













MARCH 2024



Parkgate Society

Community Services

SUN	MON	TUE	WED	THU	FRI	SAT
					1 9am Cardiac Coffee 10am Cribbage 11am MPB Break 1pm Drop-in Bridge 2pm Movie: <i>Puss in Boots</i>	2
3	4 9am Cardiac Coffee 9:30am Chair Yoga 10am Scrabble 10:30am What's News 11am Singers 12:30pm Open Games 12:30pm Dupl. Bridge 1pm Pacers 1pm Line Dancing 1:30pm Balance Class	5 9:30am Keep Well 10am Mahjong 10:30am Men Walking 11am MPB Break 1pm Crafters 1pm French Convo	6 9am Cardiac Coffee 10am Mahjong  11:30am Dine-in Lunch  1pm Chronic Pain 1:30pm Bridge	7 10am iPad Club 11am MPB Break 12pm Chess 1pm Pacers 1pm Line Dancing 1:30pm Balance Class	8 9am Cardiac Coffee 10am Cribbage 11am MPB Break 1pm Drop-in Bridge 2pm Movie: <i>The Beatles: In the Life</i>	9
10	11 9am Cardiac Coffee 9:30am Chair Yoga 10am Scrabble 10:30am What's News 11am Singers 12:30pm Open Games 12:30pm Dupl. Bridge 1pm Pacers 1pm Line Dancing 1:30pm Balance Class	12 9:30am Keep Well 10am Mahjong 10:30am Men Walking 11am MPB Break 1pm Crafters 1pm French Convo	13 9am Cardiac Coffee 10am Mahjong  11:30am Dine-in Lunch  1pm Chronic Pain 1:30pm Bridge	14 10am iPad Club  10:30AM Access Bus 11am MPB Break 12pm Chess 1pm Pacers 1pm Line Dancing 1:30pm Balance Class	15 9am Cardiac Coffee 10am Cribbage 11am MPB Break 1pm Drop-in Bridge 2pm Movie: <i>A Man Called Otto</i>  4pm St. Patrick's Day High Tea	16
17	18 9am Cardiac Coffee 9:30am Chair Yoga 10am Scrabble 10:30am What's News 11am Singers 12:30pm Open Games 12:30pm Dupl. Bridge 1pm Pacers 1pm Line Dancing 1:30pm Balance Class	19 9:30am Keep Well 10am Mahjong 10:30am Men Walking 11am MPB Break 1pm Crafters 1pm French Convo	20 9am Cardiac Coffee 10am Mahjong  11:30am Dine-in Lunch  1pm Presentation TBA 1:30pm Bridge	21 10am iPad Club 11am MPB Break  11am [Bus Trip] <i>Zubu Ramen</i> 12pm Chess 1pm Pacers 1pm Line Dancing 1:30pm Balance Class	22 9am Cardiac Coffee 10am Cribbage 11am MPB Break 1pm Drop-in Bridge 2pm Movie: <i>The Jungle Book</i> <i>[2016 Live-Action]</i>	23
24	25 9am Cardiac Coffee 9:30am Chair Yoga 10am Scrabble 10:30am What's News 11am Singers 12:30pm Open Games 12:30pm Dupl. Bridge 1pm Pacers 1pm Line Dancing 1:30pm Balance Class	26 9:30am Keep Well 10am Mahjong 10:30am Men Walking 11am MPB Break 1pm Crafters 1pm French Convo	27 9am Cardiac Coffee 10am Mahjong  11:30am Dine-in Lunch  1pm Presentation TBA 1:30pm Bridge	28 10am iPad Club  10:30AM Access Bus 11am MPB Break 12pm Chess 1pm Pacers 1pm Line Dancing 1:30pm Balance Class	29 Society Closed Facility Hours: 8am-5pm ~Good Friday~	30 Facility Hours: 8am-6pm

