




ENJOYING FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				10:00am FIT with Lissette 1 10:30am Guided Meditation with Lissette 11:15am Bus Drop-Off: Safeway @ Oakridge 1:00pm Spanish for Beginners with Francisco 3:00pm Happy Hour & Hor d'oeuvres 4:00pm Wii Sports 4:30pm Classic Movie: Field of Dreams 7:00pm Classic Movie: Field of Dreams	10:00am FIT with Lissette 2 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 5:30pm Candle Lighting & Cocktail Music	10:00am Ageless Chair Yoga - Community 3 11:15am Ageless Chair Yoga - Community 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary 4:30pm Evening Cinema: Ghost 7:00pm Evening Cinema: Ghost
11:45am Zumba with Antonya 4 2:00pm Circuit Training with Julie 3:00pm Super Bowl Sunday Happy Hour 3:30pm Super Bowl Sunday Screening	10:30am CrossFun Core Conditioning 5 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 12:15pm OUTING: TNT Supermarket 1:15pm Sing-A-Long with Annette 2:00pm Book Club Meeting 2:15pm Let's Talk About ? with Annette 4:00pm Evening Cinema: Hidden Figures 7:00pm Evening Cinema: Hidden Figures	9:45am Zumba with Antonya 6 10:30am Stretch with Lissette 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop Off: Walmart 2:30pm Chronic Obstructive Pulmonary Disease with Barb Mikulec 4:00pm Special Movie Viewing: Still Alice 7:00pm Special Movie Viewing: Still Alice 7:30pm Evening Yoga with Julie C.	10:00am FIT with Lissette 7 10:00am Chair Yoga with Annette 11:15am Chair Yoga with Annette 11:30am Piano Entertainment by Hoy Yip 2:00pm Games with Brayden 6:00pm Hosted Dinner with Brayden 7:30pm Bingo with Neovi	10:00am FIT with Lissette 8 10:00am Bus Drop Off: Safeway Cambie & 12th 10:30am Guided Meditation with Lissette 12:30pm Departure for VSO 1:00pm Spanish for Beginners with Francisco 3:00pm Happy Hour & Hor d'oeuvres 4:00pm Wii Sports 4:30pm Classic Movie: Tea for Two 7:00pm Classic Movie: Tea for Two	10:00am FIT with Lissette 9 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 2:30pm Current Events with Chadwick 5:30pm Candle Lighting & Cocktail Music	10:00am Ageless Chair Yoga - Community 10 11:15am Ageless Chair Yoga - Community 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary 4:30pm Evening Cinema: The Curious Case of Benjamin Button 7:00pm Evening Cinema: The Curious Case of Benjamin Button
11:45am Zumba with Antonya 11 2:00pm Circuit Training with Julie	STAT - NO CAR SERVICE 12	9:45am Zumba with Antonya 13 10:30am Stretch with Lissette 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop Off: Save-On-Foods @ 14th & Main 1:00pm Virtual Reality with Angel and Brayden 7:00pm Bingo with the Chinatown Lioness Club	Valentine's Day	10:00am FIT with Lissette 15 10:30am Guided Meditation with Lissette 11:15am Bus Drop-Off/ Pick-up: Safeway at Oakridge 1:00pm Spanish for Beginners with Francisco 3:00pm Happy Hour & Hor d'oeuvres 4:00pm Wii Sports 4:30pm Classic Musical: Gigi 7:00pm Classic Musical: Gigi	Gung Hay Fat Choy! Year of the Dog 16	10:00am Ageless Chair Yoga - Community 17 11:15am Ageless Chair Yoga - Community 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary 4:30pm Evening Cinema: Dunkirk 7:00pm Evening Cinema: Dunkirk
11:45am Zumba with Antonya 18 2:00pm Circuit Training with Julie	10:30am CrossFun Core Conditioning 19 11:15am Ageless Yoga w/ Nao 12:15pm OUTING: Parq Casino 4:00pm Evening Cinema: The Fighter 7:00pm Evening Cinema: The Fighter	9:45am Zumba with Antonya 20 10:30am Stretch with Lissette 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop Off/Pick-Up: London Drugs 2:30pm Demystifying Biblical Messianic Prophecy with Daniel Friedmann 7:30pm Evening Yoga with Julie C.	Library Pick-Up/Drop-Off 21	10:00am FIT with Lissette 22 10:30am Guided Meditation with Lissette 11:15am Bus Drop Off: Safeway Cambie & 12th 1:00pm Spanish for Beginners with Francisco 2:00pm Health Arts Society Musical Performance 3:00pm Happy Hour & Hor d'oeuvres 4:00pm Wii Sports 4:30pm Classic Movie: Murder by &7:00pm Death	10:00am FIT with Lissette 23 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 2:30pm Current Events with Chadwick 5:30pm Candle Lighting & Cocktail Music	10:00am Ageless Chair Yoga - Community 24 11:15am Ageless Chair Yoga - Community 12:30pm Piano Playing by Annette 1:30pm For the Love of Music Performance 3:30pm PERK Activities with Rosemary 4:30pm Evening Cinema: The Grand Seduction 7:00pm Evening Cinema: The Grand Seduction
11:45am Zumba with Antonya 25 2:00pm Circuit Training with Julie	10:30am CrossFun Core Conditioning 26 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 12:15pm OUTING: Granville Island 1:15pm Sing-A-Long with Annette 2:15pm Staff Fire Drill 2:15pm Let's Talk About ? with Annette 4:00pm Evening Cinema: Moneyball 6:00pm Hosted Dinner w/ Barbara 7:00pm Evening Cinema: Moneyball	9:45am Zumba with Antonya 27 10:30am Stretch with Lissette 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop Off: Walmart 2:30pm Smart Technology for Aging with Independence with Janice Cunningham	10:00am FIT with Lissette 28 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	