



ENJOYING DECEMBER



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					10:00am FIT with Lissette 1 10:00am Chair Yoga with Dee 11:15am Chair Yoga with Dee 5:30pm Candle Lighting & Cocktail Music	10:00am Ageless Chair Yoga - Community 2 11:15am Ageless Chair Yoga - Community 3:30pm PERK Activities with Rosemary 4:30pm Evening Cinema: The &7:00pm Finest
11:45am Zumba with Antonya 3 2:00pm Arbutus Club Dancers	10:00am CrossFun Core Conditioning 4 11:15am Ageless Yoga w/ Jie 12:15pm OUTING: RiverRock Casino & Dim sum 2:00pm Book Club Meeting 4:00pm Evening Cinema: Megan Leavey 7:00pm Evening Cinema: Megan Leavey	9:45am Zumba with Antonya 5 10:30am Guided Meditation with Lissette 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop Off: Save-On-Foods @ 14th and Main 1:00pm Bingo Brain Storm Meeting 2:30pm Life Without Driving Seminar 7:30pm Evening Yoga w/ Julie C.	10:00am FIT with Lissette 6 10:00am Chair Yoga with Allison 11:15am Chair Yoga with Allison 11:30am Piano Entertainment by Hoy Yip 1:30pm Complimentary Testing by Connect Hearing 2:00pm Games with Brayden 7:30pm Bingo with Neovi	10:00am FIT with Lissette 7 10:30am Stretch with Lissette 11:15am Bus Drop-Off/ Pick-up: Safeway at Oakridge 2:00pm Health Arts Society Musical Performance 3:00pm Happy Hour & Hor d'oeuvres 4:00pm Wii Sports 4:30pm Classic Musical: Calamity Jane	10:00am FIT with Lissette 8 10:00am Chair Yoga with Dee 11:15am Chair Yoga with Dee 12:15pm OUTING: Panos Greek Taverna w/ Suzanne 5:30pm Candle Lighting & Cocktail Music	10:00am Ageless Chair Yoga - Community 9 11:15am Ageless Chair Yoga - Community 11:30am Malcom & Linda's Jewelry Line 3:30pm PERK Activities with Rosemary 4:30pm Evening Cinema: The Dinner 7:00pm Evening Cinema: The Dinner
11:45am Zumba with Antonya 10	10:00am CrossFun Core Conditioning 11 11:15am Ageless Yoga with Annette 12:00pm OUTING: JCC Chanukah Luncheon (Admission Ticket Required) 12:15pm Piano Playing by Annette 1:15pm Sing-A-Long with Annette 4:00pm Evening Cinema: A United Kingdom 6:00pm Hosted Dinner with Suzanne 7:00pm Evening Cinema: A United Kingdom	Hanukkah Begins at Sundown 12 9:45am Zumba with Antonya 10:30am Guided Meditation with Lissette 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop-Off: London Drugs 2:30pm Genesis & Science with Daniel Friedmann 5:30pm Candle Lighting & Hanukkah Songs 6:00pm Hanukkah Dinner with Annette 7:00pm Bingo with the Chinatown Lioness Club	10:00am FIT with Lissette 13 10:00am Chair Yoga with Annette 11:15am Chair Yoga with Annette 11:30am Piano Entertainment by Hoy Yip 2:00pm Musical Performance by Dean Thiessen and Ray Neal - Compliments of Suzanne 7:30pm Bingo with Neovi	10:00am FIT with Lissette 14 10:30am Stretch with Lissette 11:15am Bus Drop Off: Safeway @ Cambie & 12th 2:00pm Christmas/Hannukah Crafts with Snacks 3:00pm Happy Hour & Hor d'oeuvres 4:00pm Wii Sports 4:30pm Classic Movie: The Lavender Hill Mob 7:00pm Classic Movie: The Lavender Hill Mob	10:00am FIT with Lissette 15 10:00am Chair Yoga with Annette 11:15am Chair Yoga with Annette 12:30pm Piano Playing with Annette 1:15pm Sing-A-Long with Annette 2:15pm Let's Talk About ? with Annette 2:30pm Current Events with Chadwick 5:30pm Candle Lighting & Cocktail Music	10:00am Ageless Chair Yoga - Community 16 11:15am Ageless Chair Yoga - Community 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary 4:30pm Evening Cinema: The Ladykillers 7:00pm Evening Cinema: The Ladykillers