APRIL 2024



Parkgate Society

Community Services

SUN	MON	TUE	WED	THU	FRI	SAT
31 Facility Hours: 8am-5pm ~Easter Sunday~	1 Society Closed Facility Hours: 6am-10pm ~Easter Monday~	2 9:30am Keep Well 10am Mahjong 10:30am Men Walking 11am MPB Break 1pm Crafters 1pm French Convo	3 9am Cardiac Coffee 10am Mahjong 11:30am Dine-in Lunch 1pm Presentation TBA 1:30pm Bridge	4 10am iPad Club 11am MPB Break 12pm Chess 1pm Pacers 1pm Line Dancing 1:30pm Balance Class	5 9am Cardiac Coffee 10am Cribbage 11am MPB Break 1pm Drop-in Bridge 2pm Movie: <i>Elvis</i>	6
7	8 9am Cardiac Coffee 9:30am Chair Yoga 10am Scrabble 10:30am What's News 11am Singers 12:30pm Open Games 12:30pm Dupl. Bridge 1pm Pacers 1pm Line Dancing 1:30pm Balance Class	9 9:30am Keep Well 9:45am [Bus Trip] Museum of Vancouver 10am Mahjong 10:30am Men Walking 11am MPB Break 1pm Crafters 1pm French Convo	10 9am Cardiac Coffee 10am Mahjong LUNCH CANCELLED 1pm Presentation TBA 1:30pm Bridge	11 10am iPad Club 10:30AM Access Bus 11am MPB Break 12pm Chess 1pm Pacers 1pm iPad Level 2 1pm Line Dancing 1:30pm Balance Class	12 9am Cardiac Coffee 10am Cribbage 11am MPB Break 1pm Drop-in Bridge 2pm Movie: <i>The Greatest Showman</i>	13
14 Volunteer Appreciation Week 	15 9am Cardiac Coffee 9:30am Chair Yoga 10am Scrabble 10:30am What's News 11am Singers 12:30pm Open Games 12:30pm Dupl. Bridge 1pm Pacers 1pm Line Dancing 1:30pm Balance Class	16 9:30am Keep Well 10am Mahjong 10:30am Men Walking 11am MPB Break 1pm Crafters 1pm French Convo	17 9am Cardiac Coffee 10am Mahjong 11:30am Dine-in Lunch 1pm Presentation TBA 1:30pm Bridge	18 10am iPad Club 11am MPB Break 12pm Chess 1pm Pacers 1pm Line Dancing 1:30pm Balance Class	19 9am Cardiac Coffee 10am Cribbage 11am MPB Break 1pm Drop-in Bridge 2pm Movie: <i>The Pursuit of Happyness</i>	20 Volunteer Appreciation Week
21	22 9am Cardiac Coffee 9:30am Chair Yoga 10am Scrabble 10:30am What's News 10:30am [Bus Trip] Cherry Blossom Tour 11am Singers 12:30pm Open Games 12:30pm Dupl. Bridge 1pm Pacers 1pm Line Dancing 1:30pm Balance Class	23 9:30am Keep Well 10am Mahjong 10:30am Men Walking 11am MPB Break 1pm Crafters 1pm French Convo	24 9am Cardiac Coffee 10am Mahjong 11:30am Dine-in Lunch 1pm Presentation TBA 1:30pm Bridge	25 10am iPad Club 10:30AM Access Bus 11am MPB Break 12pm Chess 1pm Pacers 1pm Line Dancing 1:30pm Balance Class	26 9am Cardiac Coffee 10am Cribbage 11am MPB Break 1pm Drop-in Bridge 2pm Movie: <i>The Best Exotic Marigold Hotel</i>	27
28	29 9am Cardiac Coffee 9:30am Chair Yoga 10am Scrabble 10:30am What's News 11am Singers 12:30pm Open Games 12:30pm Dupl. Bridge 1pm Pacers 1pm Line Dancing 1:30pm Balance Class	30 9:30am Keep Well 10am Mahjong 10:30am Men Walking 11am MPB Break 1pm Crafters 1pm French Convo	31 9am Cardiac Coffee 10am Mahjong 11:30am Dine-in Lunch 1pm Presentation TBA 1:30pm Bridge			