

UPCOMING EVENTS

- ◆ **March 5-** Denise from Nova Care Presentation @1:30
- ◆ **March 7—** Chilako Music @ 1:00
- ◆ **March 10—** Line Dancing at 1:00PM in the Grand Foyer
- ◆ **March 11—** Seniors social at the Civic Center
- ◆ **March 13—** Scooter and Walker Clinic in the Grand Foyer at 1:00PM
- ◆ **March 17—** Blood pressure/ wellness check at 1:00PM
- ◆ **March 18—** Painting with Sharon in the Activity Room at 1:00PM
- ◆ **March 20—** Matt Beatty Performance (music) at 1:00PM
- ◆ **March 24—** Line dancing in the Grand Foyer at 1:00PM
- ◆ **March 25—** Birthday Celebrations with Music by The Elk Elastic Band at 1:00PM in the Grand Foyer
- ◆ **March 27—** Alia and Tan Jay Fashion Show at 1:00PM
- ◆ **March 30—** Old Time Fiddlers at 7:00PM



Weekly Activities

- ◆ *Chair Exercises or Stretch It Out at 9:30AM every Mon—Fri in the Activity Room*
- ◆ *A 2nd Chair Exercise is now offered at 11:00AM on Mon & Wed & Friday*
- ◆ *Tea Time at 10:00AM and 2:00PM every day in the Dining Room*
- ◆ *Happy Hour on 4th at 4:00PM Mon & Fri*
- ◆ *Bingo at 1:00PM every Monday!*
- ◆ *Tai Chi with Tom Monday at 3:00PM in the Grand Foyer*
- ◆ *Cards in the Library at 6:30 PM every Mon—Thurs*
- ◆ *Hand & Foot Canasta in the Activity Room at 1:30PM every Thursday Sunday*
- ◆ *Loonie Movies on Sunday 7:00PM in the Theatre*

FREE DENTAL CARE FOR SENIORS!

GIVE BACK SMILE BACK — SUNDAY April 19, 2020.

The four Family Dental Care Clinics in Prince George will once again be providing complimentary cleanings, fillings, or extractions for seniors (age 55e+) during the month of April (*National Oral Health Month*).

This service is for low-income seniors who do not have regular dental care. Registration forms will be available soon at the Seniors Resource Centre, 721 Victoria Street. **Completed registration forms must be returned to the Senior Resource Center by Friday March 21.**



With our winter hopefully coming to and end soon. It is finally time to remove the Christmas lights and decorations from your balconies if you have not already done so.

We would like to introduce one of our new staff members Mellissa! Mellissa will be filling in for Cheryl, the Activities Director while she is away on medical leave. Mellissa will also fill in as the Concierge while Ashlee is on Maternity Leave. If you see her in the halls make sure you say hello, she has a lot of new faces to meet and a lot of new things to learn! Welcome to the team Mellissa!

Parker has been working extra hard to keep up with all the shoveling that needs to be done around our building and to help make his job a little easier we would like to ask that Residents do not shovel their balconies after Parker has just shoveled. If you are going to clear off your balcony please clear it to the side so it does not end up on our walkways. Thank you!



Are you an artist or have any special hobbies that can be showcased in our Grand Entrance? Or do you know someone that is? If so come and see Mellissa! We spotlight local art in our Grand Entrance and the art can either be for show or for sale depending on the Artists preference.

Don Pickering: 250-596-8561
Betty-Anne Russell: 250-596-8528
Charlene Thorp: 250-596-8557
Carol Haugland: 250-596-8484
Jenny Somero: 250-596-8410
Wendee Copeland: 250-596-8099
Craig McIntyre: 250-372-1232 ext. 103
Gary Reed: 250-851-9292 ext. 323