






ENJOYING JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<p style="text-align: center; margin: 0;">1</p> <p style="margin: 0;">8:30am Bus Drop Off: Safeway 9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Stretch with Antonya 2:00pm Trivia 3:30pm Candle Lighting and Cocktail Music 3:30pm FIT with Dale 4:30pm Piano Playing</p>	<p style="text-align: center; margin: 0;">2</p> <p style="margin: 0;">1:00pm Movie: The Wizard of Oz 1:45pm Piano Playing 2:45pm FIT with Dale 3:15pm Knit and Chat 3:30pm FIT with Dale 7:00pm Movie: The Wizard of Oz</p>
<p style="text-align: center; margin: 0;">3</p> <p style="margin: 0;">1:00pm Documentary: Life Overtakes Me 7:00pm Documentary: Life Overtakes Me</p>	<p style="text-align: center; margin: 0;">4</p> <p style="margin: 0;">9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Zumba with Antonya 12:30pm Scenic Drive: Steveston and #5 Road 1:00pm Movie: The Sound of Music 1:45pm Piano Playing 2:45pm Gentle FIT with Dale 3:30pm FIT with Dale 7:00pm Movie: The Sound of Music</p>	<p style="text-align: center; margin: 0;">5</p> <p style="margin: 0;">8:30am Bus Drop Off: London Drugs 9:00am FIT with Dale 9:45am FIT with Dale 10:30am Chair Yoga 1:00pm Phone & Computer Q&A Session with Francisco 2:00pm PERK Activities with Rosemary 3:30pm FIT with Antonya</p>	<p style="text-align: center; margin: 0;">6</p> <p style="margin: 0;">9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Zumba with Antonya 1:00pm TED Talk: The Brain-Changing Benefits of Exercise 1:45pm Piano Playing 2:30pm Happy Hour (Bumble Bee Theme - Wear Black and Yellow) 2:45pm Gentle FIT with Dale 3:30pm FIT with Dale</p>	<p style="text-align: center; margin: 0;">7</p> <p style="margin: 0;">9:00am FIT with Dale 9:45am FIT with Dale 10:30am Chair Yoga 1:00pm Movie: Earthquake 2:00pm Paint & Sip 3:30pm FIT with Antonya 7:00pm Movie: Earthquake</p>	<p style="text-align: center; margin: 0;">8</p> <p style="margin: 0;">8:30am Bus Drop Off: Safeway 9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Stretch with Antonya 2:00pm Scottish Bagpipe Music by Joseph McDonald 3:30pm Candle Lighting and Cocktail Music 3:30pm FIT with Dale 4:30pm Piano Playing</p>	<p style="text-align: center; margin: 0;">9</p> <p style="margin: 0;">1:00pm Movie: Moonstruck 1:45pm Piano Playing 2:45pm FIT with Dale 3:15pm Knit and Chat 3:30pm FIT with Dale 7:00pm Movie: Moonstruck</p>
<p style="text-align: center; margin: 0;">10</p> <p style="margin: 0;">1:00pm Movie: Titanic 7:00pm Movie: Titanic</p>	<p style="text-align: center; margin: 0;">11</p> <p style="margin: 0;">9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Zumba with Antonya 12:30pm Scenic Drive: Trout Lake 1:00pm Movie: The King and I 1:45pm Piano Playing 2:45pm Gentle FIT with Dale 3:30pm FIT with Dale 7:00pm Movie: The King and I</p>	<p style="text-align: center; margin: 0;">12</p> <p style="margin: 0;">8:30am Bus Drop Off: London Drugs 9:00am FIT with Dale 9:45am FIT with Dale 10:30am Chair Yoga 1:00pm Men's Club Group Activity 2:00pm PERK Activities with Rosemary 3:30pm FIT with Antonya</p>	<p style="text-align: center; margin: 0;">13</p> <p style="text-align: center; margin: 0; color: red;">Pajama Day - Staff and Residents Wear their Pajamas</p> <p style="margin: 0;">9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Zumba with Antonya 1:00pm TED Talk: What Really Matters at the End of Life 1:45pm Piano Playing 2:30pm Happy Hour 2:45pm Gentle FIT with Dale 3:30pm FIT with Dale</p>	<p style="text-align: center; margin: 0;">14</p> <p style="margin: 0;">9:00am FIT with Dale 9:45am FIT with Dale 10:30am Chair Yoga 2:00pm Information Session: Age Well, Live Well - Active Aging and Staying Active at Home 3:30pm FIT with Antonya 7:00pm Movie: Casablanca</p>	<p style="text-align: center; margin: 0;">15</p> <p style="margin: 0;">8:30am Bus Drop Off: Safeway 9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Stretch with Antonya 2:00pm Cakewalk Band Concert 3:30pm Candle Lighting and Cocktail Music 3:30pm FIT with Dale 4:30pm Piano Playing</p>	<p style="text-align: center; margin: 0;">16</p> <p style="margin: 0;">1:00pm Movie: The Pink Panther 1:45pm Piano Playing 2:45pm FIT with Dale 3:15pm Knit and Chat 3:30pm FIT with Dale 7:00pm Movie: The Pink Panther</p>
