


## ENJOYING AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			10:00am FIT with Lissette 1 10:00am Chair Yoga with Bill 11:00am Piano Entertainment by Hoy Yip 11:15am Chair Yoga with Bill 3:00pm Happy Hour & Hor d'oeuvres 7:30pm Bingo with Neovi	10:00am FIT with Lissette 2 10:30am Guided Meditation with Lissette 11:30am Bus Drop Off: Safeway @ Oakridge 2:00pm Spanish for Beginners with Francisco 4:00pm Classic Musical: Mamma Mia! 7:00pm Classic Musical: Mamma Mia!	10:00am FIT with Lissette 3 10:00am Chair Yoga with Erica 11:00am Zumba with Antonya 11:15am Chair Yoga with Erica 2:00pm Ted Talks - Your Body Language May Shape Who You Are / The Danger of a Single Story 4:00pm TV Series - A Place to Call Home Episodes 1 & 2 5:30pm Candle Lighting & Cocktail Music 7:00pm TV Series - A Place to Call Home Episodes 1 & 2	10:00am Ageless Chair Yoga - Community 4 11:15am Ageless Chair Yoga - Community 11:30am BBQ with Rob 12:30pm Piano & Violin with Kayleen 3:30pm PERK Activities with Rosemary 4:30pm Evening Cinema: The Princess Diaries 7:00pm Evening Cinema: The Princess Diaries
	11:45am Zumba with Antonya 5 5:00pm TV Series - Alias Grace Episode 5 7:00pm TV Series - Alias Grace Episode 5	<b>STAT - NO CAR SERVICE</b> 6 10:30am CrossFun Core Conditioning 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 1:15pm Sing-A-Long with Annette 2:15pm A Conversation 4:00pm Evening Cinema: The Devil Wears Prada 7:00pm Evening Cinema: The Devil Wears Prada	9:45am Zumba with Antonya 7 10:30am Stretch with Lissette 11:00am Piano Entertainment by Hoy Yip 11:30am Bus Drop Off/Pick-Up: London Drugs 2:30pm Skin Conditions - Cosco Workshop 6:30pm MetOpera - Puccini Tosca	<b>Library Pick-Up/Drop-Off</b> 8 10:00am FIT with Lissette 10:00am Chair Yoga with Annette 11:00am Piano Entertainment by Hoy Yip 11:15am Chair Yoga with Annette 3:00pm Happy Hour & Hor d'oeuvres 3:00pm Musical Performance by Greg Alcock 7:30pm Bingo with Neovi	10:00am FIT with Lissette 9 10:30am Guided Meditation with Lissette 11:30am Bus Drop Off: Safeway @ Cambie & 12th 2:00pm Spanish for Beginners with Francisco 4:00pm Evening Cinema: Walk the Line 7:00pm Evening Cinema: Walk the Line	10:00am FIT with Lissette 10 10:00am Chair Yoga with Annette 11:00am Zumba with Antonya 11:15am Chair Yoga with Annette 12:30pm Piano Playing w/ Annette 1:15pm Sing-A-Long with Annette 2:00pm Ted Talks - How Great Leaders Inspire Action / The Puzzle of Motivation 4:00pm Tv Series - A Place to Call Home Episodes 3 & 4 5:30pm Candle Lighting & Cocktail Music 7:00pm Tv Series - A Place to Call Home Episodes 3 & 4
11:45am Zumba with Antonya 12 5:00pm Tv Series - Alias Grace Episode 6 7:00pm Tv Series - Alias Grace Episode 6	10:30am Morning Walk with Julie 13 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 12:30pm OUTING: Parq Casino 1:15pm Sing-A-Long with Annette 2:15pm A Conversation 4:00pm Evening Cinema: Notting Hill 7:00pm Evening Cinema: Notting Hill	9:45am Zumba with Antonya 14 10:30am Stretch with Antonya 11:00am Piano Entertainment by Hoy Yip 11:30am Bus Drop Off: Superstore 7:00pm Bingo with the Chinatown Lioness Club	<b>Tech Q&amp;A with Brayden (Sign-up 15 Required)</b> 11:00am Zumba with Antonya 11:00am Piano Entertainment by Hoy Yip (PL) 3:00pm Happy Hour & Hor d'oeuvres 7:30pm Bingo with Neovi	10:00am Fit with Antonya 16 