

# ENJOYING MARCH

| SUNDAY   | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY  |
|--|--|---|---|--|---|---|
|   |  |   | <i>No Exercise with Lissette - Away</i> 1<br>10:00am Yoga @ 10 with Annette<br>11:15am Ageless Yoga with Annette<br>12:00pm Piano Entertainment by Hoy Yip<br>1:30pm Connect Hearing Audiologist Appointment<br>3:30pm Wii Sports<br>7:00pm Bingo with Neovi  | 10:00am CrossFun Strength Training with Julie 2<br>11:15am Bus Drop-Off/ Pick-up: Safeway at Oakridge<br>2:00pm Spanish for Beginners with Anabell<br>3:00pm Happy Hour & Hor d'oeuvres<br>4:00pm Classic Movie: Breakfast at Tiffany's<br>7:00pm Classic Movie: Breakfast at Tiffany's  | <i>No Exercise with Lissette - Away</i> 3<br>10:00am Yoga @ 10 with Annette<br>11:15am Ageless Yoga with Annette<br>12:30pm Piano Playing with Annette<br>1:15pm Sing-A-Long with Annette<br>2:00pm Spanish for Beginners with Anabell<br>5:30pm Candle Lighting & Cocktail Music | 11:15am Ageless Yoga with Annette 4<br>12:30pm Piano Playing by Annette<br>2:00pm Grace Notes Performance with Annette<br>2:45pm Annette's Birthday Celebration<br>3:30pm PERK Activities with Rosemary<br>4:30pm Evening Cinema: Loving<br>7:00pm Evening Cinema: Loving |
|  |  |   | 1:00pm Piano Playing with Rose 5<br>3:30pm Wii Sports<br>5:00pm Family Style Dinners<br>7:30pm Various Card Games   | 10:00am CrossFun Core Conditioning 6<br>11:15am Ageless Yoga with Nao<br>12:45pm OUTING: Granville Island<br>3:30pm Pet Therapy with Sasha<br>4:00pm Evening Cinema: Manchester by the Sea<br>7:00pm Evening Cinema: Manchester by the Sea   | 10:00am Circuit Training with Julie 7<br>11:00am Piano Entertainment by Hoy Yip<br>11:15am Bus Drop Off: City Market at 16th & Arbutus<br>2:00pm Falls Prevention with Julie  | 10:00am FIT with Lissette 8<br>10:00am Yoga @ 10 with Liz<br>11:15am Ageless Yoga with Liz<br>12:00pm Piano Entertainment by Hoy Yip<br>3:30pm Wii Sports   |
| 10:00am Group Fitness with Ariel 12<br>1:00pm Piano Playing with Rose<br>3:30pm Wii Sports<br>5:00pm Family Style Dinners<br>7:30pm Various Card Games   | 10:30am FIT with Lissette 13<br>11:15am Ageless Yoga with Nao<br>12:45pm OUTING: RiverRock Casino & Dim Sum<br>3:30pm Pet Therapy with Sasha<br>4:00pm Evening Cinema: Million Dollar Baby<br>7:00pm Evening Cinema: Million Dollar Baby   | 10:00am Group Fitness with Ariel 14<br>11:00am Piano Entertainment by Hoy Yip<br>11:15am Bus Drop-Off: Save-On-Foods @ Main & 14th<br>2:00pm Arthritis Pain Management and Prevention with Dr. Dinsmore<br>7:00pm Bingo with the Chinatown Lioness Club | 10:00am FIT with Lissette 15<br>10:00am Ageless Yoga with Liz<br>11:00am Fifth Avenue Jewelers<br>11:15am Ageless Yoga with Liz<br>12:00pm Piano Entertainment by Hoy Yip<br>3:30pm Wii Sports<br>7:00pm Bingo with Neovi   | 10:00am FIT with Lissette 16<br>10:00am Bus Drop-Off/ Pick-up: Safeway at Oakridge<br>12:30pm Reminder: Bus Drop off at Vancouver Symphony Orchestra<br>2:00pm Spanish for Beginners with Anabell<br>3:00pm Happy Hour & Hor d'oeuvres<br>4:00pm Classic Movie: The Philadelphia Story<br>7:00pm Classic Movie: The Philadelphia Story | 10:00am FIT with Lissette 17<br>10:00am Yoga @ 10 with Anne<br>11:15am Ageless Yoga with Anne<br>3:00pm St. Patrick's Day Happy Hour Entertainment by Claude Duke<br>5:30pm Candle Lighting & Cocktail Music  | 10:00am Ageless Yoga with Kerri 18<br>3:30pm PERK Activities with Rosemary<br>4:30pm Evening Cinema: Testament of Youth<br>7:00pm Evening Cinema: Testament of Youth  |
