



ENJOYING JANUARY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:30am Group Fitness with Grace 1 5:00pm Family Style Dinners 6:30pm Harp Playing by Julia 7:30pm Various Card Games	10:30am Group Fitness with Ariel 2 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 1:15pm Sing-A-Long with Annette 4:00pm Evening Cinema: The Martian 7:00pm Evening Cinema: The Martian	10:30am Group Fitness with Ariel 3 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop-Off: Save-On-Foods @ Main & 14th	10:00am Yoga @ 10 with Annette 4 10:30am Group Fitness with Ariel 11:15am Ageless Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 3:30pm Wii Sports	10:30am Group Fitness with Ariel 5 11:30am OUTING: Dollarama at Cambie & 12th 3:00pm Happy Hour & Hor d'oeuvres 4:00pm Classic Movie: Mr. Roberts 7:00pm Classic Movie: Mr. Roberts	10:00am Yoga @ 10 with Annette 6 10:30am Group Fitness with Grace 11:15am Ageless Yoga with Annette 12:15pm Piano Playing with Annette 1:15pm Sing-A-Long with Annette 5:30pm Candle Lighting & Cocktail Music	11:15am Ageless Yoga with Annette- Community 7 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary 4:30pm Evening Cinema: Eddie The Eagle 7:30pm Evening Cinema: Eddie The Eagle
10:30am Group Fitness with Grace 8 2:00pm Bingo with Julie 5:00pm Family Style Dinners 6:30pm Harp Playing by Julia 7:30pm Various Card Games	10:30am Group Fitness with Ariel 9 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 12:45pm OUTING: Shota Japanese Sushi and Grill Kerrisdale 1:15pm Sing-A-Long with Annette 4:00pm Evening Cinema: Trumbo 7:00pm Evening Cinema: Trumbo	10:00am CrossFun-Circuit Training 10 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop Off: City Market at 16th & Arbutus 2:00pm Downsizing and Selling Your Home Seminar 7:00pm Bingo with the Chinatown Lioness Club	10:00am FIT with Lissette 11 10:00am Yoga @ 10 with Annette 11:15am Ageless Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 1:15pm OUTING: Winners & TNT at Marine Drive 3:30pm Wii Sports	10:00am FIT with Lissette 12 11:15am Bus Drop-Off/ Pick-up: London Drugs 2:00pm Spanish for Beginners with Anabell 3:00pm Happy Hour & Hor d'oeuvres 4:00pm Classic Movie: The Party (1968) 5:00pm Hosted Dinner by Rob Cleland (Chef's Choice Meal) 7:00pm Classic Movie: The Party (1968)	10:00am FIT with Lissette 13 10:00am Yoga @ 10 with Annette 11:15am Ageless Yoga with Annette 12:15pm Piano Playing with Annette 1:15pm Sing-A-Long with Annette 2:30pm Current Events with Chadwick	11:15am Ageless Yoga with Dee-Community 14 3:30pm PERK Activities with Rosemary 4:30pm Evening Cinema: The Man Who Knew Infinity 7:00pm Evening Cinema: The Man Who Knew Infinity
2:00pm Tech Q&A with Julie 15 5:00pm Family Style Dinners 6:30pm Harp Playing by Julia 7:30pm Various Card Games	10:00am CrossFun Core Conditioning 16 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 1:15pm Sing-A-Long with Annette 1:15pm OUTING: Costco (Downtown) 4:00pm Evening Cinema: The African Doctor 7:00pm Evening Cinema: The African Doctor	10:00am CrossFun-Circuit Training 17 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop-Off: Save-On-Foods @ Main & 14th	10:00am FIT with Lissette 18 10:00am Yoga @ 10 with Annette 11:15am Ageless Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 3:30pm Wii Sports	10:00am FIT with Lissette 19 11:15am Bus Drop-Off/ Pick-up: Safeway at Oakridge 2:00pm Happy Melody Singing Group 2:00pm Spanish for Beginners with Anabell 3:00pm Happy Hour & Hor d'oeuvres 4:00pm Classic Movie: My Man Godfrey (1936) 7:00pm Classic Movie: My Man Godfrey (1936)	10:00am FIT with Lissette 20 10:00am Yoga @ 10 with Annette 11:15am Ageless Yoga with Annette 12:15pm Piano Playing with Annette 1:15pm Sing-A-Long with Annette 2:00pm Spanish for Beginners with Anabell 5:30pm Candle Lighting & Cocktail Music	11:15am Ageless Yoga with Kerri-Community 21 3:30pm PERK Activities with Rosemary 4:30pm Evening Cinema: Pele: Birth of a Legend 7:00pm Evening Cinema: Pele: Birth of a Legend
2:00pm Bingo with Julie 22 5:00pm Family Style Dinners 6:30pm Harp Playing by Julia 7:30pm Various Card Games	10:00am CrossFun Core Conditioning 23 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 1:15pm Sing-A-Long with Annette 1:15pm Historical Tour of False Creek with Mick Short 4:00pm Evening Cinema: The Sister Act 7:00pm Evening Cinema: The Sister Act	10:00am CrossFun-Circuit Training 24 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop Off: City Market at 16th & Arbutus 2:00pm Discover Your Volunteer Potential with Stephanie Chan	10:00am FIT with Lissette 25 10:00am Yoga @ 10 with Annette 11:15am Ageless Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 3:00pm Robbie Burns Day Performance by Barry Shell Trio 3:30pm Wii Sports	10:00am FIT with Lissette 26 11:15am Bus Drop-Off/ Pick-up: London Drugs 2:00pm Spanish for Beginners with Anabell 3:00pm Happy Hour & Hor d'oeuvres 4:00pm Classic Movie: Donovan's Reef 7:00pm Classic Movie: Donovan's Reef	10:00am FIT with Lissette 27 10:00am Yoga @ 10 with Annette 11:15am Ageless Yoga with Annette 12:15pm Piano Playing with Annette 1:15pm Sing-A-Long with Annette 2:30pm Current Events with Chadwick	11:15am Ageless Yoga with Almas- Community 28 3:30pm PERK Activities with Rosemary 4:30pm Traditional Chinese Lion Dance 5:00pm Chinese New Year Buffet with Musical Entertainment by Michael Samson
2:00pm Tech Q&A with Julie 29 5:00pm Family Style Dinners 6:30pm Harp Playing by Julia 7:30pm Various Card Games	10:00am CrossFun Core Conditioning 30 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 1:15pm Sing-A-Long with Annette 12:45pm OUTING: Granville Island 4:00pm Evening Cinema: Cocoon 7:00pm Evening Cinema: Cocoon	10:00am CrossFun-Circuit Training 31 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop-Off: Save-On-Foods @ Main & 14th 2:30pm Wine Education with Guillaume				