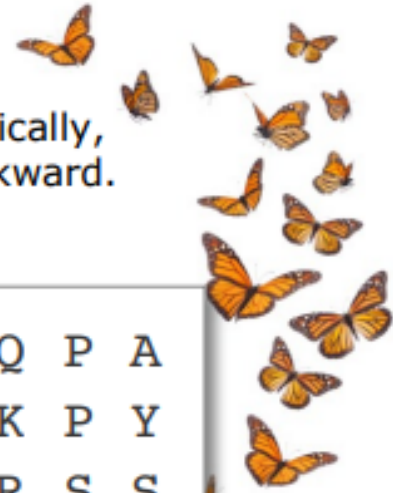


# Searching for April

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



G	N	I	R	P	S	D	V	T	S	X	I	Q	P	A
I	Q	A	Z	Y	N	W	M	A	J	E	Q	K	P	Y
Y	A	D	R	O	B	R	A	U	Z	K	I	R	S	S
H	M	P	M	Z	T	G	A	R	P	D	I	R	Y	I
F	S	A	A	A	Y	E	K	U	A	L	P	Y	A	A
X	I	P	X	S	P	N	D	S	F	D	P	D	U	D
D	U	E	O	T	S	D	T	O	T	U	I	N	I	F
W	S	P	E	R	L	O	O	Y	N	C	N	I	X	Q
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C	W	U	S	A	S	N	K	E	D	L	M	W	O	C
S	J	H	Z	D	C	U	I	A	R	I	O	X	E	F
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N	D	A	L	L	E	R	B	M	U	S	R	D	Y	T
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APRIL FOOLS' DAY

ARBOR DAY

ARIES

BUTTERFLIES

DAISY

DIAMOND

DUCKLINGS

EARTH DAY

PASSOVER

PINK MOON

PUDDLES

RAINDROPS

SPRING

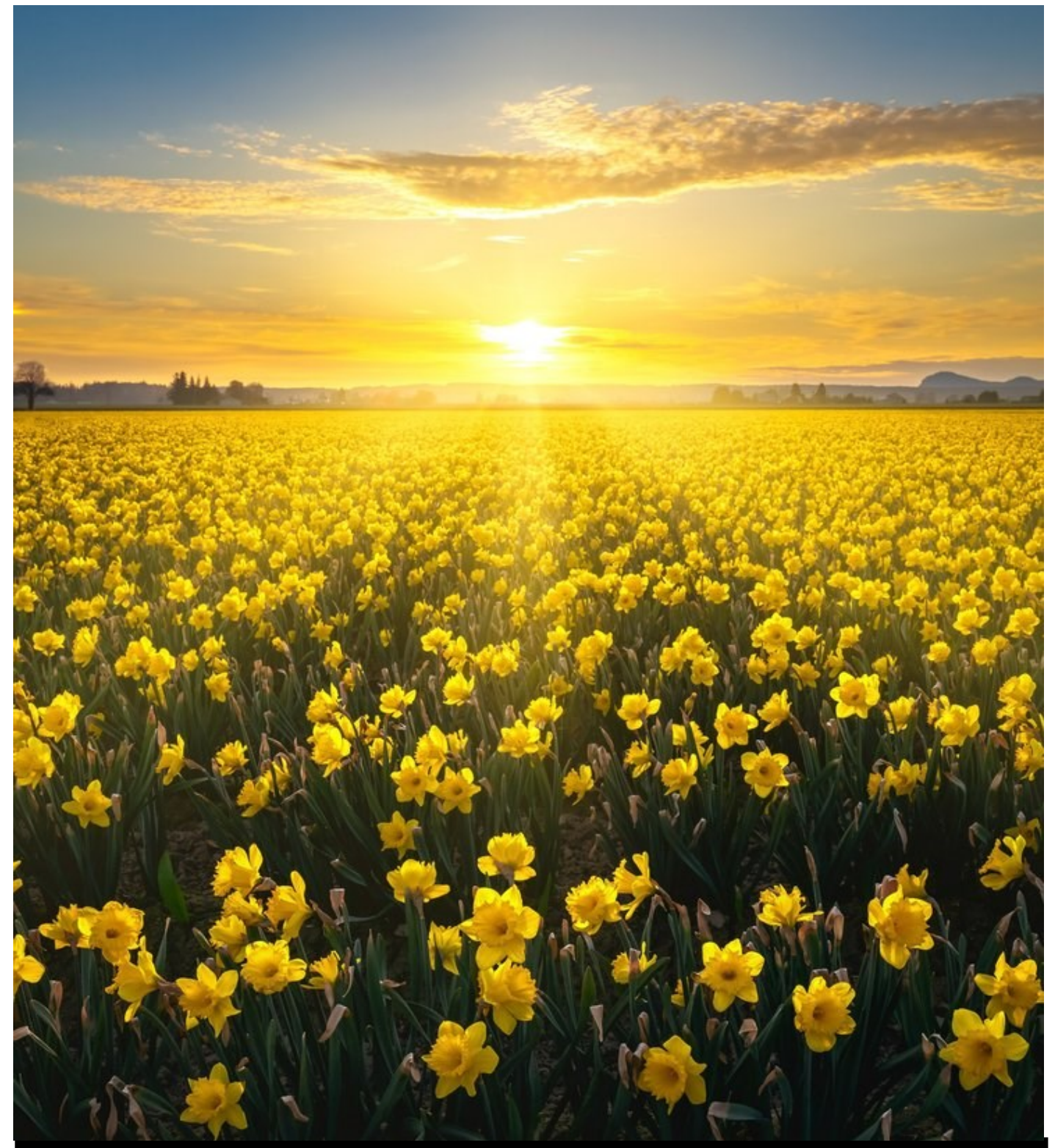
SWEET PEA

TAURUS

TAXES

UMBRELLA

WINDY



# Seton Villa Pep Talk

## April 2024

Visit our website at [www.setonvilla.com](http://www.setonvilla.com)

