



ENJOYING JULY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Happy Canada Day 1 10:00am Ageless Chair Yoga - Community 11:15am Ageless Chair Yoga - Community 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary 3:30pm Canada Day Happy Hour with Claude Duke 4:30pm Documentary: Jackie: A Tale of Two Sisters 5:00pm Canada Day Buffet 7:00pm Documentary: Jackie: A Tale of Two Sisters
						3:30pm Wii Sports 2 5:00pm Family Style Dinners
11:30am Zumba 9 3:30pm Wii Sports 5:00pm Family Style Dinners	11:15am Ageless Yoga with Annette 10 12:15pm Piano Playing by Annette 12:45pm OUTING: RiverRock Casino & Dim Sum 1:15pm Sing-A-Long with Annette 4:00pm Rewatch: Midnight in Paris 7:00pm Rewatch: Midnight in Paris	10:00am Guided Meditation with Lissette 11 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop-Off: Save-on-Foods @ 14th & Main 3:00pm Paint & Sip with Angel	Library Pick-Up/Drop-off 12 10:00am FIT with Lissette 10:00am Chair Yoga with Annette 11:15am Chair Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 2:30pm Poker with Guillaume 3:30pm Wii Sports 7:30pm Bingo with Neovi	10:00am FIT with Lissette 13 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: Evergreen 7:00pm Classic Movie: Evergreen	10:00am FIT with Lissette 14 10:00am Chair Yoga with Dee 11:15am Chair Yoga with Dee 2:30pm Current Events with Chadwick 5:30pm Candle Lighting & Cocktail Music	10:00am Ageless Chair Yoga - Community 15 11:15am Ageless Chair Yoga - Community 3:30pm PERK Activities with Rosemary 4:30pm Evening Cinema: Whiplash 7:00pm Evening Cinema: Whiplash
11:30am Zumba 16 3:30pm Wii Sports 5:00pm Family Style Dinners	10:00am CrossFun Core Conditioning 17 11:15am Ageless Yoga with Jie 1:30pm OUTING: VanDusen Gardens (\$8.25 admission) 4:00pm Evening Cinema: Hearing is Believing 7:00pm Evening Cinema: Hearing is Believing	10:00am Guided Meditation with Lissette 18 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Pick-Up/Drop-Off: London Drugs 1:30pm OUTING: Earnest Ice Cream 3:00pm Wine Education with Guillaume	10:00am FIT with Lissette 19 10:00am Chair Yoga with Annette 11:15am Chair Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 2:00pm Fireside Chat with Management 3:30pm Wii Sports 7:30pm Bingo with Neovi	10:00am FIT with Lissette 20 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: Sinatra: To Be Frank 7:00pm Classic Movie: Sinatra: To Be Frank	10:00am FIT with Lissette 21 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 22 11:15am Ageless Chair Yoga - Community 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary 4:30pm Evening Cinema: Queen of Katwe 7:00pm Evening Cinema: Queen of Katwe
11:30am Zumba 23 3:30pm Wii Sports 5:00pm Family Style Dinners	10:00am CrossFun Core Conditioning 24 11:00am OUTING: White Rock Fish & Chips and Township 7 Vineyard Tasting 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 1:15pm Sing-A-Long with Annette 4:00pm Evening Cinema: Chicago 6:00pm Hosted Dinner with Neovi Carullo 7:00pm Evening Cinema: Chicago	10:00am Guided Meditation with Lissette 25 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop-Off: City Market @ 16th & Arbutus 2:00pm Fraud Prevention Tips for Seniors	9:45am OUTING: Day Trip to Clayburn with Mick Short 26 10:00am FIT with Lissette 10:00am Chair Yoga with Annette 11:15am Chair Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 3:00pm STAFF FIRE DRILL 3:30pm Wii Sports 7:30pm Bingo with Neovi	10:00am FIT with Lissette 27 11:00am Carda's Fashion Display 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: Annie 7:00pm Classic Movie: Annie	10:00am FIT with Lissette 28 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 29 11:15am Ageless Chair Yoga - Community 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary 4:30pm Evening Cinema: Concussion 7:00pm Evening Cinema: Concussion
3:30pm Wii Sports 30 5:00pm Family Style Dinners	10:00am CrossFun Core Conditioning 31 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 12:45pm OUTING: Bloedel Conservatory/ Season's in the Park 1:15pm Sing-A-Long with Annette 4:00pm Evening Cinema: Sing & Street					

