


# ENJOYING AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						11:15am Ageless Yoga with Annette-Community 1 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary
11:15am Ageless Yoga with Annette- Community 2 1:00pm Tech Easy- Technology Help 2:00pm Bridge 7:30pm Various Card Games	Civic Statutory Holiday 3 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 7:00pm Evening Cinema- The Zig-Zag kid	10:00am CrossFun-Circuit Training 4 11:00am Piano Entertainment by Hoy Yip 1:30pm Afternoon Matinee- Grease 3:30pm Guys & Doll's Billiards	10:30am Group Fitness with Ariel 5 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 6 11:15am Bus Drop-Off: Safeway 2:00pm Yoga Seminar with Annette 2:00pm Bridge 2:30pm Wellness Clinic with Mike	10:00am CrossFun- Core Conditioning 7 11:15am Ageless Yoga with Annette 2:00pm Bridge 2:00pm Knitting Club- Comfort Dolls 5:30pm Candle Lighting & Cocktail Music	11:15am Ageless Yoga with Annette-Community 8 12:30pm Piano Playing by Annette 2:00pm Block Party with Musical Entertainment 3:30pm PERK Activities with Rosemary
11:15am Ageless Yoga with Annette- Community 9 2:00pm Bridge 7:30pm Various Card Games	10:00am Morning Walk with Julie 10 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 1:00pm OUTING: River Rock Casino 7:00pm Evening Cinema- Woman in Gold	10:00am CrossFun-Circuit Training 11 11:00am Piano Entertainment by Hoy Yip 1:30pm Afternoon Matinee- Cheaper By The Dozen 3:30pm Guys & Doll's Billiards	10:30am Group Fitness with Ariel 12 11:15am Ageless Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 2:00pm Home Instead Presentation- Senior Fraud Prevention 3:30pm Cribbage Tournament	10:00am CrossFun- Strength Training 13 11:15am Bus Drop Off: No Frills 2:00pm Bridge 2:30pm Wellness Clinic with Mike	10:00am CrossFun- Core Conditioning 14 11:15am Ageless Yoga with Annette 2:00pm Bridge 2:00pm Gardening Group-3rd and 5th Floor Terraces 5:30pm Candle Lighting & Cocktail Music	11:15am Ageless Yoga with Annette- Community 15 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary
11:15am Ageless Yoga with Annette- Community 16 2:00pm Bridge 7:30pm Various Card Games	10:00am Morning Walk with Julie 17 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 1:15pm OUTING: Historical tour of New Westminster 7:00pm Evening Cinema- Crossing Delancey	10:00am CrossFun-Circuit Training 18 11:00am Piano Entertainment by Hoy Yip 2:00pm Guest Speaker: RBC Tax Planning Seminar 3:30pm Guys & Doll's Billiards	11:15am Ageless Yoga with Annette 19 12:00pm Piano Entertainment by Hoy Yip 2:00pm Welcome Tea 3:00pm Fireside Chat with Walter	10:00am CrossFun- Strength Training 20 11:15am Bus Drop-Off: Safeway 2:00pm Chef Demonstration with Rob 2:30pm Wellness Clinic with Mike 6:30pm Jewish Film Festival Movie	10:00am CrossFun- Core Conditioning 21 11:15am Ageless Yoga with Annette 2:00pm Bridge 2:00pm Knitting Club- Comfort Dolls 5:30pm Candle Lighting & Cocktail Music	11:15am Ageless Yoga with Annette- Community 22 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary
11:15am Ageless Yoga with Annette- Community 23 2:00pm Bridge 7:30pm Various Card Games	10:00am Morning Walk with Julie 24 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 7:00pm Evening Cinema- Saving Mr. Banks	10:00am CrossFun-Circuit Training 25 11:00am Piano Entertainment by Hoy Yip 1:30pm OUTING: Burnaby Village Museum 3:30pm Guys & Doll's Billiards	11:15am Ageless Yoga with Annette 26 12:00pm Piano Entertainment by Hoy Yip 2:30pm Wine Education with Guillaume 3:30pm Cribbage Tournament	10:00am CrossFun- Strength Training 27 11:00am CoCo's Clothing Event 11:15am Bus Drop Off: No Frills 2:00pm Bridge 2:30pm Wellness Clinic with Mike	10:00am CrossFun- Core Conditioning 28 2:00pm Bridge	11:15am Ageless Yoga with Bill 29 3:30pm PERK Activities with Rosemary
2:00pm Bridge 30 7:30pm Various Card Games	10:00am Morning Walk with Julie 31 1:15pm OUTING: Museum of Vancouver 7:00pm Evening Cinema- Still Alice	