| 10:00am Group Fitness with Ariel 19<br>1:00pm Piano Playing with Rose<br>2:30pm Wine Education with Guillaume<br>3:30pm Wii Sports<br>5:00pm Family Style Dinners<br>7:30pm Various Card Games | 10:00am CrossFun Core Conditioning 20<br>11:15am Ageless Yoga with Annette<br>12:15pm Piano Playing by Annette<br>12:30pm OUTING: Richmond Centre<br>1:15pm Sing-A-Long with Annette<br>3:30pm Pet Therapy with Sasha<br>4:00pm Evening Cinema: The English Patient<br>6:00pm Hosted Dinner by Anabell<br>7:00pm Evening Cinema: The English Patient | 10:00am Group Fitness with Ariel 21<br>11:00am Piano Entertainment by Hoy Yip<br>11:15am <b>STAFF FIRE DRILL</b><br>11:15am Bus Drop-Off/ Pick-up: London Drugs<br>2:00pm Scents and Memory Seminar with Barry Shell                                    | <i>Library Pick-Up/Drop-off</i> 22<br>10:00am FIT with Lissette<br>10:00am Yoga @ 10 with Annette<br>11:15am Ageless Yoga with Annette<br>11:30am Malcolm & Linda's Jewelry Line<br>12:00pm Piano Entertainment by Hoy Yip<br>2:00pm Israel Travel Show with Malcolm and Linda<br>3:30pm Wii Sports | 10:00am FIT with Lissette 23<br>11:15am Bus Drop-Off/ Pick-up: Safeway @ Cambie & 12th<br>2:00pm Spanish for Beginners with Anabell<br>3:00pm Happy Hour & Hor d'oeuvres<br>4:00pm Classic Movie: His Girl Friday<br>7:00pm Classic Movie: His Girl Friday   | 10:00am FIT with Lissette 24<br>10:00am Yoga @ 10 with Annette<br>11:15am Ageless Yoga with Annette<br>12:30pm Piano Playing with Annette<br>1:15pm Sing-A-Long with Annette<br>2:30pm Current Events with Chadwick<br>5:30pm Candle Lighting & Cocktail Music                    | 12:30pm Piano Playing by Annette 25<br>3:30pm PERK Activities with Rosemary<br>4:00pm Early Bird Set Menu<br>6:00pm Casino Royale Party with Musical Entertainment by Saul Berson Duo   |
| 10:00am Group Fitness with Ariel 26<br>1:00pm Piano Playing with Rose<br>2:00pm Tech Q&A with Julie<br>3:30pm Wii Sports<br>5:00pm Family Style Dinners<br>7:30pm Various Card Games           | 10:00am CrossFun Core Conditioning 27<br>11:15am Ageless Yoga with Annette<br>12:15pm Piano Playing by Annette<br>12:45pm OUTING: Walmart in Richmond<br>1:15pm Sing-A-Long with Annette<br>3:30pm Pet Therapy with Sasha<br>4:00pm Evening Cinema:<br>7:00pm Florence Foster Jenkins  | 10:00am Group Fitness with Ariel 28<br>11:00am Piano Entertainment by Hoy Yip<br>11:15am Bus Drop-off: City Market at 16th and Arbutus  | 10:00am FIT with Lissette 29<br>10:00am Yoga @ 10 with Annette<br>11:15am Ageless Yoga with Annette<br>12:00pm Piano Entertainment by Hoy Yip<br>3:00pm Fireside Chat with Management<br>3:30pm Wii Sports<br>7:00pm Bingo with Neovi   | 10:00am FIT with Lissette 30<br>11:00am Coco's Clothing Display<br>11:15am Bus Drop-Off/ Pick-up: Safeway at Oakridge<br>2:00pm Spanish for Beginners with Anabell<br>3:00pm Happy Hour & Hor d'oeuvres<br>4:00pm Classic Movie: Oliver (Musical)<br>7:00pm Classic Movie: Oliver (Musical)  | 10:00am FIT with Lissette 31<br>10:00am Yoga @ 10 with Annette<br>11:15am Ageless Yoga with Annette<br>12:30pm Piano Playing with Annette<br>1:15pm Sing-A-Long with Annette<br>2:00pm Spanish for Beginners with Anabell<br>5:30pm Candle Lighting & Cocktail Music              |   |

