


# ENJOYING JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>HAPPY CANADA DAY 1</b> <b>(No Car Service)</b> 10:00am Group Fitness with Grace 11:15am Ageless Yoga with Annette 1:15pm Sing-A-Long with Annette 5:30pm Candle Lighting & Cocktail Music	10:30am Legacy Market 2 11:15am Ageless Yoga with Annette-Community 12:30pm Piano Playing by Annette 1:30pm Chair Yoga Dance Seminar 3:30pm PERK Activities with Rosemary
5:00pm Family Style Dinners 3 7:30pm Various Card Games	10:00am CrossFun Core Conditioning 4 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 12:30pm OUTING: Bufala Pizzeria Kerrisdale 7:30pm Evening Cinema: Brothers	10:00am CrossFun-Circuit Training 5 11:00am Piano Entertainment by Hoy Yip (PL) 2:00pm Investment Financial Fraud Prevention for Seniors 3:30pm Billiards	10:30am Group Fitness with Ariel 6 11:15am Ageless Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 3:30pm Wii Sports 7:30pm Evening Cinema: Hunting Elephants (JFF Movie)	10:00am CrossFun-Strength Training 7 11:15am Bus Drop Off: City Market at 16th & Arbutus 3:00pm Happy Hour & Hor d'oeuvres	10:00am Group Fitness with Grace 8 11:15am Ageless Yoga with Annette 1:15pm Sing-A-Long with Annette 2:00pm Tech Class 5:30pm Candle Lighting & Cocktail Music	10:30am Legacy Market 9 11:15am Ageless Yoga with Annette-Community 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary
5:00pm Family Style Dinners 10 7:30pm Various Card Games	10:00am CrossFun Core Conditioning 11 11:15am Ageless Yoga with Naoko 1:15pm OUTING: River Rock Casino & Dim Sum 7:30pm Evening Cinema: Tailor Made – Featuring Bill Wong	10:00am CrossFun-Circuit Training 12 11:00am Piano Entertainment by Hoy Yip 2:00pm Musical Entertainment with Jeanette Peatke 3:30pm Billiards	<b>Library Pick-Up/ Drop-off 13</b> <i>No Yoga Today</i> 10:30am Group Fitness with Ariel 12:00pm Piano Entertainment by Hoy Yip 3:30pm Wii Sports 7:30pm Evening Cinema: Shadows of the Sun	10:00am CrossFun-Strength Training 14 11:15am Bus Drop Off: City Centre @ 12th & Cambie 3:00pm Happy Hour & Hor d'oeuvres	10:00am Group Fitness with Grace 15 11:15am Ageless Yoga with Annette 1:15pm Sing-A-Long with Annette 5:30pm Candle Lighting & Cocktail Music	10:30am Legacy Market 16 11:15am Ageless Yoga with Annette-Community 12:30pm Piano Playing by Annette <i>No PERK Today</i>
5:00pm Family Style Dinners 17 7:30pm Various Card Games	10:00am CrossFun Core Conditioning 18 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 12:45pm OUTING: Granville Island 5:30pm Dinner with Jason Wertman - Chef's Table 7:30pm Evening Cinema: The Barbarian Invasions	10:00am CrossFun-Circuit Training 19 11:00am Piano Entertainment by Hoy Yip 2:00pm Vancouver Orthotics Appointments with Dr. Horowitz 3:30pm Billiards	10:30am Group Fitness with Ariel 20 11:15am Ageless Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 1:15pm OUTING: Earnest Ice Cream 3:30pm Wii Sports 7:30pm Evening Cinema: The Dark Horse	9:45am OUTING: Full Day Trip to Clayburn Tea House (Limited Space) 3:00pm Happy Hour & Hor d'oeuvres 7:30pm Bingo	10:00am Group Fitness with Grace 22 11:15am Ageless Yoga with Naoko 2:00pm Tech Class 5:30pm Candle Lighting & Cocktail Music	10:30am Legacy Market 23 11:15am Ageless Yoga with Annette-Community 11:15am Ageless Yoga with Bill 3:30pm PERK Activities with Rosemary
5:00pm Family Style Dinners 24 7:30pm Various Card Games	10:00am CrossFun Core Conditioning 25 11:15am Ageless Yoga with Naoko 1:15pm OUTING: London Drugs 7:30pm Evening Cinema: All The President's Men (1976)	10:00am CrossFun-Circuit Training 26 11:00am Piano Entertainment by Hoy Yip 1:15pm OUTING: Dollar Store @ SW Marine & Granville 3:30pm Billiards	<i>No Yoga Today 27</i> 10:30am Group Fitness with Ariel 12:00pm Piano Entertainment by Hoy 3:00pm Fireside Chat with Management 3:30pm Wii Sports 7:30pm Bridge	10:00am CrossFun-Strength Training 28 11:15am Bus Drop Off: City Market @ Arbutus & 16th 3:00pm Happy Hour & Hor d'oeuvres	10:00am Group Fitness with Grace 29 11:15am Ageless Yoga with Annette 1:15pm Sing-A-Long with Annette 5:30pm Candle Lighting & Cocktail Music	10:30am Legacy Market 30 11:15am Ageless Yoga with Annette-Community 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary
5:00pm Family Style Dinners 31 7:30pm Various Card Games						