

ENJOYING JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	10:00am Morning Walk with Julie 1 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 12:30pm Outing- River Market New Westminster 7:00pm Evening Cinema: The Grand Seduction	10:00am CrossFun-Circuit Training 2 11:00am Piano Entertainment by Hoy Yip 11:00am CoCo's Clothing Event 3:30pm Guys & Doll's Billiards	10:30am Group Fitness with Ariel 3 11:15am Ageless Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 1:30pm Audiologist Appointments with Connect Hearing 3:30pm Cribbage Tournament	10:00am CrossFun- Strength Training 4 11:15am Bus Drop Off: No Frills 2:00pm Bridge 2:30pm Wellness Clinic with Mike	10:00am CrossFun- Core Conditioning 5 11:15am Ageless Yoga with Annette 2:00pm Bridge 5:00pm Candle Lighting & Cocktail Music	11:15am Ageless Yoga with Annette- Community 6 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary	
11:15am Ageless Yoga with Annette- Community 7 2:00pm Bridge 2:30pm Piano Recital with Julie Lowe 5:00pm Family Buffet 7:30pm Various Card Games	10:00am Morning Walk with Julie 8 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 1:30pm Outing- Capilano Salmon Hatchery 7:00pm Evening Cinema: Elsa & Fred	10:00am CrossFun-Circuit Training 9 11:00am Piano Entertainment by Hoy Yip 3:00pm VCC Dental Hygiene Student Presentation 3:30pm Guys & Doll's Billiards	10:30am Group Fitness with Ariel 10 11:15am Ageless Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 2:00pm Resident Meeting with Julie 3:30pm Cribbage Tournament	10:00am CrossFun- Strength Training 11 11:15am Bus Drop-Off: Safeway 1:30pm Outing: Ice Cream 2:00pm Bridge 2:30pm Wellness Clinic with Mike	10:00am CrossFun- Core Conditioning 12 11:15am Ageless Yoga with Annette 2:00pm Bridge 5:00pm Candle Lighting & Cocktail Music	11:15am Ageless Yoga with Annette- Community 13 12:30pm Piano Playing by Annette 2:00pm Student Piano Concert with Annette 3:30pm PERK Activities with Rosemary (TR)	
11:15am Ageless Yoga with Annette- Community 14 2:00pm Bridge 5:00pm Family Buffet 7:30pm Various Card Games	10:00am Morning Walk with Julie 15 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 1:30pm Outing- Bloedel Conservatory Queen Elizabeth Park 7:00pm Evening Cinema: Copenhagen	10:00am CrossFun-Circuit Training 16 11:00am Piano Entertainment by Hoy Yip 2:00pm PERK Brain Fitness Seminar 3:30pm Guys & Doll's Billiards	10:30am Group Fitness with Ariel 17 11:15am Ageless Yoga with Bill 12:00pm Piano Entertainment by Hoy Yip 1:30pm SDG Piano Performance 3:30pm Cribbage Tournament	10:00am CrossFun- Strength Training 18 11:15am Bus Drop Off: No Frills 2:30pm Wellness Clinic with Mike 3:00pm Fireside Chat with Walter 6:30pm Jewish Film Festival Movie	No Yoga Today 19 10:00am CrossFun- Core Conditioning 2:00pm Bridge 5:00pm Candle Lighting & Cocktail Music	11:15am Ageless Yoga with Annette- Community 20 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary	
Happy Father's Day 21 11:15am Ageless Yoga with Annette- Community 2:00pm Bridge 5:00pm Father's Day BBQ with Entertainment by Caviar & Lace 7:30pm Various Card Games	10:00am Morning Walk with Julie 22 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 1:30pm Outing- Nitobe Memorial Garden 7:00pm Evening Cinema: Frozen Planet	10:00am CrossFun-Circuit Training 23 11:00am Piano Entertainment by Hoy Yip 2:00pm Brockhouse Kerrisdale Choir Performance 3:30pm Guys & Doll's Billiards	10:30am Group Fitness with Ariel 24 11:15am Ageless Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 3:30pm Cribbage Tournament	10:00am CrossFun- Strength Training 25 11:15am Bus Drop-Off: Safeway 2:00pm Chef Demo with Rob 2:00pm Bridge 2:30pm Wellness Clinic with Mike	10:00am CrossFun- Core Conditioning 26 11:15am Ageless Yoga with Annette 2:00pm Bridge 5:00pm Candle Lighting & Cocktail Music	11:15am Ageless Yoga with Annette- Community 27 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary	
11:15am Ageless Yoga with Annette- Community 28 2:00pm Bridge 5:00pm Family Buffet 7:30pm Various Card Games	10:00am Morning Walk with Julie 29 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 2:30pm Wine Education with Guillaume 7:00pm Evening Cinema: Quartet	10:00am CrossFun-Circuit Training 30 11:00am Piano Entertainment by Hoy Yip 1:30pm Classic Matinee- Harold & Maude 3:30pm Guys & Doll's Billiards 5:00pm Dinner Piano Concert- We Youth Help	Happy BC Seniors Week to all of our residents June 7th – June 13th If you would like to book an appointment with the spa and salon, please see Concierge desk to ensure availability and hours for Kleanse Spa Bar. Thank-you!				