

| MONDAY  | TUESDAY  | WEDNESDAY   |
|---|--|---|
| <b>9am April 15th</b><br>Men's Breakfast with John Denny's Restaurant, 1098 Davie St. | <b>10:30am April 2nd</b> page 7<br>Strategic Planning Summary meeting with Claudine & Luna | <b>10am - 12pm</b><br>Barclay Yarn Artisans   |
| <b>10am - 12pm</b><br>Barclay Yarn Artisans   | <b>10:30am - 11:30pm</b><br>Heritage Harmonies with Frank                                  | <b>10am - 12:50pm April 17th</b> page 6<br>Barclay Yarn Artisans' Sale                          |
| <b>10 - 11am</b><br>French Conversation   | <b>11:15am - 12:45pm</b><br>ESL Intermediate with Iraj                                     | <b>10:30 - 11:30am April 24th</b><br>Coffee with Claudine                                       |
| <b>11:15am - 12:30pm</b><br>ESL Beginners with Chris                                  | <b>11:30am - 12:30pm</b><br>Outdoor Walking Group with Diane                               | <b>10:30am - 1pm</b><br>Strum & Sing-a-Long with Tara   |
| <b>11:30am - 12:30pm</b><br>Spanish for Beginners with Alicia<br>FULL                 | <b>12:30 - 4pm</b><br>Barclay Visual Arts Group  | <b>11:30am - 1pm April 24th</b><br>Impact of Microplastics on the Environment                   |
| <b>1 - 4pm</b><br>Bridge (WECCA)  | <b>1 - 3pm</b><br>Poker & Tea Time: Beginners welcome                                      | <b>1 - 3:30pm</b><br>Scrabble   |
| <b>1:30 - 2:30pm</b><br>Choose to Move with Lisa                                      | <b>1:30 - 3:30pm</b><br>ESL Advanced with Walter - FULL                                    | <b>1 - 2:45pm</b><br>German Conversation with Birgitte  |
| <b>1:30 - 4:30pm</b><br>Mahjong: Hong Kong style                                      | <b>2:30 - 3:30pm</b><br>JAVA Social  | <b>3 - 4:30pm</b><br>Spanish Conversation   |
| <b>3 - 4:30pm April 8th</b> page 7<br>Tech Help Workshop                              |         | <b>3 - 4pm</b><br>Gentle Hatha Yoga with Lisa   |
| <b>3 - 4:30pm April 8th</b> page 6<br>COV Leisure Access Pass info session            |  | <b>4 - 5pm</b><br>Happy Hour at the Bayside Lounge  |
| <b>6:30 - 8pm April 29th</b> page 7<br>Intergenerational Garden Rock Decorating       |  | <b>5:30 pm April 17th</b><br>Dinner Club with Mauro<br>Cactus Club English Bay, 1790 Beach Ave. |



**FRIDAY MOVIES**  
Return to starting time of 1:30 pm  
**Friday April 5th**  
**Midnight in Paris**

- In this Oscar-winning fantasy comedy, a screenwriter (Owen Wilson) finds himself going back to the 1920s every day while on a trip to Paris with his fiancée (Rachel McAdams).

**Friday April 19th**  
**Family reunion - 1981**

- A family reunion on an ancestral farm uncovers hidden secrets and tests the resilience of familial bonds. This film explores themes of love, forgiveness, and understanding. Starring: Bette Davis, J. Ashley Hyman, David Huddleston.

**CHOOSE TO MOVE** (please RSVP)  
**April 8th Cherry Blossom City Walk |**  
Bring your walking shoes, cameras and umbrellas (if applicable) and stroll with us through the tree lined streets of our beautiful city.  
**April 15th Sleep Workshop with Susan from OASIS |** This session will address stages of sleep, the natural human Circadian Rhythm and tips and tricks for a better sleep for optimum health benefits.