<p style="text-align: center; margin: 0;">17</p> <p style="margin: 0;">1:00pm Documentary: The Search for Life in Space 2:30pm Wine Demo + Cheese Tasting 7:00pm Documentary: The Search for Life in Space</p>	<p style="text-align: center; margin: 0;">18</p> <p style="margin: 0;">9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Zumba with Antonya 1:00pm Movie: Mary Poppins 1:00pm Scenic Drive: Kitsilano and UBC 1:45pm Piano Playing 2:45pm Gentle FIT with Dale 3:30pm FIT with Dale 7:00pm Movie: Mary Poppins</p>	<p style="text-align: center; margin: 0;">19</p> <p style="margin: 0;">8:30am Bus Drop Off: London Drugs 9:00am FIT with Dale 9:45am FIT with Dale 10:30am Chair Yoga 1:30pm Staff Fire Drill 2:00pm PERK Activities with Rosemary 3:30pm FIT with Antonya</p>	<p style="text-align: center; margin: 0;">20</p> <p style="margin: 0;">9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Zumba with Antonya 1:00pm TED Talk: Sleep is your Superpower 1:45pm Piano Playing 2:30pm American Themed Happy Hour + Trivia on the US and the Presidential Inauguration Day 2:45pm Gentle FIT with Dale 3:30pm FIT with Dale</p>	<p style="text-align: center; margin: 0;">21</p> <p style="margin: 0;">9:00am FIT with Dale 9:45am FIT with Dale 10:30am Chair Yoga 1:30pm Paint & Sip 3:00pm Book Club 3:30pm FIT with Antonya 7:00pm Movie: Bright Eyes</p>	<p style="text-align: center; margin: 0;">22</p> <p style="margin: 0;">8:30am Bus Drop Off: Safeway 9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Stretch with Antonya 2:00pm Performance by Music Variations 3:30pm Candle Lighting and Cocktail Music 3:30pm FIT with Dale 4:30pm Piano Playing</p>	<p style="text-align: center; margin: 0;">23</p> <p style="margin: 0;">1:00pm Movie: Grease 1:45pm Piano Playing 2:45pm FIT with Dale 3:15pm Knit and Chat 3:30pm FIT with Dale 7:00pm Movie: Grease</p>
<p style="text-align: center; margin: 0;">24</p> <p style="margin: 0;">1:00pm Documentary: Capital in the Twenty-First Century 7:00pm Documentary: Capital in the Twenty-First Century</p>	<p style="text-align: center; margin: 0;">25</p> <p style="text-align: center; margin: 0; color: red;">Robbie Burns Day</p> <p style="margin: 0;">9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Zumba with Antonya 12:30pm Scenic Drive: City Tour 1:00pm Movie: Singing in the Rain 1:30pm Reading of Poems of Robbie Burns 1:45pm Piano Playing 2:45pm Gentle FIT with Dale 3:30pm FIT with Dale 7:00pm Movie: Singing in the Rain</p>	<p style="text-align: center; margin: 0;">26</p> <p style="margin: 0;">8:30am Bus Drop Off: London Drugs 9:00am FIT with Dale 9:45am FIT with Dale 10:30am Chair Yoga 2:00pm PERK Activities with Rosemary 3:30pm FIT with Antonya</p>	<p style="text-align: center; margin: 0;">27</p> <p style="margin: 0;">9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Zumba with Antonya 1:00pm TED Talk: Where Are the Baby Dinosaurs? 1:45pm Piano Playing 2:30pm Happy Hour + Staff and Resident Activity - Newspaper Outfit Challenge 2:45pm Gentle FIT with Dale 3:30pm FIT with Dale</p>	<p style="text-align: center; margin: 0;">28</p> <p style="margin: 0;">9:00am FIT with Dale 9:45am FIT with Dale 10:30am Chair Yoga 1:00pm Movie: A Fish Called Wanda 2:00pm Guess the Legacy Baby - Part 2 3:30pm FIT with Antonya 7:00pm Movie: A Fish Called Wanda</p>	<p style="text-align: center; margin: 0;">29</p> <p style="margin: 0;">8:30am Bus Drop Off: Safeway 9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Stretch with Antonya 2:00pm Oldies Music by Greg Alcock 3:30pm Candle Lighting and Cocktail Music 3:30pm FIT with Dale 4:30pm Piano Playing</p>	<p style="text-align: center; margin: 0;">30</p> <p style="margin: 0;">1:00pm Movie: A Patch of Blue 1:45pm Piano Playing 2:45pm FIT with Dale 3:15pm Knit and Chat 3:30pm FIT with Dale 7:00pm Movie: A Patch of Blue</p>
<p style="text-align: center; margin: 0;">31</p> <p style="margin: 0;">1:00pm Documentary: The Trader 2:00pm Ladies Club Group Activity 7:00pm Documentary: The Trader</p>						