

ENJOYING AUGUST

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|--|---|--|--|
| | | 10:00am Guided Meditation with Lissette 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop Off: Save-On-Foods @ 14th and Main 2:00pm OUTING: Earnest Ice Cream | 10:00am FIT with Lissette 10:00am Chair Yoga with Annette 11:15am Chair Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 7:30pm Bingo with Neovi | 10:00am FIT with Lissette 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 Wii Sports 4:30pm Classic Movie: The World of Suzie Wong 7:00pm Classic Movie: The World of Suzie Wong | 10:00am Fitness with Bill (Sub) 10:00am Chair Yoga with Annette 11:15am Chair Yoga with Annette 12:30pm Piano Playing with Annette 1:15pm Sing-A-Long with Annette 5:30pm Candle Lighting & Cocktail Music | 10:00am Ageless Chair Yoga - Community 11:15am Ageless Chair Yoga - Community 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary 4:30pm Evening Cinema: Mao's Last Dancer 7:00pm Evening Cinema: Mao's Last Dancer |
| 11:45am Zumba 5:00pm Family Style Dinners | STAT - No Car Service 10:00am CrossFun Core Conditioning 11:15am Ageless Yoga with Annette 11:30am Malcolm & Linda's Jewelry Line 12:15pm Piano Playing by Annette 1:15pm Sing-A-Long with Annette 2:00pm India Travel Show with Malcolm & Linda 4:00 & 7:00pm Evening Cinema: Women in Gold | 10:00am Yoga Fitness with Almas (sub) 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop-Off/Pick-Up: London Drugs 1:15pm OUTING: RiverRock Casino & Dim Sum 7:15pm Round Robin Bridge Tournament | Library Pick-Up/Drop-off 10:00am Yoga Fitness with Nao (sub) 10:00am Chair Yoga with Annette 11:15am Chair Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 2:30pm Poker with Rob 7:30pm Bingo with Neovi | 10:00am Yoga Fitness with Bill 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 Wii Sports 4:30pm Evening Cinema: Big Eyes 6:00pm Hosted Dinner with Lauren 7:00pm Evening Cinema: Big Eyes | 10:00am Yoga Fitness with Nao 10:00am Chair Yoga with Annette 11:15am Chair Yoga with Annette 12:30pm Piano Playing with Annette 1:15pm Sing-A-Long with Annette 5:30pm Candle Lighting & Cocktail Music | 10:00am Ageless Chair Yoga - Community 11:15am Ageless Chair Yoga - Community 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary 4:30pm Evening Cinema: My Big Fat Greek Wedding 7:00pm Evening Cinema: My Big Fat Greek Wedding |
| 11:45am Zumba 5:00pm Family Style Dinners | 10:00am CrossFun Core Conditioning 11:15am Ageless Yoga with Annette 11:30am OUTING: BBQ @ The JCC 12:15pm Piano Playing by Annette 1:15pm Sing-A-Long with Annette 1:30pm OUTING: Walmart in Richmond 4:00 & 7:00pm Evening Cinema: Without Gorky | 10:00am Yoga Fitness with Almas 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop-Off/ Pick-up: City Market at 16th & Arbutus 2:00pm Incapacity Planning with Chadwick 3:30pm Book Club Meeting | 10:00am Yoga Fitness with Nao (sub) 10:00am Chair Yoga with Annette 11:15am Chair Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 7:30pm Bingo with Neovi | 10:00am Yoga Fitness with Jie (sub) 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 Wii Sports 4:30pm Classic Movie: Fiddler on the Roof 7:00pm Classic Movie: Fiddler on the Roof | 10:00am Yoga Fitness with Almas (sub) 10:00am Ageless Yoga with Dee 11:15am Ageless Yoga with Dee 2:00pm Day at the Races Garden Party 5:30pm Candle Lighting & Cocktail Music | 10:00am Ageless Chair Yoga - Community 11:15am Ageless Chair Yoga - Community 3:30pm No PERK Today 4:30pm Evening Cinema: RED 7:00pm Evening Cinema: RED |
| 11:45am Zumba 5:00pm Family Style Dinners | 10:00am CrossFun Core Conditioning 11:15am Ageless Yoga with Julie C. 12:30pm OUTING: Tandoori Raj East Indian Lunch 2:15pm STAFF FIRE DRILL 4:00 & 7:00pm Evening Cinema: The Big Wedding | 10:00am Guided Meditation with Lissette 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop Off: Save-On-Foods @ 14th and Main 2:00pm Paint Day with Angel (Please sign up - Limited Space) | 10:00am FIT with Lissette 10:00am Chair Yoga with Almas 11:15am Chair Yoga with Almas 12:00pm Piano Entertainment by Hoy Yip 2:30pm Poker with Rob 7:30pm Bingo with Neovi | 10:00am FIT with Lissette 11:15am Bus Drop-Off/ Pick-up: Safeway @ Cambie & 12th 2:00pm Monthly Resident Meeting with Management 3:00pm Happy Hour & Hor d'oeuvres 4:00pm Wii Sports 4:30pm Classic Movie: Gypsy 6:00pm Hosted Dinner with Angel 7:00pm Classic Movie: Gypsy | 10:00am FIT with Lissette 10:00am Chair Yoga with Annette 11:15am Chair 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 Ageless Chair Yoga - Community 11:15am Ageless Chair Yoga - Community 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary 4:30pm Evening Cinema: Sherlock Holmes 7:00pm Evening Cinema: Sherlock Holmes |
| 11:45am Zumba 5:00pm Family Style Dinners | 9:45am Lunch & Tour of White Rock w/ Mick Short 10:00am Core Conditioning 11:15am Ageless Yoga with Annette 1:15pm Sing-A-Long with Annette 4:00 & 7:00pm Evening Cinema: Glengarry Glen Ross | 10:00am Guided Meditation with Lissette 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop-Off/ Pick-Up: London Drugs 2:00pm Dr. Dinsmore Weight Management for Seniors 4:00pm Technology Session | 10:00am FIT with Lissette 10:00am Chair Yoga with Annette 11:15am Chair Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 7:30pm Bingo with Neovi | 10:00am FIT with Lissette 11:15am Bus Drop-Off: Safeway at Oakridge 2:00pm Spanish for Beginners with Anabell 3:00pm Happy Hour & Hor d'oeuvres 4:00pm Wii Sports 4:30 & 7:00pm Classic Movie: Silver Streak |  | |