10:30am Guided Meditation with Antonya 11:30am Bus Drop Off: Safeway @ Oakridge 2:00pm Spanish for Beginners with Francisco 4:00pm Musical Cinema: Les Miserables 7:00pm Musical Cinema: Les Miserables	11:00am Zumba with Antonya 17 2:00pm Ted Talks - If I Should Have a Daughter / On Humanity 4:00pm Tv Series - A Place to Call Home Episodes 5 & 6 5:30pm Candle Lighting & Cocktail Music 7:00pm Tv Series - A Place to Call Home Episodes 5 & 6	10:00am Ageless Chair Yoga - Community 18 11:15am Ageless Chair Yoga - Community 11:30am BBQ with Rob 3:30pm PERK Activities with Rosemary 4:30pm Evening Cinema: Bridget Jones Diary 2 7:00pm Evening Cinema: Bridget Jones Diary 2
11:45am Zumba with Antonya 19 5:00pm TV Series - The Crown Episode 1 & 2 7:00pm TV Series - The Crown Episode 1 & 2	<b>No Car Service</b> 20 10:30am Morning Walk with Julie 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 1:15pm Sing-A-Long with Annette 2:15pm A Conversation 4:00pm Evening Cinema: The American President 7:00pm Evening Cinema: The American President	9:45am Zumba with Antonya 21 10:30am Stretch with Antonya 11:00am Piano Entertainment by Hoy Yip 11:30am Car DropOff: Safeway @ Oakridge (Limited seating, please sign-up) 2:00pm Monthly Resident Meeting w/ Management 6:30pm MetOpera - Mozart The Magic Flute	10:00am Chair Yoga with Annette 22 11:00am Piano Entertainment by Hoy Yip 11:15am Chair Yoga with Annette 3:00pm Happy Hour & Hor d'oeuvres 7:30pm Bingo with Neovi	<b>No Car Service</b> 23 10:00am Fit with Antonya 10:30am Guided Meditation with Antonya 2:00pm Spanish for Beginners with Francisco 4:00pm Musical Cinema: Newsies 7:00pm Musical Cinema: Newsies	10:00am Chair Yoga w/ Annette 24 11:00am Zumba with Antonya 11:15am Chair Yoga with Annette 12:30pm Piano Playing w/ Annette 1:15pm Sing-A-Long with Annette 2:00pm Ted Talks - This is Saturn / A Wide-angle View of Fragile Earth 4:00pm Tv Series - A Place to Call Home Episodes 7 & 8 5:30pm Candle Lighting & Cocktail Music 7:00pm Tv Series - A Place to Call Home Episodes 7 & 8	10:00am Ageless Chair Yoga - Community 25 11:15am Ageless Chair Yoga - Community 3:30pm PERK Activities with Rosemary 4:30pm Evening Cinema: Meditation Park 7:00pm Evening Cinema: Meditation Park 7:00pm Twilight Dinner
11:45am Zumba with Antonya 26 4:00pm TV Series - The Crown Episode 3 & 4 7:00pm TV Series - The Crown Episode 3 & 4	10:30am Morning Walk w/ Julie 27 11:15am Ageless Yoga w/ Annette 12:15pm Piano Playing by Annette 12:30pm OUTING: GardenWorks at Mandeville 1:15pm Sing-A-Long with Annette 2:15pm <b>Staff Fire Drill</b> 2:15pm A Conversation	9:45am Zumba with Antonya 28 10:30am Stretch with Antonya 11:00am Piano Entertainment by Hoy Yip 11:30am Bus Drop Off: Walmart 2:30pm Deprescribing Medications with Jerry Gosling	11:00am Zumba with Antonya 29 11:00am Piano Entertainment by Hoy Yip 3:00pm Happy Hour & Hor d'oeuvres 7:30pm Bingo with Neovi	10:00am Fit with Antonya 30 10:00am Bus Drop Off: Safeway @ Oakridge 10:30am Guided Meditation with Antonya 2:00pm Spanish for Beginners with Francisco 4:00pm Classic Movie: Chinatown 7:00pm Classic Movie: Chinatown	11:00am Zumba with Antonya 31 2:00pm Ted Talks - How I Held my Breath for 17 Minutes / Inside the World's Deepest Caves 4:00pm Tv Series - A Place to Call Home Episodes 9 & 10 5:30pm Candle Lighting & Cocktail Music	