

# ENJOYING AUGUST

| SUNDAY  | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY   |
|---|---|---|--|---|--|--|
|  | <b>No Car Service - BC Day</b> 1<br>11:15am Ageless Yoga with Annette<br>12:15pm Piano Playing by Annette<br>1:15pm Sing-A-Long with Annette<br>7:30pm Evening Cinema: Life of a King   | 10:00am CrossFun-Circuit Training 2<br>11:00am Piano Entertainment by Hoy Yip<br>3:30pm Guys & Doll's Billiards   | 10:30am Group Fitness with Ariel 3<br>11:15am Ageless Yoga with Annette<br>12:00pm Piano Entertainment by Hoy Yip<br>3:30pm Wii Sports<br>7:30pm Evening Cinema: The Lobster                             | 10:00am CrossFun- Strength Training 4<br>11:15am Bus Drop Off: City Centre Mall @ 12th & Cambie<br>2:30pm Michelle Chan Piano Performance (Vancouver Academy of Music)<br>3:00pm Happy Hour & Hor d'oeuvres | 10:00am Group Fitness with Grace 5<br>11:15am Ageless Yoga with Annette<br>1:15pm Sing-A-Long with Annette<br>1:45pm Camp Gan Israel Student Visit<br>5:30pm Candle Lighting & Cocktail Music  | 10:30am Legacy Market 6<br>11:15am Ageless Yoga with Annette-Community<br>12:30pm Piano Playing by Annette<br><b>NO PERK TODAY</b>                   |
| 5:00pm Family Style Dinners 7<br>7:30pm Various Card Games                        | 10:00am CrossFun Core Conditioning 8<br>11:15am Ageless Yoga with Annette<br>12:15pm Piano Playing by Annette<br>1:15pm Sing-A-Long with Annette<br>1:15pm OUTING: River Rock Casino & Dim Sum<br>7:30pm Evening Cinema: Radio                                      | 10:00am CrossFun-Circuit Training 9<br>11:00am Piano Entertainment by Hoy Yip<br>12:30pm OUTING: Lunch @ Maurya Indian Cuisine<br>3:30pm Guys & Doll's Billiards              | <b>Library Pick-Up/ Drop-off</b> 10<br>10:30am Group Fitness with Ariel<br>11:15am Ageless Yoga with Annette<br>12:00pm Piano Entertainment by Hoy Yip<br>3:30pm Wii Sports<br>7:30pm Round Robin Bridge | 10:00am CrossFun- Strength Training 11<br>11:00am Carda's Fashions<br>11:15am Bus Drop Off: Save-On-Foods @ Main & 14th<br>3:00pm Happy Hour & Hor d'oeuvres  | 10:00am Group Fitness with Grace 12<br>11:15am Ageless Yoga with Annette<br>1:15pm Sing-A-Long with Annette<br>1:45pm Camp Gan Israel Student Visit<br>5:30pm Candle Lighting & Cocktail Music | 10:30am Legacy Market 13<br>11:15am Ageless Yoga with Annette-Community<br>12:30pm Piano Playing by Annette<br>3:30pm PERK Activities with Rosemary  |
| 5:00pm Family Style Dinners 14<br>7:30pm Various Card Games                       | 10:00am CrossFun Core Conditioning 15<br>11:15am Ageless Yoga with Annette<br>12:15pm Piano Playing by Annette<br>1:15pm Sing-A-Long with Annette<br>12:45pm OUTING: Granville Island<br>7:30pm Evening Cinema: Moneyball   | <b>FIRE TESTING COMMON AREAS 9AM-3:30PM</b> 16<br>10:00am OUTING: Explore Fort Langley & Lunch<br>11:00am Piano Entertainment by Hoy Yip<br>3:30pm Guys & Doll's Billiards    | 10:30am Group Fitness with Ariel 17<br>11:15am Ageless Yoga with Annette<br>12:00pm Piano Entertainment by Hoy Yip<br>3:30pm Wii Sports<br>7:30pm Bingo with Betty                                       | 10:00am CrossFun- Strength Training 18<br>11:15am Bus Drop Off: City Market at 16th & Arbutus<br>2:00pm Musical Entertainment by Jeannette Petkau<br>5:30pm <b>Lucky 8 Dinner</b>                           | 10:00am Group Fitness with Grace 19<br>11:15am Ageless Yoga with Annette<br>1:15pm Sing-A-Long with Annette<br>1:45pm Camp Gan Israel Student Visit<br>5:30pm Candle Lighting & Cocktail Music | 10:30am Legacy Market 20<br>11:15am Ageless Yoga with Annette-Community<br>12:30pm Piano Playing by Annette<br>3:30pm PERK Activities with Rosemary  |
| 5:00pm Family Style Dinners 21<br>7:30pm Various Card Games                       | 10:00am CrossFun Core Conditioning 22<br>11:15am Ageless Yoga with Annette<br>12:15pm Piano Playing by Annette<br>1:15pm Sing-A-Long with Annette<br>1:15pm OUTING: London Drugs<br>5:30pm Hosted Dinner by Guillaume   | 10:00am CrossFun-Circuit Training 23<br>11:00am Piano Entertainment by Hoy Yip<br>2:00pm Mental Health for Seniors with Dr. Reuben Dinsmore<br>3:30pm Guys & Doll's Billiards | 10:30am Group Fitness with Ariel 24<br>11:15am Ageless Yoga with Annette<br>12:00pm Piano Entertainment by Hoy Yip<br>3:30pm Wii Sports<br>7:30pm Round Robin Bridge                                     | <b>Staff Fire Drill @ 11:15am</b> 25<br>10:00am CrossFun- Strength Training<br>11:15am Bus Drop Off: Safeway at Oakridge<br>2:00pm Chef Demo with Rob<br>3:00pm Happy Hour & Hor d'oeuvres                  | 10:00am Group Fitness with Grace 26<br>11:15am Ageless Yoga with Annette<br>1:15pm Sing-A-Long with Annette<br>1:45pm Camp Gan Israel Student Visit<br>5:30pm Candle Lighting & Cocktail Music | 10:30am Legacy Market 27<br>11:15am Ageless Yoga with Annette-Community<br>1:00pm <b>Summer Garden Party</b><br>3:30pm PERK Activities with Rosemary |
| 5:00pm Family Style Dinners 28<br>7:30pm Various Card Games                       | 10:00am CrossFun Core Conditioning 29<br>10:15am OUTING: Historical Steveston with Mick - Lunch at Dave's<br>11:15am Ageless Yoga with Annette<br>12:15pm Piano Playing by Annette<br>1:15pm Sing-A-Long with Annette<br>7:30pm Evening Cinema: Remember the Titans | 10:00am CrossFun-Circuit Training 30<br>11:00am Piano Entertainment by Hoy Yip<br>3:30pm Guys & Doll's Billiards  | 10:30am Group Fitness with Ariel 31<br>11:15am Ageless Yoga with Annette<br>12:00pm Piano Entertainment by Hoy Yip<br>3:00pm Fireside Chat with Management<br>7:30pm Evening Cinema: Big                 |    | Enjoy sitting out on the beautiful 3 <sup>rd</sup> floor terraces, planted by the residents!   |   |