Or e-mail us at [nuludag@setonvilla.com](mailto:nuludag@setonvilla.com)

Follow us on Instagram at [seton.villa](https://www.instagram.com/seton.villa)

# HAPPY BIRTHDAY

## April Birthdays

Marjorie  
Siu Hor  
Audrey  
Marlys  
Jean  
Paquale  
Lucia  
Anacleto  
Amie

Angelina  
Hugh  
Ilona  
Lorne  
Milena  
Elizabeth  
Melody  
Elsie  
Anne

Rosemarie  
Joseph  
Dick  
Ken  
Marleyn  
Sukfong  
Mike  
Matilde

## Welcome to our Newest Villagers!

Cheryl, Rosa , David and Marlene

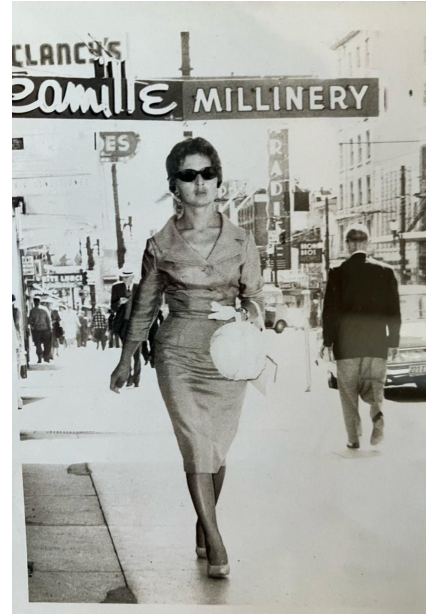


## Solar Eclipse Viewing

On April 8 there will be a total solar eclipse that for a few minutes will cover up the sun and turn light into dark. On average, such an eclipse is visible on Earth every 18 months. Join us on the 2nd Floor on April 8th from 10:40am until 11:45 am Get ready for the solar eclipse with ISO certified Solar Eclipse Glasses, available for purchase at Recreation for just \$3. It's first-come, first-served, so don't miss out! Find us on the 5th floor office. Please note that in Burnaby, we'll only experience 28% of the eclipse, and while we hope for clear skies, we can't guarantee sunny weather. Remember, all glasses are final sale, so be sure to grab yours while supplies last!

## Resident of the Month: Marianna Boroevich

My journey began in 1938 in Romania, where I was born to German parents. My family's roots traced back to Bayern, Germany, as my great grandfather settled in Romania. However, the onset of World War II in 1940 dramatically altered our lives. When Russia invaded, we embarked on a perilous journey, walking 25 kilometers to the Danube city, traveling by ship to Austria, and eventually finding ourselves in Czechoslovakia, confined to a concentration camp. Despite the hardships, we eventually returned to Romania, though regrettably, we couldn't reclaim our home. Determined to seek a better life, we journeyed again, this time to East Germany and then to West Germany.



In a twist of fate, I met the love of my life in a dance hall. It was love at first sight for both of us, and I knew instantly that he was the man I would marry. Despite initial skepticism from friends, destiny intervened when one of my dancing companions introduced us. As we danced that night, we became the center of attention, captivating the crowd with our moves. Within six months, we exchanged vows at the city hall, embarking on a journey of love and companionship that spanned 51 years until his passing.

Together, we raised two wonderful daughters in Canada, where we resided until 1998. Seeking a change of scenery, we relocated to his homeland of Croatia, where I immersed myself in various jobs, from factory work to waitressing, commercial fishing, and house cleaning. Croatia became our haven for 25 years, a serene and picturesque backdrop to our shared memories.



Following my husband's passing, I found solace in returning to Vancouver, where my daughters discovered Seton Villa, a haven of tranquility and community. Here, I continue to nurture my passions for gardening, music, dancing, and crafting, cherishing each moment as a testament to a life filled with love, resilience, and boundless adventure.

## Gratitude from Terry Beech

We're delighted to share a heartfelt thank you note from Terry Beech, Member of Parliament for Burnaby - North Seymour. Mr. Beech extends his appreciation to Michelle and Zina for their exceptional efforts in organizing a wonderful event at Seton Villa.

Let's treasure this acknowledgment and continue spreading warmth and joy throughout our community.



*Dear Michele and Zina,*  
*We wanted to sincerely thank you for putting together an incredible announcement, and for hosting all of us so warmly. Your hospitality, sincerity, and care for Seton Villa, its residents and staff, is truly unique. It may sound corny, but there's such a sense of warmth and comfort as soon as you step inside. You and your team work so hard to ensure that each resident has the same experience, and we undoubtedly see it on the faces of every resident and staff. Today was such a touching and special day, and we cannot wait to do it again.*  
*-With love and gratitude*  
**Thank You**  
Terry Beech  
Member of Parliament  
Burnaby - North Seymour

## Volunteer Appreciation Day

Dear Volunteers,

We wanted to take a moment to extend our deepest gratitude to each and every one of you for your remarkable dedication and commitment to Seton Villa. Your tireless efforts have truly made a difference, and we are immensely grateful for all that you do.

The success of our programs and initiatives is a testament to the passion and generosity of our volunteer community. Whether you've contributed internally or externally, your impact has been profound, touching the lives of so many individuals within our community.

As a token of our appreciation, we are hosting a Volunteer Appreciation Tea on **April 12th at 2:00 PM**. We hope you can join us for this special occasion, where we'll have a small gift for each of you as a gesture of our gratitude. We are also thankful to The Villagers for generously sponsoring half of the event costs, allowing us to celebrate your contributions in a meaningful way. Your support is the cornerstone of Seton Villa, and we are honored to have such dedicated individuals like you on our team. Together, we are making a real difference, and we couldn't do it without you.

Thank you once again for your unwavering support and commitment. We look forward to celebrating with you at the Volunteer Appreciation Tea!

