



ENJOYING JULY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Happy Canada Day! 1 11:30am Canada Day BBQ 11:45am Zumba with Antonya 3:30pm RazzMaJazz Entertainment 5:00pm Canada Day BBQ Dinner Buffet	STAT - NO CAR SERVICE 2 4:00pm Evening Cinema: Hail, Caesar! 7:00pm Evening Cinema: Hail, Caesar!	9:45am Zumba with Antonya 3 10:30am Stretch with Lissette 11:00am Piano Entertainment by Hoy Yip 11:30am Bus Drop Off: Superstore 2:30pm Pedestrian Safety for Seniors - Cosco Workshop	10:00am FIT with Lissette 4 10:00am Chair Yoga with Almas 11:00am Piano Entertainment by Hoy Yip 11:00am Euro Designs 11:15am Chair Yoga with Almas 3:00pm Happy Hour & Hor d'oeuvres 7:30pm Bingo with Neovi	10:00am FIT with Lissette 5 10:30am Guided Meditation with Lissette 11:00am Advanced Medical Walker Care 11:30am Bus Drop Off: Safeway @ Oakridge 2:00pm Spanish for Beginners with Francisco 4:00pm Classic Musical: A & 7:00pm Chorus Line	10:00am FIT with Lissette 6 10:00am Chair Yoga with Allison 11:00am Zumba with Antonya 11:15am Chair Yoga with Allison 2:00pm Ted Talks - The Transformative Power of Classical Music with Benjamin Zander 5:30pm Candle Lighting & Cocktail Music	10:00am Ageless Chair Yoga - Community 7 11:15am Ageless Chair Yoga - Community 12:30pm Piano & Violin with Kayleen 3:00pm Coco's Wedding Happy Hour 3:30pm PERK Activities with Rosemary 4:30pm New Cinema: Sicario 7:00pm New Cinema: Sicario
11:45am Zumba with Antonya 8 5:00pm TV Series - Alias Grace Episode 1 7:00pm TV Series - Alias Grace Episode 1	10:30am CrossFun Core Conditioning 9 11:15am Ageless Yoga w/ Annette 12:15pm Piano Playing by Annette 12:30pm OUTING: RiverRock Casino & Dim sum 1:15pm Sing-A-Long with Annette 2:15pm A Conversation 4:00pm Evening Cinema: About a Boy 7:00pm Evening Cinema: About a Boy	9:45am Zumba with Antonya 10 10:30am Stretch with Lissette 11:00am Piano Entertainment by Hoy Yip 11:30am Bus Drop Off: Walmart 2:30pm Personal Hygiene with Tena 7:00pm Bingo with the Chinatown Lioness Club	Library Pick-Up/Drop-Off 11 10:00am FIT with Lissette 10:00am Chair Yoga with Annette 11:00am Piano Entertainment by Hoy Yip 11:15am Chair Yoga with Annette 2:00pm Games with Brayden 3:00pm Happy Hour & Hor d'oeuvres 7:30pm Bingo with Neovi	10:00am FIT with Lissette 12 10:30am Guided Meditation with Lissette 11:30am Bus Drop Off: Safeway @ Cambie & 12th 2:00pm Spanish for Beginners with Francisco 4:00pm Classic Movie: Mao's Last Dancer 7:00pm Classic Movie: Mao's Last Dancer	10:00am FIT with Lissette 13 10:00am Chair Yoga with Annette 11:00am Zumba with Antonya 11:15am Chair Yoga with Annette 11:30am BBQ with Rob 12:30pm Piano Playing with Annette 1:15pm Sing-A-Long with Annette 2:00pm Ted Talks - How We Discovered DNA with James Watson 5:30pm Candle Lighting & Cocktail Music	10:00am Ageless Chair Yoga - Community 14 11:15am Ageless Chair Yoga - Community 12:30pm Piano & Violin with Kayleen 3:30pm PERK Activities with Rosemary 4:30pm Evening Cinema: Three & 7:00pm Billboards Outside Ebbing, Missouri 7:00pm Twilight Dinner
