

ENJOYING NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1:30pm Music Hour with David 1 2:00pm Bridge 5:00pm Family Style Dinners 7:30pm Various Card Games	10:00am CrossFun Core Conditioning 2 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 12:45pm OUTING: Granville Island Public Market 7:00pm Evening Cinema: Little Miss Sunshine	10:00am CrossFun-Circuit Training 3 11:00am Piano Entertainment by Hoy Yip 1:30pm Classic Matinee: Only You 3:30pm Guys & Doll's Billiards	Library Pick-up/Drop-off 4 10:30am Group Fitness with Ariel 11:15am Ageless Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 2:00pm Resident Meeting with Julie 3:30pm Wii Sports	10:00am CrossFun-Strength Training 5 11:15am Bus Drop Off: No Frills & Shoppers Drug Mart 2:00pm MediChair Seminar 2:00pm Bridge 2:30pm Wellness Clinic with Mike	11:15am Ageless Yoga with Annette 6 2:00pm Bridge 5:30pm Candle Lighting & Cocktail Music	11:15am Ageless Yoga with Annette-Community 7 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary
1:30pm Music Hour with David 8 2:00pm Bridge 5:00pm Family Style Dinners 7:30pm Various Card Games	10:00am CrossFun Core Conditioning 9 11:15am Ageless Yoga with Annette 1:15pm Bus Drop-off: London Drugs & Arbutus Shopping Centre 2:00pm Diabetes In-service with Medical Pharmacies 7:00pm Evening Cinema: About A Boy	10:00am CrossFun-Circuit Training 10 11:00am Piano Entertainment by Hoy Yip 1:30pm Classic Matinee: A Little Romance 3:30pm Guys & Doll's Billiards	Remembrance Day 11 10:30am Group Fitness with Ariel 11:15am Ageless Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 2:00pm Vera Lynn's War Musical 3:30pm Wii Sports	10:00am CrossFun-Strength Training 12 11:15am Bus Drop-Off: Safeway 2:00pm Julie's Tech Class 2:30pm Wellness Clinic with Mike	11:15am Ageless Yoga with Annette 13 2:00pm Bridge 2:00pm Knitting Club-Comfort Dolls 5:30pm Candle Lighting & Cocktail Music King David Secondary Random Act of Kindness	11:15am Ageless Yoga with Annette-Community 14 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary
1:30pm Music Hour with David 15 2:00pm Bridge 5:00pm Family Style Dinners 7:30pm Various Card Games	11:15am Ageless Yoga with Annette 16 12:15pm Piano Playing by Annette 1:15pm OUTING: Scenic Drive with Joe 1:00pm King David High School: R.A.K 7:00pm Evening Cinema: My Big Fat Greek Wedding	10:30am Group Fitness with Ariel 17 11:00am Piano Entertainment by Hoy Yip 1:00pm King David High School: R.A.K 3:30pm Guys & Doll's Billiards	10:30am Group Fitness with Ariel 18 11:15am Ageless Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 1:00pm King David High School: R.A.K 2:30pm Wine Education with Guillaume 3:30pm Wii Sports	11:15am Bus Drop Off: No Frills & Shoppers Drug Mart 19 1:00pm King David High School: R.A.K 2:00pm Bridge 2:30pm Wellness Clinic with Mike 6:30pm Jewish Film Festival Movie	10:30am Group Fitness with Ariel 20 11:15am Ageless Yoga with Annette 2:00pm Bridge 5:30pm Candle Lighting & Cocktail Music	11:15am Ageless Yoga with Annette-Community 21 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary
1:30pm Music Hour with David 22 2:00pm Bridge 5:00pm Family Style Dinners 7:30pm Various Card Games	11:15am Ageless Yoga with Annette 23 12:15pm Piano Playing by Annette 1:15pm Bus Drop-off: London Drugs & Arbutus Shopping Centre 7:00pm Evening Cinema: Mrs. Doubtfire	10:00am CrossFun-Circuit Training 24 11:00am Piano Entertainment by Hoy Yip 1:15pm OUTING: Costco 3:30pm Guys & Doll's Billiards	10:30am Group Fitness with Ariel 25 11:15am Ageless Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 3:00pm Fireside Chat with Walter & Food Demo with Rob	10:00am CrossFun-Strength Training 26 11:00am CoCo's Clothing 11:15am Bus Drop-Off: Safeway 2:00pm Bridge 2:30pm Wellness Clinic with Mike	11:15am Ageless Yoga with Annette 27 2:00pm Bridge 2:00pm Knitting Club-Comfort Dolls 5:30pm Candle Lighting & Cocktail Music	11:15am Ageless Yoga with Annette-Community 28 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary
1:30pm Music Hour with David 29 2:00pm Bridge 3:00pm Grey Cup Game Screening 5:00pm Family Style Dinners 7:30pm Various Card Games	10:00am CrossFun Core Conditioning 30 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 1:00pm SAS Shoe Company 7:00pm Evening Cinema: Billy Elliot					