## Experience Convenience with External Services

At Seton Villa, we are committed to enhancing your well-being and convenience through a diverse range of recreational services. In addition to our in-house offerings, we are proud to collaborate with external partners to provide you with even more opportunities to enrich your life. Imagine indulging in a rejuvenating **massage** from the skilled therapists at VC College, or ensuring your dental health with the comprehensive care provided by the **Dental Clinic**. Our partnership with **Gentle Foot Care** ensures that your feet receive the attention they deserve, while our **Hearing clinic** caters to your auditory needs with professionalism and care.

For those focused on fitness and health, our **weights and blood pressure clinic** offers expert guidance and monitoring. Meanwhile, our **denture clinic** ensures that your smile remains radiant and confident.

In today's digital age, staying tech-savvy is essential. That's why we offer **digital and tech education** sessions in collaboration with the **Burnaby Public Library**, empowering you to navigate the digital world with confidence. Additionally, spiritual nourishment is readily available through our partnerships with the **Baptist Church** and **Catholic Mass** services.

But the convenience doesn't end there. Our **pop-up shops**, featuring renowned brands like **Clark Shoes**, **5th Ave Jewelry**, and **Alta-Vida Fashion**, bring fashion and style right to your doorstep. And for those eager to expand their knowledge, our **educational workshops and seminars** cover a wide range of topics, ensuring there's something for everyone.

At Seton Villa, we believe in providing comprehensive services that cater to your every need. Whether you're seeking relaxation, health care, education, or simply a bit of retail we've got you covered. Come experience the convenience and wellness that our external services bring, and let us help you live your best life.

## Grateful for Community Support

We were fortunate to have visits from MLA Janet Routledge and City Councilor Maita Santiago. Maita joined us for the Chinese New Year celebration and International Women's Day, while Janet participated in our Coffee Club, answering all our questions, and also joined us for International Women's Day. We extend our gratitude for their ongoing support.



## Help Wanted!

Seton Villa is looking for residents to help out with odd jobs around the building. If you are interested in helping, please call the Recreation

Department at **778-945-7087**. We need help with the following things:

### Store helper

We're seeking volunteers to assist at our community store on Mondays and Thursdays, 9:30 AM to 11:30 AM. Your help is crucial in keeping our store running smoothly.

Please drop by during these hours to sign up and lend a hand. Let's work together to support our community!

### Gardening Volunteers

We're in search of a gardening helper to join our team. Your tasks will include clearing out weeds, assisting with planting and watering, and occasionally performing light pruning or digging. If you have a passion for gardening and enjoy working outdoors, this role is perfect for you. No prior experience necessary, just a willingness to get your hands dirty! For more details, please inquire with Nellmarie from Recreation

## Villagers Store Update

We're doing well, but the Temptation Table always needs donations. We're looking for 2-3 new helpers for the store, preferably without walkers due to space. Please contact me or Jasmine if interested.

Unfortunately, the price of pop will increase to \$1.25 due to rising costs. Thank you to all buyers and volunteers for your support.

## Gratitude to Bob Scott: Volunteer Librarian Extraordinaire

Dear Bob Scott,

Thank you for your dedicated service as our volunteer Librarian. Your efforts in maintaining our libraries' organization and selecting excellent books have greatly enriched our community. As you retire from this role, we appreciate all you've done and encourage those interested in continuing your legacy to reach out to

Bob or Nellmarie from Recreation.



## April Happy Hours:

Just a friendly reminder that our villagers will be selling delicious snacks during Happy Hours. Kindly remember to bring cash for your convenience.

### Live Music By Gene Cordoni

Tuesday, April 9th at 2:00pm in the Penthouse.

### Live Music By Micheal Cronin

Tuesday, April, 16th at 2:00pm in the Penthouse.

### Live Music by Pete Campbell

Tuesday, April 23rd at 2:00pm in the Penthouse

### Live Music by Music Variations

Tuesday, April 30th at 2:00pm in the Penthouse

## Reminder: Monthly Dental Clinic

Just a quick reminder that our dental clinic occurs every 15th of the month. To ensure our hygienist can plan her day, please sign up at least three days beforehand. Sign-ups on the 15th itself cannot be accommodated. Thank you for your cooperation.

## Introducing Studio 8: Unleash Your Creativity!

Exciting news! We're thrilled to announce the opening of Studio 8, our new permanent art studio located on the 8th floor. Here, you'll have the opportunity to explore your creativity in a dedicated space designed just for you.

Studio 8 is almost ready for use, with just a few finishing touches remaining. Similar to accessing the billiards storage room, you'll be able to sign out the key at the front desk and return it when you're finished. In the future, we'll be offering art classes for those interested in honing their skills. Keep an eye out for more information coming soon!



## April Bus Trips!

**\*Remember, if you ever need to cancel a bus trip, don't worry! Your ticket remains valid for any future bus trips, as long as they are of the same monetary value. So, hold on to it for future use. Also, please note that the return time is indicated as the departure time from the store.**

**Friday, April 5th at 1:30pm –Return at 3:30pm —Safeway at Kensington (\$4)**

**Saturday, April 6th at 10:45am – Day trip: Lunch at Spaghetti factory, visit South African store and movie Monkey Man at 1:30pm (\$20)**

This includes your movie ticket and \$4 bus fare. Estimated return at 4:15pm

**Saturday, April 13th at 11:30am—Gardenworks at Mandeville (\$4)**

You can buy lunch at café.

**Monday, April 15th at 1:30pm—Scenic Drive: Cherry Blossom Tour (\$4)**

Bring money for a treat.

