


ENJOYING APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						10:00am Chair Yoga - Community 1 11:15am Ageless Yoga with Annette 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary 4:30pm Evening Cinema: My Favorite Year 7:00pm Evening Cinema: My Favorite Year
10:00am Group Fitness with Ariel 2 1:00pm Piano Playing with Rose 3:30pm Wii Sports 4:00pm Zumba with Antonya 5:00pm Family Style Dinners 7:30pm Various Card Games	10:00am CrossFun Core Conditioning 3 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 12:15pm OUTING: Vancouver Art Gallery 1:15pm Sing-A-Long with Annette 4:00pm Evening Cinema: Fences 7:00pm Evening Cinema: Fences	10:00am Group Fitness with Ariel 4 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop Off: Save-On-Foods @ 14th and Main 2:00pm Garden Planning Meeting (All Gardeners welcome)	10:00am FIT with Lissette 5 10:00am Yoga @ 10 with Annette 11:15am Ageless Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 3:00pm Learn to Line Dance with Vivian 3:30pm Wii Sports 7:30pm Bingo with Neovi	10:00am FIT with Lissette 6 11:15am Bus Drop-Off/ Pick-up: Safeway @ Cambie & 12th 3:00pm Happy Hour & Hor d'oeuvres 4:00pm Classic Movie: The King & I 7:00pm Classic Movie: The King & I	10:00am FIT with Lissette 7 10:00am Yoga @ 10 with Annette 11:00am Elgar Strings Orchestra Performance 11:15am Ageless Yoga with Annette 12:30pm Piano Playing with Annette 1:15pm Sing-A-Long with Annette 2:30pm Current Events with Chadwick 5:30pm Candle Lighting & Cocktail Music	10:00am Chair Yoga - Community 8 11:15am Ageless Yoga with Almas- Community 3:30pm PERK Activities with Rosemary 4:30pm Evening Cinema: Dave 7:00pm Evening Cinema: Dave
10:00am Group Fitness with Ariel 9 3:30pm Wii Sports 4:00pm Zumba with Antonya 5:00pm Family Style Dinners 7:30pm Various Card Games	Passover Begins at Sundown 10 10:00am CrossFun Core Conditioning 11:15am Ageless Yoga with Anne 12:45pm OUTING: RiverRock Casino & Dim Sum 4:00pm Evening Cinema: Hell or High Water 5:00pm Passover Seder 7:00pm Evening Cinema: Hell or High Water	10:00am CrossFun Strength Training with Julie 11 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop-Off: London Drugs 2:30pm Wine Education with Guillaume 7:00pm Bingo with the Chinatown Lioness Club	10:00am FIT with Lissette 12 10:00am Yoga @ 10 with Annette 11:15am Ageless Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 3:00pm Learn to Line Dance with Vivian 3:30pm Wii Sports 7:30pm Bingo with Neovi	10:00am FIT with Lissette 13 11:15am Bus Drop-Off/ Pick-up: Safeway at Oakridge 2:00pm Spanish for Beginners with Anabell 3:00pm Happy Hour & Hor d'oeuvres 4:00pm JFF Movie: Matter of Size 7:00pm JFF Movie: Matter of Size	Good Friday Stat- No Car Service 14 10:00am FIT with Lissette 10:00am Yoga @ 10 with Annette 11:15am Ageless Yoga with Annette 12:30pm Piano Playing with Annette 1:15pm Sing-A-Long with Annette 5:30pm Candle Lighting & Cocktail Music	10:00am Chair Yoga - Community 15 11:15am Ageless Yoga with Annette 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary 4:30pm Evening Cinema: Local Hero 7:00pm Evening Cinema: Local Hero
No Fitness with Ariel Today 16 3:30pm Wii Sports 4:00pm Zumba with Antonya 5:00pm Easter Dinner Buffet 7:30pm Various Card Games	10:00am CrossFun Core Conditioning 17 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 12:45pm OUTING: Walmart in Richmond 1:15pm Sing-A-Long with Annette 4:00pm Evening Cinema: Jackie 7:00pm Evening Cinema: Jackie	10:00am Group Fitness with Ariel 18 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop-Off/ Pick-up: City Market at 16th & Arbutus 2:00pm PERK Brain Fitness Seminar with Rosemary Moritz 6:00pm Hosted Dinner with Julie	Library Pick-Up/Drop-off 19 10:00am FIT with Lissette 10:00am Yoga @ 10 with Annette 11:15am Ageless Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 3:00pm Fireside Chat with Management 7:30pm Bingo with Neovi	10:00am FIT with Lissette 20 11:15am Bus Drop-Off/ Pick-up: Safeway @ Cambie & 12th 2:00pm Spanish for Beginners with Anabell 3:00pm Happy Hour & Hor d'oeuvres 4:00pm Evening Cinema: Dish 7:00pm Evening Cinema: Dish	10:00am FIT with Lissette 21 10:00am Yoga @ 10 with Annette 11:15am Ageless Yoga with Annette 12:30pm Piano Playing with Annette 1:15pm Sing-A-Long with Annette 1:30pm Nutrition Testing with Medical Pharmacies 5:30pm Candle Lighting & Cocktail Music	10:00am Chair Yoga - Community 22 11:15am Ageless Yoga with Connie- Community 3:30pm PERK Activities with Rosemary 4:30pm Evening Cinema: Heart Burn 7:00pm Evening Cinema: Heart Burn
10:00am Group Fitness with Ariel 23 3:30pm Wii Sports 4:00pm Zumba with Antonya 5:00pm Family Style Dinners 7:30pm Various Card Games	10:00am CrossFun Core Conditioning 24 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 12:45pm Historical Tour of UBC & Dunbar with Mick Short 1:15pm Sing-A-Long with Annette 4:00pm Evening Cinema: La La Land 7:00pm Evening Cinema: La La Land	10:00am Group Fitness with Ariel 25 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop Off: Save-On-Foods @ 14th and Main 2:00pm Wellness Talk: New Developments in Treating IBS	10:00am FIT with Lissette 26 10:00am Yoga @ 10 with Annette 11:15am Ageless Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 2:15pm ANNUAL RESIDENT FIRE DRILL 3:00pm Learn to Line Dance with Vivian 3:30pm Wii Sports 7:30pm Bingo with Neovi	10:00am CrossFun Training with Julie 27 11:15am Bus Drop-Off/ Pick-up: Safeway at Oakridge 2:00pm Spanish for Beginners with Anabell 3:00pm Happy Hour & Hor d'oeuvres 4:00pm JFF: Live and Become (English Subtitles)	10:00am Yoga @ 10 with Annette 28 11:15am Ageless Yoga with Annette 12:30pm Piano Playing with Annette 1:15pm Sing-A-Long with Annette 2:00pm Spanish for Beginners with Anabell 5:30pm Candle Lighting & Cocktail Music	10:00am Chair Yoga - Community 29 11:15am Ageless Yoga with Annette 12:30pm Piano Playing by Annette 4:30pm Evening Cinema: Lion 7:00pm Evening Cinema: Lion
10:00am Group Fitness with Ariel 30 3:30pm Wii Sports 4:00pm Zumba with Antonya 5:00pm Family Style Dinners						

