


# ENJOYING APRIL

| SUNDAY   | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY  |
|--|---|---|--|---|---|---|
| 11:45am Zumba with Antonya 1<br>5:00pm Easter Buffet | 10:30am CrossFun Core 2<br>11:15am Ageless Yoga Annette<br>12:15pm Piano Playing Annette<br>1:15pm Sing-A-Long with Annette<br>2:15pm Let's Talk About ? with Annette<br>4:00pm Evening Cinema: Steve & 7:00pm Jobs   | 9:45am Zumba with Antonya 3<br>10:30am Stretch with Lissette<br>11:00am Piano Entertainment by Hoy Yip<br>11:15am Bus Drop Off: Save-On-Foods @ 14th and Main<br>2:30pm Navigating the Health Care System - COSCO Workshop                                | 10:00am FIT with Lissette 4<br>10:00am Chair Yoga with Annette<br>11:00am Euro Designs<br>11:15am Chair Yoga with Annette<br>11:30am Piano Entertainment by Hoy Yip<br>2:00pm Spanish for Beginners with Francisco<br>3:00pm Happy Hour & Hor d'oeuvres<br>7:00pm Bingo with Neovi                   | 10:00am FIT with Lissette 5<br>10:00am Bus Drop Off: Safeway @ Cambie & 12th<br>10:30am Guided Meditation with Lissette<br>12:30pm Departure for VSO<br>4:30pm Classic Musical: High Society<br>7:00pm Classic Musical: High Society  | 10:00am FIT with Lissette 6<br>10:00am Chair Yoga with Annette<br>11:15am Chair Yoga with Annette<br>12:30pm Piano Playing with Annette<br>1:15pm Sing-A-Long with Annette<br>2:30pm Current Events with Chadwick<br>5:30pm Candle Lighting & Cocktail Music  | 10:00am Ageless Chair Yoga - 7<br>Community<br>11:15am Ageless Chair Yoga - Community<br>12:30pm Piano & Violin with Kayleen<br>2:00pm Welcome to Spring Concert<br>3:30pm PERK Activities with Rosemary<br>4:30pm Evening Cinema: & 7:00pm Darkest Hour  |
| 11:45am Zumba with Antonya 8                         | 10:30am CrossFun Core 9<br>11:15am Ageless Yoga with Erica<br>11:15am OUTING: The Flying Beaver Bar & Grill<br>2:00pm Book Club Meeting<br>4:00pm Evening Cinema: The Shape of Water<br>7:00pm Evening Cinema: The Shape of Water   | 9:45am Zumba with Antonya 10<br>10:30am Stretch with Lissette<br>11:00am Piano Entertainment by Hoy Yip<br>11:15am Bus Drop Off: Walmart<br>2:30pm Wellness Workshop: Exercises with Rheumatoid Arthritis<br>7:00pm Bingo with the Chinatown Lioness Club | 10:00am FIT with Lissette 11<br>10:00am Chair Yoga with Allison<br>11:15am Chair Yoga with Allison<br>11:30am Piano Entertainment by Hoy Yip<br>12:30pm Tech Q&A with Brayden (please sign-up)<br>3:00pm Happy Hour & Hor d'oeuvres<br>7:00pm Bingo with Neovi                                       | 10:00am FIT with Lissette 12<br>10:30am Guided Meditation with Lissette<br>11:15am Bus Drop-Off/ Pick-up: Safeway at Oakridge<br>2:00pm Spanish for Beginners with Francisco<br>4:30pm Classic Movie: Annie Hall<br>7:00pm Classic Movie: Annie Hall  | 10:00am FIT with Lissette 13<br>10:00am Chair Yoga<br>11:00am Chair Yoga<br>5:30pm Candle Lighting & Cocktail Music   | 10:00am Ageless Chair Yoga - 14<br>Community<br>11:15am Ageless Chair Yoga - Community<br>12:30pm Piano & Violin with Kayleen<br>2:00pm Music for Life by Tina Lee + Students<br>3:30pm PERK Activities with Rosemary<br>4:30pm Evening Cinema: I, & 7:00pm Tonya   |