**Saturday, April 20th at 11:30am—Hastings Casino (\$4)**

You can have lunch at their café—Returning at 2:30pm

**Monday, April 22nd at 1:30pm –Return at 3:15pm —Walmart at Lougheed Mall (\$4)**

**Thursday, April 25th at 1:30pm—Eco-Sculpture tour to Burnaby nursery (\$4)**

**Friday, April 26th at 11:00am Abbotsford Tulip Festival (\$20)**

Bring a packed lunch from the kitchen or buy lunch there. Return around 2:45pm

## Events to Look Forward to this April

### Short Story and Coffee with Peter Cech

**Thursday, April 4th at 2:00pm in the Penthouse**

Brew up some inspiration with school trustee Peter Cech for a delightful blend of captivating short stories and stimulating discussions.

### In Person workshop on: Dealing with Conflict:

**Thursday, April 11th at 2:00pm in the Penthouse**

Conflict is a normal part of life and can occur over such minor things as where to go for coffee or larger issues such as deciding when to relocate. This session presents communication strategies that help us work calmly through conflict, so we are better able to find solutions where everybody feels like a winner.

### Gilmore School Visit and Craft

**Friday, April 12th at 9:30am in the Penthouse**

Join Mrs. Sokugawa's class and enjoy this intergenerational activity. Giggles and glue included!

### Seamstress visit and Dorcas repairing costume jewelry

**Saturday, April 13th from 2:00-4:00pm in the Penthouse Meeting Room**

Our next visit with our talented seamstress . Additionally, dive into the world of accessories as Dorcas shares her expertise in repairing and restoring costume jewelry, offering invaluable tips and techniques to breathe new life into your beloved pieces.

### Seminar on Bees and Pollinators

**Thursday, April 18th at 2:00pm in the Penthouse**

Our Pollinator Series introduces you to many of the pollinators found in local gardens. In this workshop, we will make paper full of pollinator-friendly seeds that can be planted to attract pollinators that participants can keep or give as a gift to someone else.

### Italian Coffee Club—Circolo Del Caffe Italiano

**Thursday, April 25th at 2:00pm**

Savor the rich aromas and flavors of authentic Italian espresso as you join our club. Discover the artistry behind every cup as we explore the diverse world of Italian coffee culture

### North Shore Chamber Orchestra afternoon concert.

**Saturday, April 27th at 1:30pm in the Penthouse**

Repertoire will include Tchaikovsky's Serenade for Strings, Holst's St. Paul's Suite, and a concerto featuring a recorder soloist.

## Eco Sculpture Tour

In Burnaby, an enchanting fusion of art and nature comes to life through the captivating Eco Sculptures program. These living artworks, crafted from a metal frame filled with soil and adorned with carefully selected plants, are a testament to creativity and sustainability.

The journey of an Eco Sculpture begins with a meticulous process. Plants, chosen for their vibrant colors and diverse textures, are carefully integrated into the metal frame according to a thoughtfully designed plan. As the plants grow, the sculpture evolves, transforming into an imaginative living masterpiece.

Now, here's the exciting part: You have the opportunity to witness this process firsthand by joining a tour and demonstration on **Thursday, April 25th at 1:30pm** at the nursery where these sculptures are planted. Experience the magic as the intricate designs come to life before your eyes, and gain insight into the craftsmanship behind these botanical wonders.

Each summer, these Eco Sculptures grace the streets of Burnaby, from June to the end of September, captivating both residents and tourists alike. It's a unique attraction that not only beautifies the city but also serves as a reminder of our interconnectedness with the natural world. Don't miss your chance to be part of this eco-conscious artistry. Embark on a journey to the nursery and discover the enchanting world of Eco Sculptures in Burnaby.



## Exploring Spirituality with Kim: A Journey of Self-Discovery

We are thrilled to announce that our dedicated volunteer, Kim, will be taking the lead for our upcoming activity centered around spirituality. Kim has some fantastic plans in store for us, including discussions on the essence of spirituality, its distinctions from religion, and engaging practices such as connecting with nature and journaling. Your valuable input is essential as we work together to shape this session into a meaningful exploration of ourselves and our connections. Thursday, April 11th at 10:00am

Looking forward to seeing you there

## Daffodil Tea

You're Invited to Seton Villa's Daffodil Tea. Join us for a heartwarming afternoon at Seton Villa as we host our Daffodil Tea in support of breast cancer awareness. April marks Cancer Awareness Month, and together, we can make a difference. **Date: Wednesday, April 10th Time: 2:00 PM**

Seton Villa aims to raise \$1000 this year, with hopes of increasing this amount in the years to come. Every donation, no matter the size, brings us one step closer to our goal.

Please wear yellow or pink if you can to show your solidarity with those affected by cancer. We will have a designated table for donations, where your generosity will directly contribute to supporting breast cancer research and care.

Indulge in delightful cake and refreshments as we come together to share stories of courage and resilience from individuals who have faced the challenges of cancer firsthand. Your presence and support mean the world to us as we honor their journeys and celebrate hope for the future.

Let's unite in the fight against breast cancer and spread warmth and compassion within our community. We look forward to welcoming you to Seton Villa for this meaningful event.

## Important Notice Regarding Bus Trip Cancellations

We want to take a moment to address a concerning trend we've observed regarding last-minute cancellations for our bus trips. Recently, we've encountered too many instances where residents cancel their participation right before the scheduled departure time. This poses significant challenges for us as we require a minimum of 8 residents to proceed with the bus trip. When cancellations occur at the last minute, it not only disrupts our plans but also impacts everyone who was looking forward to the outing. Please understand that a considerable amount of planning and preparation goes into organizing these bus trips. From making reservations to arranging volunteers and securing advanced paid parking, each detail is meticulously coordinated to ensure a smooth and enjoyable experience for everyone involved.

While we recognize that unforeseen circumstances such as hospitalization or recovery may necessitate cancellations, we kindly request that residents provide at least 24 hours' notice if they wish to cancel their participation. Failure to do so will result in forfeiture of your ticket without refund. Starting April, residents who cancel less than 24 hours before the scheduled departure time will be required to hand in their ticket as a consequence. We understand that this may seem strict, but it is essential for ensuring fairness and consideration for all participants.

