

ENJOYING JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10:00am CrossFun Core Conditioning 1 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 1:15pm Sing-A-Long with Annette 4:00pm Evening Cinema: Concussion 7:00pm Evening Cinema: Concussion	10:30am Stretch with Lissette 2 11:00am Piano Entertainment by Hoy Yip 11:45am Zumba with Antonya - CANCELLED	10:00am FIT with Lissette 3 10:00am Chair Yoga with Annette 11:15am Chair Yoga with Annette 11:30am Piano Entertainment by Hoy Yip 2:00pm Games with Brayden 7:30pm Bingo with Neovi	10:00am Bus Drop Off: Safeway @ Oakridge 4 10:00am FIT with Lissette 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 Musical: Footloose 7:00pm Musical: Footloose	10:00am FIT with Lissette 5 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 6 11:15am Ageless Chair Yoga - Community 12:30pm Piano Playing by Annette - CANCELLED 3:30pm PERK Activities with Rosemary 4:30pm Evening Cinema: First They Killed My Father 7:00pm Evening Cinema: First They Killed My Father
11:45am Zumba with Antonya 7 2:00pm Circuit Training with Julie	10:00am CrossFun Core Conditioning 8 11:15am Ageless Yoga w/ Nao 12:15pm OUTING: Parq Casino 4:00pm Evening Cinema: A United Kingdom 6:00pm Evening Cinema: A United Kingdom	9:45am Zumba with Antonya 9 10:30am Stretch with Lissette 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop-Off: London Drugs 2:30pm Social Connectedness Workshop with Marion Pollack	10:00am FIT with Lissette 10 10:00am Chair Yoga with Annette 11:15am Chair Yoga with Annette 11:30am Piano Entertainment by Hoy Yip 2:00pm Poker 6:00pm Hosted Dinner with Jason Wertman 7:30pm Bingo with Neovi	10:00am FIT with Lissette 11 10:30am Guided Meditation with Lissette 11:15am Bus Drop Off: Safeway @ Cambie & 12th 1:00pm Spanish for Beginners w/ Francisco 2:00pm Health Arts Society Musical Performance 3:00pm Happy Hour & Hor d'oeuvres 4:00pm Wii Sports 4:30pm Classic Movie: The Magnificent Seven 7:00pm Classic Movie: The Magnificent Seven	10:00am FIT with Lissette 12 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 13 11:15am Ageless Chair Yoga - Community 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary 4:30pm Evening Cinema: The Mountain Between Us 7:00pm Evening Cinema: The Mountain Between Us
11:45am Zumba with Antonya 14 2:00pm Circuit Training with Julie	10:00am CrossFun Core Conditioning 15 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 12:15pm OUTING: Kingsgate Mall 1:15pm Sing-A-Long with Annette 4:00pm Evening Cinema: The Prestige 7:00pm Evening Cinema: The Prestige	9:45am Zumba with Antonya 16 10:30am Stretch with Lissette 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop Off: Walmart 2:30pm More For You, Less For Them with Barron Galbraith-Ritchie & John Panago 7:30pm Evening Yoga with Julie C.	10:00am FIT with Lissette 17 10:00am Chair Yoga with Annette 11:15am Chair Yoga with Annette 11:30am Piano Entertainment by Hoy Yip 2:00pm Games with Brayden 7:30pm Bingo with Neovi	10:00am FIT with Lissette 18 10:30am Guided Meditation with Lissette 11:15am Bus Drop-Off/ Pick-up: Safeway at Oakridge 1:00pm Spanish for Beginners w/ Francisco 3:00pm Happy Hour & Hor d'oeuvres 4:00pm Wii Sports 4:30pm Musical: Nine 7:00pm Musical: Nine	10:00am FIT with Lissette 19 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 1:30pm Medical Pharmacies Medication Review 2:15pm Let's Talk About ? with Annette 5:30pm Candle Lighting & Cocktail Music	10:00am Ageless Chair Yoga - Community 20 11:00am Resident Appreciation Brunch 11:15am Ageless Chair Yoga - Community 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary 4:30pm Evening Cinema: Victoria & Abdul 7:00pm Evening Cinema: Victoria & Abdul
11:45am Zumba with Antonya 21 2:00pm Circuit Training with Julie	10:00am CrossFun Core Conditioning 22 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 12:15pm OUTING: TNT Supermarket 1:15pm Sing-A-Long with Annette 2:15pm Staff Fire Drill 4:00pm Evening Cinema: Gifted 7:00pm Evening Cinema: Gifted	9:45am Zumba with Antonya 23 10:30am Stretch with Lissette 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop Off: Save-On-Foods @ 14th and Main 2:30pm Bladder Health with Tracy Sacre 6:00pm Hosted Dinner with Julie	Library Pick-Up/Drop-Off 24 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 Monthly Resident Meeting w/ Management 7:30pm Bingo with Neovi	10:00am FIT with Lissette 25 10:30am Guided Meditation with Lissette 11:15am Bus Drop Off: Safeway @ Cambie & 12th 1:00pm Spanish for Beginners w/ Francisco 2:00pm Resident Council Meeting 3:00pm Happy Hour & Hor d'oeuvres 4:00pm Wii Sports 4:30pm Classic Movie: The Fugitive 7:00pm Classic Movie: The Fugitive	10:00am FIT with Lissette 26 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 27 11:15am Ageless Chair Yoga - Community 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary 4:30pm Evening Cinema: Stronger 7:00pm Evening Cinema: Stronger
11:45am Zumba with Antonya 28 2:00pm Circuit Training with Julie	10:00am CrossFun Core Conditioning 29 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 12:15pm OUTING: The Old Spaghetti Factory 1:15pm Sing-A-Long with Annette 4:00pm Evening Cinema: The Zookeeper's Wife & 7:00pm	9:45am Zumba with Antonya 30 10:30am Stretch with Lissette 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop Off: London Drugs 7:30pm Evening Yoga with Julie C.	10:00am FIT with Lissette 31 10:00am Chair Yoga with Annette 11:15am Chair Yoga with Annette 11:30am Piano Entertainment by Hoy Yip 2:00pm Paint & Sip 7:30pm Bingo with Neovi			