| 11:45am Zumba with Antonya 15                        | 10:30am CrossFun Core 16<br>11:15am Ageless Yoga w/ Annette<br>12:15pm Piano Playing by Annette<br>12:30pm OUTING: Granville Island<br>1:15pm Sing-A-Long w/ Annette<br>2:15pm Let's Talk About ? Annette<br>4:00pm Evening Cinema: Wonder<br>7:00pm Evening Cinema: Wonder                 | 9:45am Zumba with Antonya 17<br>10:30am Stretch with Lissette<br>11:00am Piano Entertainment by Hoy Yip<br>11:15am Bus Drop Off: London Drugs<br>1:30pm OUTING: Cherry Blossom Bus Viewing<br>2:00pm <b>Annual Resident Fire Drill</b>                    | <b>Library Pick-Up/Drop-Off</b> 18<br>10:00am FIT with Lissette<br>10:00am Chair Yoga with Annette<br>11:00am 5th Avenue Jewelers<br>11:15am Chair Yoga with Annette<br>11:30am Piano Entertainment by Hoy Yip<br>2:00pm Paint & Sip<br>3:00pm Happy Hour & Hor d'oeuvres<br>7:00pm Bingo with Neovi | 10:00am FIT with Lissette 19<br>10:30am Guided Meditation with Lissette<br>11:15am Bus Drop Off: Safeway @ Cambie & 12th<br>2:00pm Spanish for Beginners with Francisco<br>4:30pm Classic Musical: Victor/Victoria<br>7:00pm Classic Musical: Victor/Victoria<br>7:30pm Evening Yoga with Julie C.  | 10:00am FIT with Lissette 20<br>10:00am Chair Yoga with Annette<br>11:15am Chair Yoga with Annette<br>12:30pm Piano Playing with Annette<br>1:15pm Sing-A-Long with Annette<br>2:30pm Current Events with Chadwick<br>5:30pm Candle Lighting & Cocktail Music | 10:00am Ageless Chair Yoga - 21<br>Community<br>11:00am Staff Fire Drill<br>11:15am Ageless Chair Yoga - Community<br>12:30pm Piano & Violin with Kayleen<br>3:30pm PERK Activities with Rosemary<br>4:30pm Evening Cinema: Murder On The Orient Express<br>7:00pm Evening Cinema: Murder On The Orient Express |
| 11:45am Zumba with Antonya 22                        | 10:30am CrossFun Core 23<br>11:15am Ageless Yoga w/ Annette<br>12:00pm OUTING: Grandvilla Casino<br>12:15pm Piano Playing Annette<br>1:15pm Sing-A-Long w/ Annette<br>2:15pm Let's Talk About ? with Annette<br>4:00pm Evening Cinema: Paddington<br>7:00pm Evening Cinema: Paddington      | 9:45am Zumba with Antonya 24<br>10:30am Stretch with Lissette<br>11:00am Piano Entertainment by Hoy Yip<br>11:15am Bus Drop Off: Save-On-Foods @ 14th & Main<br>2:30pm Bladder Health Pt.2 with Tracy Sacre   | 10:00am FIT with Lissette 25<br>10:00am Chair Yoga with Annette<br>11:15am Chair Yoga with Annette<br>11:30am Piano Entertainment by Hoy Yip<br>2:00pm JCC Showtime Performance<br>3:00pm Happy Hour & Hor d'oeuvres<br>7:00pm Bingo with Neovi  | 10:00am FIT with Lissette 26<br>10:30am Guided Meditation with Lissette<br>11:15am Bus Drop-Off/ Pick-up: Safeway at Oakridge<br>2:00pm Spanish for Beginners with Francisco<br>3:00pm Monthly Resident Meeting w/ Management<br>4:30pm Classic Movie: The Sting<br>7:00pm Classic Movie: The Sting | 10:00am FIT with Lissette 27<br>10:00am Chair Yoga with Annette<br>11:15am Chair Yoga with Annette<br>12:30pm Piano Playing with Annette<br>1:15pm Sing-A-Long with Annette<br>5:30pm Candle Lighting & Cocktail Music  | 10:00am Ageless Chair Yoga - 28<br>Community<br>11:15am Ageless Chair Yoga - Community<br>12:30pm Piano & Violin with Kayleen<br>3:30pm PERK Activities with Rosemary<br>4:30pm Evening Cinema: The Blind Side<br>7:00pm Evening Cinema: The Blind Side   |
| 11:45am Zumba with Antonya 29                        | 10:30am CrossFun Core 30<br>11:15am Ageless Yoga w/ Annette<br>12:15pm Piano Playing Annette<br>12:30pm OUTING: JYSK/Winners<br>1:15pm Sing-A-Long w/ Annette<br>2:15pm Let's Talk About ? with Annette<br>4:00pm Evening Cinema: The Italian Job<br>7:00pm Evening Cinema: The Italian Job |    |  |   |   |   |