Thank you for your understanding and cooperation in this matter.

## Leadership and Resident Meeting

You're invited to our Leadership and Resident Meeting on **Wednesday, April 24th at 2:00 pm.** Hear updates and share your thoughts. Your presence matters!

## Do Not Feed The Birds!

Seton Villa has a strict policy regarding bird feeding from balconies. Please do not feed any bird or animal from your balcony as it is unhygienic and causes the animals to keep coming back. The food attracts unwelcome pests like mice, rats and insects. These pests harbor additional diseases that can be dangerous to humans. Thank you for your cooperation!



## Exercise variety at Seton Villa

At Seton Villa, we pride ourselves on offering a diverse range of exercise options tailored to meet the needs and preferences of our residents. With all three of our recreation staff trained in fitness, you can expect a variety of engaging activities designed to promote physical well-being and enjoyment. Here's a glimpse of our exercise offerings:

**Ball Fitness:** Improve eye-hand coordination with our dynamic ball fitness sessions.

**Pool Noodle Exercise:** Utilize soft pool noodles to enhance range of motion and flexibility in a gentle yet effective manner.

**Chair Yoga:** Join us every Wednesday for chair yoga sessions, perfect for promoting relaxation and flexibility.

**Tai Chi:** Experience the benefits of Tai Chi every second Friday, promoting balance, flexibility, and overall well-being.

**FlexiHands:** Engage in hand-oriented exercises aimed at providing relief for arthritis and enhancing strength for individuals with Parkinson's disease.

**Aquafit:** Dive into our Aquafit classes every Saturday, offering low-impact exercises that are gentle on the joints while providing a full-body workout.

With such a wide array of exercise options, there's something for everyone at Seton Villa. Join us in staying active and maintaining optimal health together! Stay tuned for our upcoming exercise schedules and events!

## Meet your staff: Sanela Bakovic

Dear beloved members of our cherished community, my name is Sanela Bakovic and for over two decades, I've had the privilege to share my heart and soul with you through the artistry of culinary delights. It was 1992 when my late husband and I made the decision to leave Bosnia amid looming war and move our lives with our four young children aged 6, 3, 2 and 1 to Germany. After six years there, we decided to embark on yet another journey, this time to beautiful British Columbia, Canada where I am now a proud grandmother to four beautiful grandchildren.



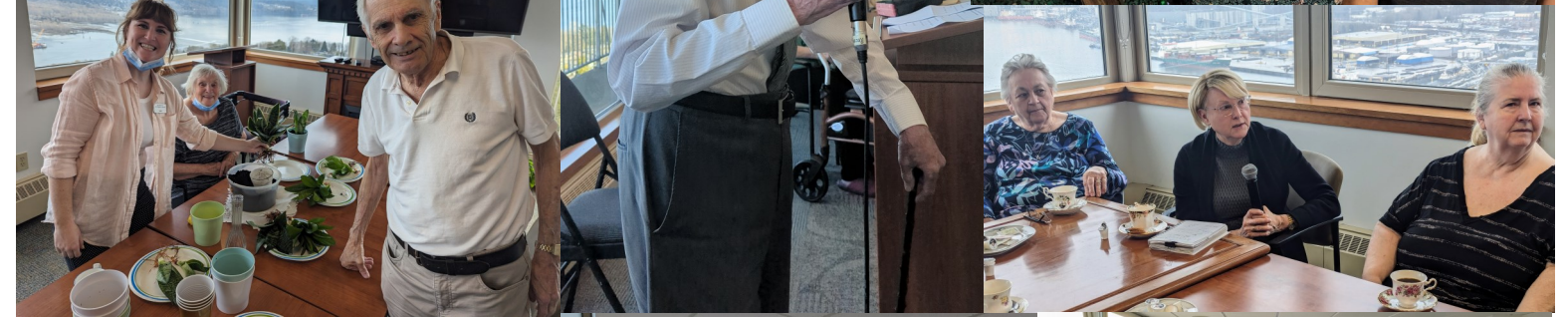
In this new life and adventure half-way across the world, I started by working odd jobs in various kitchens and grocery stores around the city. It was in 2001 however that I found Seton Villa, a place I didn't know would become another home for me for the next 23+ years, and counting. Every day here has been special to me, always knowing that the meals and desserts we make are not just nourishment for the body, but a reflection of the love and care that permeates through all of our hearts.

There are hardly any better ways to start your day than knowing you have the chance today to make a difference to so many wonderful people's lives. It is what motivates me every day when I enter those doors and greet the people that make Seton Villa so special. It is not just a workplace but rather a second home for me.

As I venture forward through this amazing experience, I want to tell all the residents of Seton Villa that with each dish I prepare, I am reminded of the profound privilege it is to be a part of your lives, and I am filled with gratitude for the opportunity to serve you with all my heart. Here's to many more years of shared meals, laughter, and cherished moments together. Thank you for making my day, every day.



