


Enjoying January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		STAT - No Car Service Happy New Year! 1 9:45am Zumba with Antonya 4:00pm A Place to Call Home 7:00pm A Place to Call Home	10:00am FIT with Lissette 2 10:30am Chair Yoga with Lissette 3:00pm Happy Hour & Hor d'oeuvres 7:30pm Bingo with Neovi	10:00am FIT with Lissette 3 10:30am Guided Meditation with Lissette 11:30am Bus Drop Off: Safeway @ Oakridge 1:00pm Spanish for Beginners with Francisco 2:00pm Trinity Music Performance 4:00pm Classical Movie - Howards End 7:00pm Classical Movie - Howards End	10:00am FIT with Lissette 4 10:30am Chair Yoga with Lissette 11:00am Zumba with Antonya 2:00pm TED Talks - How to motivate people to do good for others / How We Could Teach Our Bodies to Heal Eachother 4:00pm A Place to Call Home 5:30pm Candle Lighting & Cocktail Music 7:00pm A Place to Call Home	Ageless Chair Yoga - 5 10:00am Community 11:15am Ageless Chair Yoga - Community 1:00pm Piano with Albert 3:30pm PERK Activities with Rosemary 4:45pm Evening Cinema - Crazy Rich Asians 7:00pm Evening Cinema - Crazy Rich Asians	
	11:45am Zumba with Antonya 6 4:00pm TV Series - This is Us 7:00pm TV Series - This is Us	10:00am CrossFun Conditioning 7 10:30am Chair Yoga with Lissette 12:00pm OUTING: Vancouver Art Gallery 4:00pm Evening Cinema - Polar Express 7:00pm Evening Cinema - Polar Express	9:45am Zumba with Antonya 8 10:30am Stretch with Lissette 11:30am Bus Drop Off: London Drugs 2:30pm Chasing Away the Winter Blues by Home Instead 4:00pm A Place to Call Home 7:00pm Bingo with the Chinatown Lioness Club 7:00pm A Place to Call Home	10:00am FIT with Lissette 9 10:30am Chair Yoga with Lissette 3:00pm Happy Hour & Hor d'oeuvres 7:30pm Bingo with Neovi	10:00am FIT with Lissette 10 10:30am Guided Meditation with Lissette 11:30am Bus Drop Off: Safeway @ Oakridge 2:00pm Spanish for Beginners with Francisco 4:00pm Piano with Sara Bauman 4:00pm Classical Movie - Being There 7:00pm Classical Movie - Being There	10:00am FIT with Lissette 11 10:00am Chair Yoga with Annette 11:00am Zumba with Antonya 11:15am Chair Yoga with Annette 12:30pm Piano Playing Annette 1:15pm Sing-A-Long with Annette 2:00pm TED Talks - 3 Kinds of Bias that Shape your worldview / The Power of Self-Acceptance 4:00pm A Place to Call Home 5:30pm Candle Lighting & Cocktail Music 7:00pm A Place to Call Home	Ageless Chair Yoga - 12 10:00am Community 11:15am Ageless Chair Yoga - Community 1:00pm Piano with Albert 3:30pm PERK Activities with Rosemary 4:45pm Evening Cinema - Hairspray 7:00pm Evening Cinema - Hairspray
	11:45am Zumba with Antonya 13 4:00pm TV Series - This is Us 5:00pm Sunday Buffet 7:00pm TV Series - This is Us	10:00am CrossFun Conditioning 14 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 12:30pm OUTING - RiverRock Casino 1:15pm Sing-A-Long with Annette 2:15pm A Conversation 4:00pm Evening Cinema - Hitch 7:00pm Evening Cinema - Hitch	9:45am Zumba with Antonya 15 10:30am Stretch with Lissette 11:30am Bus Drop Off: City Square on 12th & Cambie 2:30pm Healthy Aging & Genetics with Angela Brooks-Wilson 4:00pm A Place to Call Home 7:00pm A Place to Call Home	10:00am FIT with Lissette 16 10:00am Chair Yoga with Annette 11:15am Chair Yoga with Annette 1:15pm Sunday at Six Musical Performance - King David High School 1:30pm Complimentary Testing by Connect Hearing 3:00pm Happy Hour & Hor d'oeuvres 7:30pm Bingo with Neovi	