

# APRIL 2024



# Parkgate Society

## Community Services















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

# MAY 2024



# Parkgate Society

## Community Services

SUN	MON	TUE	WED	THU	FRI	SAT
			<p>1  <b>9am</b> Cardiac Coffee  <b>10am</b> Mahjong   <b>11:30am</b> Dine-in Lunch   <b>1pm</b> Presentation TBA  <b>1:30pm</b> Bridge</p>	<p>2  <b>10am</b> iPad Club  <b>11am</b> MPB Break  <b>12:30pm</b> Open Games  <b>1pm</b> Pacers  <b>1pm</b> Line Dancing  <b>1:30pm</b> Balance Class</p>	<p>3  <b>9am</b> Cardiac Coffee  <b>11am</b> MPB Break  <b>1pm</b> Drop-in Bridge  <b>2pm</b> Movie:  <i>Coco</i>  <i>[Animated]</i></p>	4
5	<p>6  <b>9am</b> Cardiac Coffee  <b>9:30am</b> Chair Yoga  <b>10am</b> Open Games  <b>10:30am</b> What's News  <b>11am</b> Singers  <b>12:30pm</b> Open Games  <b>12:30pm</b> Dupl. Bridge  <b>1pm</b> Pacers  <b>1pm</b> Line Dancing  <b>1pm</b> Bridge Lessons</p>	<p>7  <b>9:30am</b> Keep Well  <b>10am</b> Mahjong  <b>10:30am</b> Men Walking  <b>11am</b> MPB Break  <b>1pm</b> Crafters  <b>1pm</b> French Convo</p>	<p>8  <b>9am</b> Cardiac Coffee  <b>10am</b> Mahjong   <b>11:30am</b> Dine-in Lunch   <b>1pm</b> Presentation TBA  <b>1:30pm</b> Bridge</p>	<p>9  <b>10am</b> iPad Club   <b>10:30AM</b> Access Bus  <b>11am</b> MPB Break  <b>12:30pm</b> Open Games  <b>1pm</b> Pacers  <b>1pm</b> Line Dancing  <b>1:30pm</b> Balance Class</p>	<p>10  <b>9am</b> Cardiac Coffee  <b>11am</b> MPB Break  <b>1pm</b> Drop-in Bridge  <b>2pm</b> Movie:  <i>The Notebook</i></p>	11
12	<p>13   <b>9am</b> Cardiac Coffee  <b>9:30am</b> Chair Yoga  <b>10am</b> Open Games  <b>10am</b> [Bus Trip]  <i>Van Dusen Gardens</i>  <b>10:30am</b> What's News  <b>11am</b> Singers  <b>12:30pm</b> Open Games  <b>12:30pm</b> Dupl. Bridge  <b>1pm</b> Pacers  <b>1pm</b> Line Dancing  <b>1pm</b> Bridge Lessons</p>	<p>14  <b>9:30am</b> Keep Well  <b>10am</b> Mahjong  <b>10:30am</b> Men Walking  <b>11am</b> MPB Break  <b>1pm</b> Crafters  <b>1pm</b> French Convo</p>	<p>15  <b>9am</b> Cardiac Coffee  <b>10am</b> Mahjong   <b>11:30am</b> Dine-in Lunch   <b>1pm</b> Presentation TBA  <b>1:30pm</b> Bridge</p>	<p>16  <b>10am</b> iPad Club  <b>11am</b> MPB Break  <b>12:30pm</b> Open Games  <b>1pm</b> Pacers  <b>1pm</b> Line Dancing  <b>1:30pm</b> Balance Class</p>	<p>17  <b>9am</b> Cardiac Coffee  <b>11am</b> MPB Break  <b>1pm</b> Drop-in Bridge  <b>2pm</b> Movie:  <i>Good Will Hunting</i></p>	18  <b>9:00AM</b> Shred-It
19	<p>20  <b>Society Closed</b>                   Facility Hours:                  8am-5pm                   ~Victoria Day~</p>	<p>21  <b>9:30am</b> Keep Well  <b>10am</b> Mahjong  <b>10:30am</b> Men Walking  <b>11am</b> MPB Break  <b>1pm</b> Crafters  <b>1pm</b> French Convo</p>	<p>22  <b>9am</b> Cardiac Coffee  <b>10am</b> Mahjong   <b>11:30am</b> Dine-in Lunch   <b>1pm</b> Presentation TBA  <b>1:30pm</b> Bridge</p>	<p>23  <b>10am</b> iPad Club   <b>10:30AM</b> Access Bus  <b>11am</b> MPB Break  <b>12:30pm</b> Open Games  <b>1pm</b> Pacers  <b>1pm</b> Line Dancing  <b>1:30pm</b> Balance Class</p>	<p>24  <b>9am</b> Cardiac Coffee  <b>11am</b> MPB Break  <b>1pm</b> Drop-in Bridge  <b>2pm</b> Movies:  <i>Into the Woods</i>  <i>[Musical]</i></p>	25
26	<p>27  <b>9am</b> Cardiac Coffee  <b>9:30am</b> Chair Yoga  <b>10am</b> Open Games  <b>10:30am</b> What's News  <b>11am</b> Singers  <b>12:30pm</b> Open Games  <b>12:30pm</b> Dupl. Bridge  <b>1pm</b> Pacers  <b>1pm</b> Line Dancing  <b>1pm</b> Bridge Lessons</p>	<p>28  <b>9:30am</b> Keep Well  <b>10am</b> Mahjong  <b>10:30am</b> Men Walking  <b>11am</b> MPB Break  <b>1pm</b> Crafters  <b>1pm</b> French Convo</p>	<p>29  <b>9am</b> Cardiac Coffee  <b>10am</b> Mahjong   <b>11:30am</b> Dine-in Lunch   <b>1pm</b> Presentation TBA  <b>1:30pm</b> Bridge</p>	<p>30  <b>10am</b> iPad Club  <b>11am</b> MPB Break  <b>12:30pm</b> Open Games  <b>1pm</b> Pacers  <b>1pm</b> Line Dancing  <b>1:30pm</b> Balance Class</p>	<p>31  <b>9am</b> Cardiac Coffee  <b>11am</b> MPB Break  <b>1pm</b> Drop-in Bridge  <b>2pm</b> Movies:  <i>Cinderella</i>  <i>[Live-Action]</i></p>	

Happy  
*Mother's*  
 Day