# Wonderful Memories from March!





## April 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>14</b> 9:30 Sunday Stretch with Gina (PH) 10:15 Knitting and Yarn Crafts with Conversation (PH) 11:00 Sunday Hymn Singing (PH) 1:00 Mahjong (7th Floor) 2:00 Java Music with Gina (PH) 3:00 Neighborly Dialogues: Conversations with Randy (PH) 4:00 Social on the 2nd Floor (Outside) (WP) 6:30 Activities with International students (PH)	<b>15</b> Dental Clinic 6 <sup>th</sup> Floor. Please sign up in advance. 9:30 Villagers Store Open 10:00 Exercise with Gina (PH) 10:45 Spiritual Moments (PH) 1:30 Bridge (PH) 1:30 Cribbage (PH) <b>1:30 Bus Trip: Scenic Drive: Cherry Blossom Tour. Bring Money for a Treat (\$4)</b> 4:00 Shuffleboard with Gina (PH) 6:30 Documentary: 100 Days with Tata (PH) (NETFLIX) Happy Birthday Elizabeth S, Milena P and Lorne B!	<b>16</b> Gentle Foot Care 11 <sup>th</sup> Floor 9:30 Keep Fit with Gina (PH) <b>10:15 Tea and Talk with Bonnie (PH)</b> 11:15 Garden Club Social (PH/ Garden) 2:00 Happy Hour with Live Music by Micheal Cronin. Friends and Family are welcome. Please bring cash. (PH) 3:30 Expoza Travel: Scotland (PH) 6:45 Movie: The Mystery of Marilyn Monroe -The Unheard Tapes (PH) (NETFLIX)	<b>17 Jen Away</b> Gentle Foot Care 11 <sup>th</sup> Floor 10:00 Chair Yoga with Tamara (PH) 10:30 Coffee Club (PH) 12:00 Name that Tune with Gina (PH) 1:00 Walking Group (L) (WP) 1:30 Cribbage (PH) 2:00 Bocce Ball with Gina (PH) 3:00 Brain games (PH) 5:00 Be the Judge Discussion (PH) 6:30 The Price is Right (PH) Happy Birthday Elsie H, Anne W and Melody G!	<b>18 Jen Away</b> 9:30 Villagers Store Open 10:00 Catholic Liturgy of the Word & Holy Communion (PH) 1:00 No Massages (PH - Bistro) 1:30 Bridge (PH) 2:00 Seminar or Bees and Pollinators - make pollinator-friendly seed paper. (PH) 3:00 Gardening club and Lemonade Social. (Garden) 6:45 Java Social (PH)	<b>19 Jen Away</b> 9:00 Mexican Train <b>10:30 Clark Shoes (Outside by Driveway)</b> 10:30 Coffee Club 11:00 Jokes and Java – Share your best April jokes (PH) 1:30 Thai Ci with Wayne (PH) 2:15 Belly Dancing Class by Rita, Niamh and Nell (PH) 3:00 Bid farewell to BCCE Students with Ice Cream Social (PH) 7:00 Bingo! (PH) Bring your money! Happy Birthday Rosemarie N!	<b>20 Jen Away</b> 8:30 Swimming and Aquafit (Pool) 10:00 Keep Fit with Nell (PH) 10:30 Coffee Club (PH) <b>11:30 Bus Trip: Hastings Casino – You can have lunch at their café. Return at 2:30 (\$4)</b> 1:00 No Massages (PH - Bistro) 1:30 Bridge (PH) 2:00 Afternoon Concert: André Rieu live in Bahrain (PH) Happy Birthday Joseph G!
<b>21</b> 9:30 Sunday Stretch with Gina (PH) 10:15 Knitting and Yarn Crafts with Conversation (PH) 11:00 Sunday Hymn Singing (PH) 1:00 Mahjong (7th Floor) 2:00 Java Music with Gina (PH) 3:00 Exploring the Silk Road: A Journey Through China with Roxsane (PH) 4:00 Social on the 2 <sup>nd</sup> Floor (Outside) (WP) 6:30 Activities with International students (PH) Happy Birthday Dick H!	<b>22 Earth Day</b> 9:30 Villagers Store Open 10:00 Exercise with Gina (PH) 10:45 Spiritual Moments (PH) We invite you to come and see what's happening in the Penthouse, every day! (PH) 1:30 Bridge (PH) 1:30 Cribbage (PH) <b>1:30 Bus Trip: Walmart at Lougheed Mall – Return at 3:15pm (\$4)</b> 4:00 Comedy Hour (PH) 6:30 Documentary: Kiss the Ground (PH) (NETFLIX) Happy Birthday Ken T!	<b>23</b> 9:30 Keep Fit with Gina (PH) 10:15 Tea and Talk with Gina (PH) 11:15 Garden Club Social (PH/ Garden) 2:00 Happy Hour with Live Music by Pete Campbell. Friends and Family are welcome. Please bring cash. (PH) 3:30 Expoza Travel: Holland (PH) 6:45 Movie: Away from Her (PH) (NETFLIX)	<b>24</b> 10:00 Chair Yoga with Tamara (PH) 10:30 Coffee Club (PH) 11:00 Meditation Training (PH Mtg) 12:00 Bean Bag Toss with Gina (PH) 1:00 Walking Group (L) (WP) 1:30 Cribbage (PH) 2:00 Resident and Leadership Meeting (PH) 3:00 Brain games (PH) 5:00 Be the Judge Discussion (PH) 6:30 April Trivia & Finish the Phrase (PH)	<b>25</b> 9:30 Villagers Store Open 10:00 Catholic Liturgy of the Word & Holy Communion (PH) 1:00 Massages (PH - Bistro) 1:30 Bridge (PH) 1:30 Hearing Clinic (PH Mtg) <b>1:30 Bus Trip: Eco-Sculpture Tour</b> 2:00 Italian Coffee Club – Circolo Del Caffè Italiano (PH) 3:00 Crepe Paper Thistles Craft (PH) 6:45 Java Social (PH) Happy Birthday Marylen W!	<b>26</b> 9:00 Mexican Train (PH) 10:00 Keep Fit with Jen (PH) 10:30 Coffee Club (PH) <b>11:00 Bus Trip to Abbotsford Tulip Festival (\$20) -Bring a packed lunch or money to buy lunch. Return around 2:45pm</b> 2:00 New resident welcoming Tea- Everyone is welcome! 3:00 Java Visits with Jen (PH) 7:00 Bingo! (PH) Bring your money! Happy Birthday Sukfong C!	<b>27</b> 8:30 Swimming and Aquafit (Pool) 9:30 Advanced Java (PH Mtg Rm) 10:00 Keep Fit with Jen (PH) 10:30 Coffee Club (PH) 1:00 Massages (PH - Bistro) 1:30 Bridge (PH) 1:30 North Shore Chamber Orchestra afternoon concert. (PH) 3:00 Pep Talk Folding
<b>28</b> 9:30 Sunday Stretch with Gina (PH) 10:15 Knitting and Yarn Crafts with Conversation (PH) 11:00 Sunday Hymn Singing (PH) 1:00 Mahjong (7th Floor) 2:00 Java Music with Gina (PH) 3:00 Neighborly Dialogues: Conversations with Robert (PH) 4:00 Social on the 2 <sup>nd</sup> Floor (Outside) (WP) 6:30 Activities with International students (PH)	<b>29</b> 9:30 Villagers Store Open 10:00 Exercise with Gina (PH) 10:45 Spiritual Moments (PH) We invite you to come and see what's happening in the Penthouse, every day! (PH) 1:30 Bridge (PH) 1:30 Cribbage (PH) 2:00 Java Music with Gina (PH) 3:00 Giant Crossword (PH) 4:00 Afternoon visits with Gina (PH) 6:30 Documentary: Birders (PH) (NETFLIX) Happy Birthday Mike O and Matilde T!	<b>30</b> 9:30 Keep Fit with Gina (PH) <b>10:15 Tea and Talk with Robert – Travels to Iran (PH)</b> 11:15 Garden Club Social (PH/ Garden) 2:00 Happy Hour with Live Music by Music Variations. Friends and Family are welcome. Please bring cash. (PH) 3:30 Expoza Travel: Canada (PH) 6:45 Movie: The remains of the Day (PH) (NETFLIX)	<p><b>The Hair Salon is Open Mon, Wed, Thurs, Fri, Sat</b>  <b>9:00am-4:00pm for hair and manicures.</b>                      Please sign up with Tina for an appointment in the Penthouse                      Milk, Bread &amp; Eggs can be purchased at the Front Desk                      10:30-11:00am and 2:30-3:30pm  <b>*ACTIVITIES ARE SUBJECT TO CHANGE*</b>                      (PH) – Penthouse on the 19th Floor                      (B) – Basement                      (L) – Lobby on Ground Level - Bus Trips                      (WP) Weather Permitting                      New or Special Events are Bolded.</p>			

