


# ENJOYING DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				10:00am Bus Drop-Off/ Pick-up: London Drugs 1 11:30am Group Fitness with Ariel 2:00pm Spanish for Beginners with Anabell 3:00pm Happy Hour & Hor d'oeuvres 4:30 & 7:00pm Classic Movie: Rear Window	10:00am CrossFun Strength Training 2 10:00am Elgar Strings Symphony 11:15am Ageless Yoga with Nao (sub) 1:15pm Sing-A-Long with Annette 5:30pm Candle Lighting & Cocktail Music with Cantor Maurice Moses	11:15am Ageless Yoga with Bonnie (sub for Annette) 3 3:30pm PERK Activities with Rosemary 4:30 & 7:00pm Evening Cinema: Silver Lining Playbook
10:30am Group Fitness with Grace 4 2:00pm Arbutus Club Dancers: Nutcracker Ballet 5:00pm Family Style Dinners 6:30pm Harp Playing by Julia 7:30pm Various Card Games	10:00am CrossFun Core Conditioning 5 11:15am Ageless Yoga with Annette 1:15pm Sing-A-Long with Annette 1:15pm OUTING: Costco Downtown 4:30 & 7:00pm Evening Cinema: All About Eve 6:00pm Hosted Dinner by Kathleen Pope	10:00am CrossFun-Circuit Training 6 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop-Off: Save-On-Foods @ Main & 14th 2:00pm BMO Estate Planning Seminar	10:00am Yoga @ 10 with Annette 7 10:30am Group Fitness with Ariel 11:15am Ageless Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 1:30pm Audiologist Appointment with Connect Hearing 3:30pm Wii Sports	10:00am Bus Drop-Off/ Pick-up: Safeway at Oakridge 8 11:30am Group Fitness with Ariel 2:00pm Spanish for Beginners with Anabell 3:00pm Happy Hour & Hor d'oeuvres 3:00pm Tree Decorating 4:30 & 7:00pm Classic Movie: Charade	10:00am CrossFun Strength Training 9 10:00am Yoga @ 10 with Annette 11:15am Ageless Yoga with Annette 11:30am Malcolm and Linda's Jewelry Line 1:15pm Sing-A-Long with Annette 5:30pm Candle Lighting & Cocktail Music	11:15am Ageless Yoga with Bonnie (sub for Annette) 10 3:30pm PERK Activities with Rosemary 4:30 & 7:00pm Evening Cinema: Amelie
2:00pm Holiday Violin & Piano Concert 11 5:00pm Family Style Dinners 6:30pm Harp Playing by Julia 7:30pm Various Card Games	10:00am CrossFun Core Conditioning 12 11:15am Ageless Yoga with Nao (sub for Annette) 12:30pm OUTING: Vancouver Christmas Market 4:30 & 7:00pm Evening Cinema: As Good As It Gets	10:00am CrossFun-Circuit Training 13 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop Off: City Market at 16th & Arbutus 2:00pm Boosting Immune Health with Dr. Dinsmore 7:00pm Bingo with the Chinatown Lioness Club	10:00am Yoga @ 10 with Annette 14 11:15am Ageless Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 1:15pm OUTING: River Rock Casino & Dim Sum 3:30pm Wii Sports	11:00am Carda's Fashion Display & Fifth Avenue Jewelers 15 11:30am Group Fitness with Ariel 2:00pm Spanish for Beginners with Anabell 3:00pm Happy Hour & Hor d'oeuvres 4:30 & 7:00pm Classic Movie: The Apartment 6:30pm OUTING: Christmas Lights Tour	10:00am CrossFun Strength Training 16 10:00am Yoga @ 10 with Annette 11:15am Ageless Yoga with Annette 1:15pm Sing-A-Long with Annette 2:30pm Current Events with Chadwick 5:30pm Candle Lighting & Cocktail Music	11:15am Ageless Yoga with Annette-Community 17 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary 4:30 & 7:00pm Evening Cinema: Notting Hill
<b>STAFF FIRE DRILL @ 4:00PM</b> 18 10:30am Group Fitness with Grace 2:00pm Learn about Shiatsu Massage 5:00pm Family Style Dinners 6:30pm Harp Playing by Julia 7:30pm Various Card Games	10:00am CrossFun Core Conditioning 19 11:15am Ageless Yoga with Annette 1:15pm Sing-A-Long with Annette 1:15pm OUTING: Granville Island 4:30 & 7:00pm Evening Cinema: Mansfield Park 6:00pm Hosted Dinner by Veronica Da Conceicao	10:00am CrossFun-Circuit Training 20 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop-Off: Save-On-Foods @ Main & 14th 2:30pm Wine Education with Guillaume	10:00am Yoga @ 10 with Annette 21 10:30am Group Fitness with Ariel 11:15am Ageless Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 2:00pm Fireside Chat with Management 3:30pm Wii Sports	10:00am Bus Drop-Off/ Pick-up: Safeway at Oakridge 22 11:30am Group Fitness with Ariel 2:00pm Holiday Entertainment with Claude Duke 3:00pm Happy Hour & Hor d'oeuvres 4:30 & 7:00pm Evening Cinema: Love Actually	10:00am CrossFun Strength Training 23 10:00am Yoga @ 10 with Annette 11:15am Ageless Yoga with Annette 1:15pm Sing-A-Long with Annette 5:30pm Candle Lighting & Cocktail Music	<b>Christmas Eve: No Car Service</b> 24 <b>Hanukkah begins at Sundown</b> 11:15am Ageless Yoga with Annette-Community 12:30pm Piano Playing by Annette 4:30 & 7:00pm Evening Cinema: The Holiday 5:00pm Christmas and Hanukkah Dinner Specials
<b>CHRISTMAS DAY - NO CAR SERVICE</b> 25 10:30am Group Fitness with Grace 5:00pm Christmas and Hanukkah Dinner Specials 7:30pm Various Card Games	<b>Boxing Day - No Car Service</b> 26 10:00am CrossFun Core Conditioning 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 1:15pm Sing-A-Long with Annette 4:30 & 7:00pm Evening Cinema: It's a Wonderful Life	10:00am Group Fitness 27 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop Off: City Market at 16th & Arbutus	Library Pick-Up/Drop-off 28 10:00am Yoga @ 10 with Annette 10:30am Group Fitness with Ariel 11:15am Ageless Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 3:30pm Wii Sports	10:00am Bus Drop-Off/ Pick-up: London Drugs 29 11:30am Group Fitness with Ariel 2:00pm Spanish for Beginners with Anabell 3:00pm Happy Hour & Hor d'oeuvres 4:30 & 7:00pm Classic Movie: Casablanca	10:00am CrossFun Strength Training 30 10:00am Yoga @ 10 with Annette 11:15am Ageless Yoga with Annette 1:15pm Sing-A-Long with Annette 2:30pm Current Events with Chadwick 5:30pm Candle Lighting & Cocktail Music	11:15am Ageless Yoga with Annette-Community 31 4:00pm Early Bird Dinner 5:00pm Cocktail Hour 6:00pm New Year's Eve Five Course Dinner: Musical Entertainment by Saul Berson Trio 8:30pm Sing-A-Long with Annette