# Activities & Events SIGN UP TUESDAY, APRIL 2nd

| THURSDAY   | FRIDAY   | SATURDAY   |
|--|--|--|
| <p><b>10 – 11:30am</b><br/>TED Talks &amp; Discussion with John</p>            | <p><b>10:30-11:30am April 12th and 26th</b><br/>page 6<br/>West End Living Library</p> | <p><b>11am-3pm April 27th</b> page 6<br/>Outtrip w/ Jeanette - Nikkei Museum</p>   |
| <p><b>10 - 10:30am</b><br/>Nordic Pole Walking: Beginners with Mary</p>        | <p><b>10 -11 am April 26th</b> page 7<br/>SAFER presentation with Susan Paré</p>       | <p><b>SUNDAY</b></p>   |
| <p><b>10:30 – 11:30am</b><br/>Nordic Pole Walking with Mary</p>                | <p><b>10am -12 pm April 19th</b> page 6<br/>Intergenerational Art Workshop</p>         | <p><b>11am March 31st</b><br/>Brunch at Sylvia Hotel with Liz</p>  |
| <p><b>11:30am – 12:30pm</b><br/>Outdoor Walking Group with Diane</p>           | <p><b>10 - 12pm April 5th</b> page 7<br/>Tech Help workshop</p>                        | <p><b>TED TALKS</b><br/><i>Thursday, 10 - 11:30am</i></p>  |
| <p><b>12pm – 5pm April 18th</b> page 6<br/>Ears2You Hearing Health Check</p>   | <p><b>11am – 12pm</b><br/>Spanish Intermediate with Alicia</p>                         | <p><b>April 4th</b></p> <ul style="list-style-type: none"> <li>• How to make learning as addictive as social media</li> <li>• My quest to end the horror of gun violence in the US</li> <li>• Why gun violence can't be our new normal</li> <li>• The powerful possibilities of recycling the world's batteries</li> </ul> |
| <p><b>1 – 3pm April 11th</b> page 7<br/>Tech Help workshop</p>                 | <p><b>12 – 2pm For Mar/Apr only</b><br/>Karaoke with Lan</p>                           | <p><b>April 11th</b></p> <ul style="list-style-type: none"> <li>• The power of unconventional thinking</li> <li>• The powerful possibilities of recycling the world's batteries</li> <li>• Artificial skin? We made it — here's why</li> </ul>   |
| <p><b>3 – 4:30pm</b><br/>Ukulele</p>   | <p><b>1:30pm</b><br/>Friday Movie</p>  | <p><b>April 18th</b></p> <ul style="list-style-type: none"> <li>• The dark side of competition in AI</li> <li>• The unexpected way spirituality connects to climate change</li> <li>• Are you really as good at something as you think?</li> </ul>   |
| <p><b>3 – 4:30pm April 25th</b> page 6<br/>Birthday Tea</p>                    | <p><b>1- 2pm April 26th</b><br/>Death &amp; Dying Discussion</p>                       | <p><b>April 25th</b></p> <ul style="list-style-type: none"> <li>• The secret perks of driving electric</li> <li>• Meet methane, the invisible climate villain</li> <li>• What almost dying taught me about living</li> </ul>   |
| <p><b>4:30 – 6:30pm April 25th</b> page 7<br/>Volunteer Appreciation Party</p> | <p><b>2 – 4pm</b><br/>Men's Shed</p>   |  |
|  | <p><b>3:15 – 4:45 pm</b><br/>Golden Guys Group with Neil</p>                           |  |
|  | <p><b>3- 4:30pm April 19th</b> page 7<br/>Talk with Tuktu</p>                          |  |
|  | <p><b>3- 4:30pm April 26th</b> page 6<br/>The World of Cocoa: From Bean to Bar</p>     |  |

**OFF-SITE EVENT**

**April 22nd Balance and Stretching exercises with Lisa** | Balance exercises boost stability and strength, while physical activities and stretching enhance flexibility and lower health risks.

**April 29th Shoulder Arthritis Health with Anna from OASIS** | Learn about strategies to manage your shoulder arthritis, including the role of posture, shoulder joint protection and exercise to improve movement and strength.



**CLOSED**  
EASTER MONDAY,  
April 1st