## April 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>The Hair Salon is Open Mon, Wed, Thurs, Fri, Sat 9:00am-4:00pm for hair and manicures.</b></p> <p><b>Please sign up with Tina for an appointment in the Penthouse Milk, Bread &amp; Eggs can be purchased at the Front Desk 10:30-11:00am and 2:30-3:30pm</b></p> <p><b>*ACTIVITIES ARE SUBJECT TO CHANGE*</b></p> <p>(PH) – Penthouse on the 19th Floor (B) – Basement (L) – Lobby on Ground Level - Bus Trips</p> <p><b>(WP) Weather Permitting</b> New or Special Events are Bolded.</p>	<p><b>1 Easter</b></p> <p><b>9:30 Villagers Store Open</b></p> <p>10:00 Exercise with Gina (PH)</p> <p>10:45 Coffee Club with Easter chocolates! (PH)</p> <p>We invite you to come and see what's happening in the Penthouse, every day! (PH)</p> <p>1:30 Bridge (PH)</p> <p>1:30 Cribbage (PH)</p> <p>2:00 Hymn Singing (PH)</p> <p>3:00 Giant Crosswords (PH)</p> <p>4:00 Card Games (PH)</p> <p><b>6:30 Documentary: El Sendero De La Anaconda (PH) (NETFLIX)</b></p> <p><b>Happy Birthday Audrey W, Siu Hor M and Marjorie M!</b></p>	<p><b>2 Name Tag Day- Wear your Name Tags All Day!</b></p> <p>9:30 Keep Fit with Gina (PH)</p> <p>10:00 Birthday Tea Set Up - Help needed (PH)</p> <p>11:00 Garden Club Social (PH Mtg/Garden)</p> <p><b>2:00 Birthday Tea – Everyone is invited to enjoy a piece of cake and celebrate April Birthdays! Friends and Family are welcome. (PH)</b></p> <p><b>3:30 Expoza Travel: Mexico (PH)</b></p> <p>6:45 Movie: All Quiet on the Western Front (PH) (NETFLIX)</p>	<p><b>3 9:30 Weights &amp; Blood Pressures – Please Bring your record. (PH)</b></p> <p>10:30 Coffee Club (PH)</p> <p>11:00 Meditation Training (PH Mtg)</p> <p>12:00 Table Tennis with Gina (PH)</p> <p>1:00 Walking Group (L) <b>(WP)</b></p> <p>1:30 Java Visits</p> <p>1:30 Cribbage (PH)</p> <p><b>2:00 Bus Trip Sign up (PH)</b></p> <p>3:00 Brain games (PH)</p> <p>5:00 Be the Judge Discussion (PH)</p> <p>6:30 Motown Night with Spring Spritzer cocktail and Jeopardy (PH)</p>	<p><b>4 9:30 Villagers Store Open</b></p> <p>10:00 Catholic Liturgy of the Word &amp; Holy Communion (PH)</p> <p>10:30 Meditation Training (PH Mtg)</p> <p>1:00 Massages (PH - Bistro)</p> <p>1:30 Bridge (PH)</p> <p><b>2:00 Stort Story and Coffee with Peter Cech (PH Mtg)</b></p> <p><b>2:00 Beaded Garden Stake Craft (PH)</b></p> <p><b>3:15 Recreation and Leisure Meeting – Everyone welcome! (PH)</b></p> <p>6:45 Java Social (PH)</p> <p><b>Happy Birthday Marlys S!</b></p>	<p><b>5 9:00 Mexican Train (PH)</b></p> <p><b>9:45 FlexiHands: (PH Mtg Room)</b></p> <p><b>10:00 Fitness with student Rita (PH)</b></p> <p>10:30 Coffee Club (PH)</p> <p>11:00 Table Tennis (PH)</p> <p><b>1:30 Bus Trip: Safeway at Kensington - Return at 3:30pm (\$4)</b></p> <p><b>2:00 Easy Allied Health Presentation on Arthritis and Fall Prevention (PH)</b></p> <p>3:00 Poetry and Punch with Discussions (PH Mtg)</p> <p>3:00 Java Visits with Jen (PH)</p> <p><b>7:00 Bingo! (PH) Bring your money! Happy Birthday Pasquale R and Jean H!</b></p>	<p><b>6 8:30 Swimming and Aquafit (Pool)</b></p> <p>9:30 Cantonese-Mandarin Café (PH Mtg Rm)</p> <p>10:00 Keep Fit with Jen (PH)</p> <p>10:30 Coffee Club (PH)</p> <p><b>10:45 Bus Trip: Day trip: Lunch, South African store, and Movie in Langley. Spaghetti factory &amp; The Monkey Man at 1:30pm- return around 4:15pm (\$20)</b></p> <p>1:00 Massages (PH - Bistro)</p> <p>1:30 Bridge (PH)</p> <p><b>2:00 Seton Villa Tiki Troupe: Seniors' Polynesian Dance Adventure (PH)</b></p> <p><b>Happy Birthday Anacleto B and Lucia B!