10:00am FIT with Lissette 17 10:30am Guided Meditation with Lissette 11:30am Bus Drop Off: Safeway @ Oakridge 2:00pm Health Arts Society Musical Performance 4:00pm Piano with Sara Bauman 4:00pm Classical Musical - The Mikado 7:00pm Classical Musical - The Mikado	10:00am FIT with Lissette 18 10:00am Chair Yoga with Annette 11:00am Zumba with Antonya 11:15am Chair Yoga with Annette 12:30pm Piano Playing Annette 1:15pm Sing-A-Long with Annette 2:00pm TED Talks - How to build (and Rebuild) Trust / Reinventing Creative Thinking 4:00pm A Place to Call Home 5:30pm Candle Lighting & Cocktail Music 7:00pm A Place to Call Home	Ageless Chair Yoga - 19 10:00am Community 11:15am Ageless Chair Yoga - Community 1:00pm Piano with Albert 3:30pm PERK Activities with Rosemary 4:45pm Evening Cinema - A Dog's Purpose 7:00pm Evening Cinema - A Dog's Purpose
	11:45am Zumba with Antonya 20 4:00pm TV Series - This is Us 7:00pm TV Series - This is Us	10:00am CrossFun Conditioning 21 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 - The Back Up Plan 7:00pm Evening Cinema - The Back Up Plan	9:45am Zumba with Antonya 22 10:30am Stretch with Lissette 11:30am Bus Drop Off: Superstore 1:00pm Staff Fire Drill 4:00pm A Place to Call Home 7:00pm A Place to Call Home	10:00am FIT with Lissette 23 10:00am Chair Yoga with Annette 11:15am Chair Yoga with Annette 3:00pm Happy Hour & Hor d'oeuvres 6:30pm Bus Drop Off: Itzhak Perlman VSO Drop Off 7:30pm Bingo with Neovi	10:00am FIT with Lissette 24 10:30am Guided Meditation with Lissette 11:30am Bus Drop Off: Safeway @ Oakridge 4:00pm Piano with Sara Bauman 4:00pm Classical Musical - Fame 7:00pm Classical Musical - Fame	Robbie Burns Day 10:00am FIT with Lissette 25 10:00am Chair Yoga with Annette 11:00am Zumba with Antonya 11:15am Chair Yoga with Annette 12:30pm Piano Playing Annette 1:15pm Sing-A-Long with Annette 1:00pm Robbie Burns Day Celebration 4:00pm A Place to Call Home 5:30pm Candle Lighting & Cocktail Music 7:00pm A Place to Call Home	Ageless Chair Yoga - 26 10:00am Community 11:15am Ageless Chair Yoga - Community 1:00pm Piano with Albert 3:30pm PERK Activities with Rosemary 4:45pm Evening Cinema - Dare to be Wild 7:00pm Evening Cinema - Dare to be Wild
	11:45am Zumba with Antonya 27 4:00pm TV Series - This is Us 5:00pm Sunday Buffet 7:00pm TV Series - This is Us	10:00am CrossFun Conditioning 28 11:15am Ageless Yoga Annette 12:15pm Piano Playing by Annette 12:30pm OUTING: Lunch with Suzanne 1:15pm Sing-A-Long with Annette 2:15pm A Conversation 4:00pm Evening Cinema: Dumplin' 7:00pm Evening Cinema: Dumplin'	9:45am Zumba with Antonya 29 10:30am Stretch with Lissette 11:30am Bus Drop Off: Walmart 2:30pm Benefits of Medical Cannabis with Bonnie Anderson 4:00pm A Place to Call Home 7:00pm A Place to Call Home	10:00am FIT with Lissette 30 10:00am Chair Yoga with Annette 11:15am Chair Yoga with Annette 2:00pm Resident Meeting with Management 3:00pm Happy Hour & Hor d'oeuvres 7:30pm Bingo with Neovi	10:00am FIT with Lissette 31 10:30am Guided Meditation Lissette 11:30am Bus Drop Off: Safeway @ Oakridge 4:00pm Piano with Sara Bauman 4:00pm Classical Movie - Heller in Pink Tights 7:00pm Classical Movie - Heller in Pink Tights	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Joke of the Month</p> <p>Me: Would you like to be the sun in my life?</p> <p>Her: Awww... Yes!!!</p> <p>Me: Good then stay 92.96 million miles away from me</p> </div>	