

ENJOYING APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			11:15am Ageless Yoga with Bill 1 12:00pm Piano Entertainment by Hoy Yip 1:30pm Creative Arts 3:30pm Cribbage Tournament	10:00am CrossFit Fun-Strength Training 2 11:00am Bus Drop Off: Safeway 11:00am Carda Fashion Show and Display 2:00pm Bridge 2:30pm Wellness Clinic with Mike	10:00am CrossFit Fun- Core Conditioning 3 2:00pm Bridge 3:30pm Passover Concert with Harriet Frost 5:30pm Passover Seder Dinner	11:15am Ageless Yoga with Bill-Community 4 6:30pm Trivial Pursuit
11:30am Easter Brunch 5 2:00pm Bridge 7:30pm Various Card Games	10:30am Morning Walk with Julie 6 12:00pm Outing: White Rock Moby Dicks 7:00pm Evening Cinema- Bride Flight	10:00am CrossFit Fun-Circuit Training 7 11:00am Piano Entertainment by Hoy Yip 1:30pm Classic Matinee- Titanic 3:30pm Guys & Doll's Billiards	11:15am Ageless Yoga with Annette 8 12:00pm Piano Entertainment by Hoy Yip 3:30pm Cribbage Tournament	10:00am CrossFit Fun-Strength Training 9 11:00am Bus Drop Off: Safeway 2:00pm Bridge 2:30pm Wellness Clinic with Mike	10:00am CrossFit Fun- Core Conditioning 10 11:15am Ageless Yoga with Annette 2:00pm Bridge 5:00pm Candle Lighting & Cocktail Music	11:15am Ageless Yoga with Annette-Community 11 3:30pm PERK Activities with Rosemary 6:30pm Trivial Pursuit
11:15am Ageless Yoga with Annette-Community 12 2:00pm Bridge 5:00pm Sunday Family Buffet- Indian 7:30pm Various Card Games	11:15am Ageless Yoga with Annette 13 12:15pm Piano Playing by Annette 12:30pm Lunch Outing to Kirin-Dim Sum 3:30pm Musical Performance by Allen & Sharon Boolinoff 7:00pm Evening Cinema- Run & Jump	10:00am CrossFit Fun-Circuit Training 14 11:00am Piano Entertainment by Hoy Yip 1:30pm Classic Matinee- The Grapes of Wrath 3:30pm Guys & Doll's Billiards	11:15am Ageless Yoga with Annette 15 12:00pm Piano Entertainment by Hoy Yip 1:30pm MediChair InService 3:00pm Resident Meeting with Julie	10:00am CrossFit Fun-Strength Training 16 11:00am Bus Drop Off: Safeway 2:00pm Bridge 2:30pm Wellness Clinic with Mike 3:00pm Fireside Chat with Walter	10:00am CrossFit Fun- Core Conditioning 17 11:15am Ageless Yoga with Annette 2:00pm Bridge 5:00pm Candle Lighting & Cocktail Music	11:15am Ageless Yoga with Annette-Community 18 3:30pm PERK Activities with Rosemary 6:30pm Trivial Pursuit
11:15am Ageless Yoga with Annette-Community 19 2:00pm Bridge 5:00pm Sunday Family Buffet- Thai 7:30pm Various Card Games	11:15am Ageless Yoga with Annette 20 12:15pm Piano Playing by Annette 1:30pm Scenic Drive to SFU 7:00pm Evening Cinema- Shadow of the Sun	10:00am CrossFit Fun-Circuit Training 21 11:00am Piano Entertainment by Hoy Yip 1:30pm Classic Matinee- The Ghost & Mrs. Muir 3:30pm Guys & Doll's Billiards	11:15am Ageless Yoga with Annette 22 12:00pm Piano Entertainment by Hoy Yip 2:00pm Earth Day Planting 3:30pm Cribbage Tournament	10:00am CrossFit Fun-Strength Training 23 11:00am Bus Drop Off: Safeway 2:00pm Chef Demo with Rob 2:30pm Wellness Clinic with Mike	10:00am CrossFit Fun- Core Conditioning 24 11:15am Ageless Yoga with Annette 2:00pm Bridge 5:00pm Candle Lighting & Cocktail Music	11:15am Ageless Yoga with Annette-Community 25 3:30pm PERK Activities with Rosemary 6:30pm Trivial Pursuit
11:15am Ageless Yoga with Annette-Community 26 2:00pm Bridge 5:00pm Sunday Family Buffet- Hawaiian Luau 7:30pm Various Card Games	11:15am Ageless Yoga with Annette 27 12:15pm Piano Playing by Annette 2:00pm Unity Outreach Acapella Performance 7:00pm Evening Cinema- Cairo Time	10:00am CrossFit Fun-Circuit Training 28 11:00am Piano Entertainment by Hoy Yip 1:30pm Classic Matinee- Five Card Stud 3:30pm Guys & Doll's Billiards	11:15am Ageless Yoga with Annette 29 12:00pm Piano Entertainment by Hoy Yip 12:30pm Lunch Outing to Steveston- Pajo's Fish & Chips 3:30pm Cribbage	10:00am CrossFit Fun-Strength Training 30 11:00am Bus Drop Off: Safeway 2:00pm Bridge 2:30pm Wellness Clinic with Mike		