



ENJOYING FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			10:00am FIT with Lissette 1 10:00am Yoga @ 10 with Annette 11:15am Ageless Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 3:30pm Wii Sports	10:00am FIT with Lissette 2 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 Classic Movie: West Side Story 7:00pm Classic Movie: West Side Story	10:00am FIT with Lissette 3 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 2:30pm Current Events with Chadwick 5:30pm Candle Lighting & Cocktail Music	11:15am Ageless Yoga with Annette- Community 4 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary 4:30pm Evening Cinema: Julie & Julia 7:00pm Evening Cinema: Julie & Julia
3:00pm Super Bowl Sunday Happy Hour 5 3:30pm Super Bowl Sunday Screening 5:00pm Family Style Dinners 7:30pm Various Card Games	10:00am CrossFun Core Conditioning 6 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 12:45pm RiverRock Casino & Dim Sum 1:15pm Sing-A-Long with Annette 4:00pm Evening Cinema: The King's Speech 7:00pm Evening Cinema: The King's Speech	10:00am Circuit Training with Julie 7 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop Off: City Market at 16th & Arbutus 2:00pm Vancouver Aquarium Sustainable Seafood with OceanWise	10:00am FIT with Lissette 8 10:00am Yoga @ 10 with Annette 11:15am Ageless Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 3:30pm Wii Sports	10:00am FIT with Lissette 9 11:15am Bus Drop-Off/ Pick-up: Safeway @ Cambie & 12th 11:30am Malcolm & Linda's Jewelry Line 2:00pm Malcolm & Linda's Rat Pack Performance 3:00pm Happy Hour & Hor d'oeuvres 4:00pm Classic Movie: Brigadoon 7:00pm Classic Movie: Brigadoon	10:00am FIT with Lissette 10 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 2:00pm Spanish for Beginners with Anabell 5:30pm Candle Lighting & Cocktail Music	11:15am Ageless Yoga with Annette- Community 11 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary 4:30pm Evening Cinema: When Harry Met Sally 7:00pm Evening Cinema: When Harry Met Sally
2:00pm Tech Q&A with Julie 12 5:00pm Family Style Dinners 7:30pm Various Card Games	Family Day Stat - No Car Service 13 10:00am CrossFun Core Conditioning 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 1:15pm Sing-A-Long with Annette 4:00pm Evening Cinema: Slumdog Millionaire 7:00pm Evening Cinema: Slumdog Millionaire	10:00am Circuit Training with Julie 14 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop-Off: Save-On-Foods @ Main & 14th 3:30pm Bingo with Neovi 5:00pm Valentine's Day Four Course Dinner 6:00pm Pianist Glen Stevenson of Crescendo 7:00pm Crescendo Duo with Bass Baritone singer Brandon Thornhill	10:00am FIT with Lissette 15 10:00am Yoga @ 10 with Annette 11:15am Ageless Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 3:30pm Wii Sports	10:00am FIT with Lissette 16 10:00am OUTING: Safeway @ Oakridge 11:00am Carda's Fashion 12:30pm Reminder: Bus Drop-off to Vancouver Symphony 2:00pm Spanish for Beginners with Anabell 3:00pm Happy Hour & Hor d'oeuvres 4:00pm Classic Movie: Irma La Douce 7:00pm Classic Movie: Irma La Douce	10:00am FIT with Lissette 17 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 2:30pm Current Events with Chadwick 5:30pm Candle Lighting & Cocktail Music	11:15am Ageless Yoga with Connie- Community 18 3:30pm PERK Activities with Rosemary 4:30pm Evening Cinema: Sleepless in Seattle 7:00pm Evening Cinema: Sleepless in Seattle
5:00pm Family Style Dinners 19 7:30pm Various Card Games	10:00am CrossFun Core Conditioning 20 11:15am Ageless Yoga with Nao 12:45pm OUTING: Nordstroms 4:00pm Evening Cinema: Rain Man 7:00pm Evening Cinema: Rain Man	10:00am Circuit Training with Julie 21 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop-Off/ Pick-up: London Drugs 2:00pm Better Backs and Balance with Physiotherapist Kim Hall	Library Pick-Up/ Drop-Off 22 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 Managemnent 3:30pm Wii Sports	10:00am FIT with Lissette 23 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 Classic Movie: To Kill A Mockingbird 7:00pm Classic Movie: To Kill A Mockingbird	10:00am FIT with Lissette 24 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 2:00pm Spanish for Beginners with Anabell 5:30pm Candle Lighting & Cocktail Music 6:00pm Hosted Dinner by Suzanne Chinack	11:15am Ageless Yoga with Bill- Community 25 3:30pm PERK Activities with Rosemary 4:30pm Evening Cinema: Forrest Gump 7:00pm Evening Cinema: Forrest Gump
2:00pm Tech Q&A with Julie 26 5:00pm Family Style Dinners 7:30pm Various Card Games	10:00am CrossFun Core Conditioning 27 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 12:45pm Historical Tour of Central Burnaby with Mick Short 1:15pm Sing-A-Long with Annette 2:00pm STAFF FIRE DRILL 4:00pm Evening Cinema: A Beautiful Mind 7:00pm Evening Cinema: A Beautiful Mind	10:00am Circuit Training with Julie 28 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop-Off/ Pick-up: City Market @ 16th & Arbutus 2:00pm Foods & Nutrients to Reduce Inflammation with Mandy King 3:30pm Bingo with Neovi				