</b></p>
<p><b>7 9:30 Sunday Stretch with Gina (PH)</b></p> <p>10:15 Knitting and Yarn Crafts with Conversation (PH)</p> <p>11:00 Sunday Hymn Singing (PH)</p> <p>1:00 Mahjong (7th Floor)</p> <p>2:00 Java Music with Gina (PH)</p> <p><b>3:00 Hummingbird Conversation with Hugh (Freckles) (PH)</b></p> <p><b>4:00 Social on the 2<sup>nd</sup> Floor (Outside Weather Permitting)</b></p> <p><b>6:30 Activities with International students (PH)</b></p> <p><b>Happy Birthday Amie A!</b></p>	<p><b>8 9:30 Villagers Store Open</b></p> <p>10:00 Exercise with Gina (PH)</p> <p><b>10:45 Solar Eclipse viewing on 2<sup>nd</sup> Floor. Solar glasses \$3 (PH)</b></p> <p>1:30 Bridge (PH)</p> <p>1:30 Cribbage (PH)</p> <p><b>2:00 Baptist Church Service with Pastor Doug Green (PH)</b></p> <p><b>2:15 Book Club Meet (PH Mtg)</b></p> <p>3:00 Word Scramble (PH)</p> <p>4:00 Card Games (PH)</p> <p><b>6:30 Documentary: 3 Minute Hug (PH) (NETFLIX)</b></p>	<p><b>9 9:30 Keep Fit with Gina (PH)</b></p> <p>10:15 Tea and Talk with Nell (PH)</p> <p>11:15 Garden Club Social (PH/ Garden)</p> <p><b>2:00 Happy Hour with Live Music by Gene Cordoni. Friends and Family are welcome. Please bring cash. (PH)</b></p> <p><b>3:30 Expoza Travel: Italy (PH)</b></p> <p>6:45 Movie: The Wonderful Story of Henry Sugar (PH) (NETFLIX)</p>	<p><b>10 10:00 Chair Yoga with Tamara (PH)</b></p> <p>10:30 Coffee Club (PH)</p> <p>11:00 Meditation Training (PH Mtg)</p> <p>12:00 Who Am I with Gina (PH)</p> <p>1:00 Walking Group (L) (WP)</p> <p>1:30 Cribbage (PH)</p> <p>1:30 Java Visits</p> <p><b>2:00 Daffodil Tea – Donations for Breast Cancer (PH)</b></p> <p>3:00 Brain games (PH)</p> <p>5:00 Be the Judge Discussion (PH)</p> <p>6:30 Trivia Night</p> <p><b>Happy Birthday Angelina M!</b></p>	<p><b>11 9:30 Villagers Store Open</b></p> <p>10:00 Catholic Liturgy of the Word &amp; Holy Communion (PH)</p> <p><b>10:00 What is Spirituality? Discussion with Kim (PH Mtg)</b></p> <p>1:00 Massages (PH - Bistro)</p> <p>1:30 Bridge (PH)</p> <p><b>2:00 In person workshop on: Dealing with Conflict. Hosted by Seniors Helping Seniors. (PH)</b></p> <p><b>2:00 Burnaby Pop-Up Library (PH)</b></p> <p><b>2:00-4:00 Scrapbooking Workshop (PH Mtg)</b></p> <p>6:45 Java Social (PH)</p> <p><b>Happy Birthday Hugh N!</b></p>	<p><b>12 9:00 Mexican Train (PH)</b></p> <p><b>9:30 Gilmore School Visit and Craft (PH)</b></p> <p>10:30 Coffee Club (PH)</p> <p>11:00 Word in a Word (PH)</p> <p><b>2:00 Volunteer Appreciation Tea – Let's say Thank you to our Volunteers! (PH)</b></p> <p><b>2:30 FIRE DRILL</b></p> <p>3:00 Java Visits with Jen (PH)</p> <p><b>7:00 Bingo! (PH) Bring your money! Happy Birthday Ilona S!</b></p>	<p><b>13 8:30 Swimming and Aquafit (Pool)</b></p> <p>9:30 Advanced Java (PH Mtg Rm)</p> <p>10:00 Keep Fit with Jen (PH)</p> <p>10:30 Coffee Club (PH)</p> <p><b>11:30 Bus Trip: Gardenworks Mandeville. Lunch available at Café. (\$4)</b></p> <p>1:00 Massages (PH - Bistro)</p> <p>1:30 Bridge (PH)</p> <p><b>2:00-3:00 Seamstress: Jessie Webster (PH Mtg)</b></p> <p><b>2:00 Java Music with Jen (PH)</b></p>