


# ENJOYING JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>Happy New Year's Day</b> 1 2:00pm Bridge 3:00pm Afternoon Matinee: The Blind Side	11:15am Ageless Yoga with Bill 2 2:00pm Wii Sports 3:30pm PERK Activities with Rosemary
1:30pm Music Hour with David 3 2:00pm Bridge 5:00pm Family Style Dinners 7:30pm Various Card Games	10:00am CrossFun Core Conditioning 4 1:15pm Bus Drop-Off: Arbutus Shopping Centre & London Drugs 7:00pm Evening Cinema: My Big Fat Greek Wedding	10:00am CrossFun-Circuit Training 5 11:00am Piano Entertainment by Hoy Yip 1:00pm OUTING: River Rock Casino & Dim Sum 3:30pm Guys & Doll's Billiards 7:00pm Mah Jong	10:30am Group Fitness with Ariel 6 12:00pm Piano Entertainment by Hoy Yip 2:00pm Resident Meeting with Julie 3:30pm Wii Sports	10:00am CrossFun- Strength Training 7 11:15am Bus Drop Off: No Frills & Shoppers Drug Mart 2:30pm Wellness Clinic with Mike 3:00pm Happy Hour with Hor d'oeuvres 6:30pm JFF Movie: Once in A Lifetime	10:00am CrossFun Core Conditioning 8 2:00pm Bridge	11:15am Ageless Yoga with Bill 9 2:00pm Wii Sports 3:30pm PERK Activities with Rosemary
1:30pm Music Hour with David 10 2:00pm Bridge 5:00pm Family Style Dinners 7:30pm Various Card Games	10:00am CrossFun Core Conditioning 11 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 1:30pm OUTING: Historical Tour of Shaughnessy with Mick Short 7:00pm Evening Cinema: McFarland	10:00am CrossFun-Circuit Training 12 11:00am Piano Entertainment by Hoy Yip 1:30pm OUTING: Winners on Cambie & 7th Ave 3:30pm Guys & Doll's Billiards 7:00pm Mah Jong	10:30am Group Fitness with Ariel 13 11:15am Ageless Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 1:30pm Antique Appraiser at Legacy 3:30pm Wii Sports	10:00am CrossFun- Strength Training 14 11:15am OUTING: Safeway at Oakridge 2:30pm Wellness Clinic with Mike 3:00pm Happy Hour with Hor d'oeuvres 7:00pm Rummikub	11:15am Ageless Yoga with Annette 15 2:00pm Tech Class with Julie 2:00pm Bridge 5:30pm Candle Lighting & Cocktail Music	11:15am Ageless Yoga with Annette-Community 16 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary
1:30pm Music Hour with David 17 2:00pm Bridge 5:00pm Family Style Dinners 7:30pm Various Card Games	10:00am CrossFun Core Conditioning 18 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 1:15pm Bus Drop-Off: Arbutus Shopping Centre & London Drugs 7:00pm Evening Cinema: Boychoir	10:00am CrossFun-Circuit Training 19 11:00am Piano Entertainment by Hoy Yip 3:00pm Wine Education with Guillaume 3:30pm Guys & Doll's Billiards 7:00pm Mah Jong	10:30am Group Fitness with Ariel 20 11:15am Ageless Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 2:00pm CIBC Retirement Presentation with Wine & Cheese 3:30pm Wii Sports	10:00am CrossFun- Strength Training 21 11:15am Bus Drop Off: No Frills & Shoppers Drug Mart 3:00pm Fireside Chat with Walter & Happy Hour with Hor d'oeuvres 7:00pm Rummikub	10:00am CrossFun Core Conditioning 22 11:15am Ageless Yoga with Annette 2:00pm Bridge 5:30pm Candle Lighting & Cocktail Music	11:15am Ageless Yoga with Annette-Community 23 12:30pm Piano Playing by Annette 1:30pm Grace Notes Concert with Annette Wertman 3:30pm PERK Activities with Rosemary
1:30pm Music Hour with David 24 2:00pm Bridge 5:00pm Family Style Dinners 7:30pm Various Card Games	10:00am CrossFun Core Conditioning 25 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 2:00pm Robbie Burns Day Musical Entertainment 7:00pm Evening Cinema: The First Grader	10:00am CrossFun-Circuit Training 26 11:00am Piano Entertainment by Hoy Yip 1:00pm OUTING: Grounds for Coffee 3:30pm Guys & Doll's Billiards 7:00pm Mah Jong	<b>Library Pick-up/Drop-off</b> 27 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 CrossFun- Strength Training 28 11:15am OUTING: Safeway at Oakridge 2:00pm Chef Demonstration with Rob 3:00pm Happy Hour with Hor d'oeuvres 7:00pm Rummikub	10:00am CrossFun Core Conditioning 29 11:15am Ageless Yoga with Annette 2:00pm Julie's Tech Class 5:30pm Candle Lighting & Cocktail Music	11:15am Ageless Yoga with Annette-Community 30 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary
1:30pm Music Hour with David 31 2:00pm Bridge 5:00pm Family Style Dinners 7:30pm Various Card Games	<h1>HAPPY NEW YEAR 2016</h1>					