11:45am Zumba with Antonya 15 5:00pm TV Series - Alias Grace Episode 2 7:00pm TV Series - Alias Grace Episode 2	10:30am CrossFun Core Conditioning 16 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 12:30pm OUTING: Granville Island 1:15pm Sing-A-Long with Annette 2:15pm A Conversation 4:00pm Evening Cinema: Meditation Park 7:00pm Evening Cinema: Meditation Park	9:45am Zumba with Antonya 17 10:30am Stretch with Lissette 11:00am Piano Entertainment by Hoy Yip 11:30am Bus Drop Off: London Drugs 2:30pm Movement & Mobility by Physio for Seniors 6:30pm MetOpera - Bizet Carmen	Tech Q&A with Brayden (Sign-up Required) 18 10:00am FIT with Lissette 10:00am Chair Yoga with Annette 11:00am Piano Entertainment by Hoy Yip 11:15am Chair Yoga with Annette 3:00pm Happy Hour & Hor d'oeuvres 7:30pm Bingo with Neovi	10:00am FIT with Lissette 19 10:30am Guided Meditation with Lissette 11:30am Bus Drop Off: Safeway @ Oakridge 2:00pm Spanish for Beginners with Francisco 4:00pm Evening Cinema: Closer to the Moon 7:00pm Evening Cinema: Closer to the Moon	10:00am FIT with Lissette 20 10:00am Chair Yoga with Annette 11:00am Zumba with Antonya 11:15am Chair Yoga with Annette 11:30am BBQ with Rob 12:30pm Piano Playing with Annette 1:15pm Sing-A-Long with Annette 2:00pm Ted Talks - The Power of Vulnerability with Brene Brown 5:30pm Candle Lighting & Cocktail Music	10:00am Ageless Chair Yoga - Community 21 11:15am Ageless Chair Yoga - Community 12:30pm Piano & Violin with Kayleen 3:30pm PERK Activities with Rosemary - CANCELLED 4:30pm New Cinema: Charlie Wilson's War 7:00pm New Cinema: Charlie Wilson's War 7:00pm Twilight Dinner
11:45am Zumba with Antonya 22 5:00pm TV Series - Alias Grace Episode 3 7:00pm TV Series - Alias Grace Episode 3	10:30am CrossFun Core Conditioning 23 11:15am Ageless Yoga with Annette 12:15pm Piano Playing Annette 12:30pm OUTING: Farmers Market 1:15pm Sing-A-Long Annette 2:15pm Staff Fire Drill 2:15pm A Conversation 4:00pm Evening Cinema: Gone Girl 7:00pm Evening Cinema: Gone Girl	9:45am Zumba with Antonya 24 10:30am Stretch with Lissette 11:00am Piano Entertainment by Hoy Yip 11:30am Bus Drop Off: Superstore 2:30pm Your Money, Your Dignity with Henna Dua	10:00am FIT with Lissette 25 10:00am Chair Yoga with Annette 11:00am Piano Entertainment by Hoy Yip 11:15am Chair Yoga with Annette 2:00pm Monthly Resident Meeting w/ Management 3:00pm Happy Hour & Hor d'oeuvres 7:30pm Bingo with Neovi	10:00am FIT with Lissette 26 10:30am Guided Meditation with Lissette 11:30am Bus Drop Off: Safeway @ Cambie & 12th 2:00pm Spanish for Beginners with Francisco 4:00pm Evening Cinema: Arranged 7:00pm Evening Cinema: Arranged	10:00am FIT with Lissette 27 10:00am Chair Yoga with Annette 11:00am Zumba with Antonya 11:15am Chair Yoga with Annette 11:30am BBQ with Rob 12:30pm Piano Playing with Annette 1:15pm Sing-A-Long Annette 2:00pm Ted Talks - Underwater Astonishments with David Gallo 5:30pm Candle Lighting & Cocktail Music	10:00am Ageless Chair Yoga - Community 28 11:15am Ageless Chair Yoga - Community 12:30pm Piano & Violin with Kayleen 3:30pm PERK Activities with Rosemary 4:30pm Evening Cinema: The Foreigner 7:00pm Evening Cinema: The Foreigner 7:00pm Twilight Dinner
11:45am Zumba with Antonya 29 5:00pm TV Series - Alias Grace Episode 4 7:00pm TV Series - Alias Grace Episode 4	10:30am CrossFun Core Conditioning 30 11:15am Ageless Yoga Annette 12:15pm Piano Playing Annette 12:30pm OUTING: Buddhist Temple Tour 1:15pm Sing-A-Long Annette 2:15pm A Conversation 4:00pm Evening Cinema: & 7:00pm Hidalgo	9:45am Zumba with Antonya 31 10:30am Stretch with Lissette 11:00am Piano Entertainment by Hoy Yip 11:30am Bus Drop Off: Walmart 1:00pm Paint & Sip 6:30pm MetOpera - Mozart Don Giovanni				