11:45am Zumba with Antonya 17	10:00am CrossFun Core Conditioning 18 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 1:15pm Sing-A-Long with Annette 4:00pm Evening Cinema: Maudie 6:30pm OUTING: Christmas Lights Drive 7:00pm Evening Cinema: Maudie	9:45am Zumba with Antonya 19 10:30am Guided Meditation with Lissette 11:00am Piano Entertainment by Hoy Yip 11:00am Carda's Fashion 11:15am Bus Drop Off: Walmart 5:30pm Candle Lighting & Piano Playing 6:00pm Hanukkah Dinner with Annette 7:30pm Evening Yoga w/ Julie C.	10:00am FIT with Lissette 20 10:00am Chair Yoga with Annette 11:15am Chair Yoga with Annette 11:30am Piano Entertainment by Hoy Yip 2:00pm Games with Brayden 4:00pm Zing! Children's Choir 7:30pm Bingo with Neovi	10:00am FIT with Lissette 21 10:00am Bus Drop Off: Safeway @ Oakridge 10:30am Stretch with Lissette 12:30pm OUTING: Steveston Cannery and Fish & Chips 3:00pm Happy Hour & Hor d'oeuvres 4:00pm Wii Sports 4:30pm Classic Musical: Meet Me in St. Louis	10:00am FIT with Lissette 22 10:00am Chair Yoga with Annette 11:15am Chair Yoga with Annette 12:30pm Piano Playing with Annette 1:15pm Sing-A-Long with Annette 2:15pm Let's Talk About ? with Annette 5:30pm Candle Lighting & Cocktail Music	10:00am Ageless Chair Yoga - Community 23 11:15am Ageless Chair Yoga - Community 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary 4:30pm Evening Cinema: Home Alone 7:00pm Evening Cinema: Home Alone
Christmas Eve: No Car Service 24 11:45am Zumba with Antonya 5:00pm Christmas Eve Dinner Specials	Christmas Day - No Car Service 25 10:00am CrossFun Core Conditioning 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 1:15pm Sing-A-Long with Annette 4:00pm Evening Cinema: A &7:00 Christmas Story 5:00pm Christmas Dinner Specials	9:45am Zumba with Antonya 26 10:30am Guided Meditation with Lissette 11:00am Piano Entertainment by Hoy Yip	Library Pick-Up/Drop-Off 27 10:00am FIT with Lissette 10:00am Chair Yoga with Annette 11:15am Chair Yoga with Annette 11:30am Piano Entertainment by Hoy Yip 2:00pm Paint & Sip w/ Angel 7:30pm Bingo with Neovi	10:00am FIT with Lissette 28 10:30am Stretch with Lissette 11:15am Bus Drop Off: Safeway @ Cambie & 12th 3:00pm Happy Hour & Hor d'oeuvres 4:00pm Wii Sports 4:30pm Classic Movie: Charade 7:00pm Classic Movie: Charade	10:00am FIT with Lissette 29 10:00am Chair Yoga with Annette 11:15am Chair Yoga with Annette 12:30pm Piano Playing with Annette 1:15pm Sing-A-Long with Annette 2:15pm Let's Talk About ? with Annette 5:30pm Candle Lighting & Cocktail Music	10:00am Ageless Chair Yoga - Community 30 11:15am Ageless Chair Yoga - Community 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary - CANCELLED 4:30pm Evening Cinema: When Harry Met Sally 7:00pm Evening Cinema: When Harry Met Sally
11:45am Zumba with Antonya 31 4:00pm Early Bird Dinner 6:00pm New Year's Eve Five Course Dinner: Musical Entertainment by Saul Berson Duo 8:30pm Sing-A-Long w/ Annette						