobility Walker Clinic ~HL 3:00 Drama Group ~5th</p>	<p style="text-align: center;">14</p> <p>9:30 Ros&Comm~5th Fl 10:00 Grandfriends Project ~TTL 2:15 Hymn Sing ~TTL 3:00 Wii Bowling ~TTL 3:30 Bible Study ~ML 3:45 Sit and Be Fit~TTL 4:00 Pet Visits with Tucker 6:45 Crib & Board Games~TTL</p>	<p style="text-align: center;">15</p> <p>9:00 Ukulele Group~PR 10:00 Sit and Be Fit~TTL 10:35 Word Games ~TTL 1:45 Hand Chimes with Heather~TTL 2:45 St. Patrick's Day Tea ~TTL</p>	<p style="text-align: center;">16</p> <p>9:30 Outing to Arocha 2:00 Bingo ~TTL 3:15 Painting with Louise~TTL</p>	<p style="text-align: center;">17</p> <p>2:30 Tea Time and Movie Matinee "Dreaming, Andre Rieu"</p>  <p style="font-size: x-small;">Happy St. Patrick's Day</p>
<p style="text-align: center;">18</p> <p>10:00 Worship Service In Chapel 2:00 Heights Worship Service ~TTL 6:00 Movie on Netflix~TTL</p>	<p style="text-align: center;">19</p> <p>9:45 This Week at the Heights ~ RO 10:00 Sit & Be Fit ~ TTL 10:35 Cross Words ~TTL 1-4pm Tax Clinic in RO, ~ Sign up 1-2:30 Kwantlen Wellness Fair ~Manor Lounge 2:30 Manicures ~TTL 3:00 Drama Club~5th FL</p>	<p style="text-align: center;">20</p> <p style="text-align: center;"><u>LIBRARY DAY</u></p> <p>9:00 Bacon & Egg Breakfast ~TTL 10:00 Sit and Be Fit~TTL 10:35 Brain Games ~TTL 2:00 Bingo ~ TTL 2:20 Relaxation Grp~RO</p>	<p style="text-align: center;">21</p> <p>9:30 Ros&Comm~5th Fl 10:00 Sit and Be Fit~TTL 10:30 Spring Craft~TTL 2:15 Hymn Sing ~TTL 3:00 Wii Bowling ~TTL 3:30 Bible Study ~ML 4:00 Pet Visits with Tucker 6:45 Crib & Board Games~TTL</p>	<p style="text-align: center;">22</p> <p>9:00 Ukulele Group~PR 10:00 Sit and Be Fit~TTL 10:35 Brain Games~TTL 2:30 Birthday Celebration with Maria Hart Browenell~DR</p>	<p style="text-align: center;">23</p> <p>10:00 Sit and Be Fit~TTL 10:15 Gym Workout With Candice ~2nd Fl 10:30 Easter Trivia~TTL 2:00 Bingo ~TTL 3:15 Painting with Louise~TTL</p>	<p style="text-align: center;">24</p> <p>2:30 Tea Time and Movie Matinee "Sabrina"</p>
<p style="text-align: center;">25</p> <p>10:00 Worship Service In Chapel 2:00 Heights Worship Service ~TTL 6:00 Movie on Netflix~TTL</p> <p style="font-size: x-small;">Palm Sunday</p>	<p style="text-align: center;">26</p> <p>9:45 This Week at the Heights ~ RO 10:00 Sit & Be Fit ~ TTL 10:35 Cross Words ~TTL 1:15 Swimming Outing 2:30 Manicures ~TTL</p>	<p style="text-align: center;">27</p> <p>10:00 Sit and Be Fit~TTL 10:35 Brain Games ~TTL 2:30 RCMP's Fraud Prevention Education Session ~TTL 3:45 Relaxation Grp~RO</p>	<p style="text-align: center;">28</p> <p style="background-color: yellow;">Boardwalk Hearing</p> <p>9:30 Ros&Comm~5th Fl 9:30 Walmart Shuttle 2:15 Hymn Sing ~TTL 3:00 Wii Bowling 3:30 Bible Study ~ML 3:45 Sit and Be Fit~TTL 4:00 Pet Visits with Tucker 6:45 Crib&BoardGames~TTL</p>	<p style="text-align: center;">29</p> <p>10:00 Sit and Be Fit~TTL 11:30 Lunch Out to C-Lovers Fish N Chips 1:45 Hand Chimes with Heather~TTL 2:30 Wellness Program Cholesterol Counts ~TTL</p>	<p style="text-align: center;">30</p> <p>10:00 Good Friday Service ~Chapel</p>  <p style="font-size: x-small;">First Good Friday Passover</p>	<p style="text-align: center;">31</p> <p>2:30 Tea Time and Movie Matinee "The Notebook"</p>

Recreation Coordinators: Heidi Deans and Michelle Krahn 604-541-3812

All programs subject to change

Evergreen Heights

Recreation Coordinators Heidi Deans and Michelle Krahn 604-541-3812



March Birthdays

Lorraine Prichard

~March 7

Joe Sterling

~March 15



A warm welcome to all of our new tenants. We hope you feel welcomed as you settle into your new home.



*Happy
St. Patrick's
Day!*

SPECIAL EVENTS AT THE HEIGHTS

White Spot ~ March 9. This will be a lunch-in served in the 3rd Floor Lounge. Sign up in the binder in lobby. Money to be given to Heidi or Michelle upon sign-up. Menu will be a Legendary burger, fries, soft drink and Caesar salad. Extras will cost extra. \$12.00 each.

Wellness Program ~ Cholesterol Counts – March 29 at 2:30pm. This month's wellness program is about cholesterol. What is it, and how does it contribute-or detract- from overall health? Improving cholesterol counts doesn't have to be difficult or arduous. Small changes can yield big improvements.

"Fraud Prevention Education":

RCMP Constable Chantal Sears will be here to discuss how to protect yourself from the many types of fraudulent scams currently effecting seniors. Please come and attend this important information session in March 27.

Tax Clinic: Volunteers from Peace Portal Church will be coming to prepare your taxes on Monday March 19, from 1-4pm in the Recreation Office. Please sign up for an appointment time in the sign up binder.

Crossroad Mobility Walker Clinic: Have your walker tuned up after the winter wear and tear, on Tuesday March 13, at 2:15pm in the Heights Lobby. Please sign up for an appointment time in the sign up binder.

The Grandfriends Project will be returning on March 14 at 10:00am in the Treetop Lounge. Come and meet the children from Ray Shepard as they lead us in a project and visit with us.

CALENDAR LEGEND:

PR = Panorama Room – Room off of chapel lobby.

CH = Chapel

TTL = Treetop Lounge

RO = Recreation Office – First door on your left as you enter the dining room.

HL = Heights Lobby

ML = Manor Lounge

DR = Heights Dining Room