



# ENJOYING JULY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>Happy Canada Day 1</b> 10:30am Group Fitness with Ariel 11:15am Ageless Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 3:30pm Cribbage Tournament	10:00am CrossFun- Strength Training 2 11:15am Bus Drop Off: No Frills 2:00pm Canada Day Entertainment with 'Willy Blizzard' 2:30pm Wellness Clinic with Mike	10:00am CrossFun- Core Conditioning 3 11:15am Ageless Yoga with Annette 2:00pm Bridge 5:00pm Candle Lighting & Cocktail Music	11:15am Ageless Yoga with Annette-Community 4 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary
11:15am Ageless Yoga with Annette-Community 5 2:00pm Bridge 5:00pm Family Buffet 7:30pm Various Card Games	10:00am Morning Walk with Julie 6 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 1:30pm OUTING: River Rock Casino 7:00pm Evening Cinema- Sabah: A Love Story	10:00am CrossFun-Circuit Training 7 11:00am Piano Entertainment by Hoy Yip 1:30pm SDG Piano Performance 3:30pm Guys & Doll's Billiards	10:30am Group Fitness with Ariel 8 11:15am Ageless Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 12:30pm OUTING: Pajo's Fish & Chips 3:30pm Cribbage Tournament	10:00am CrossFun- Strength Training 9 11:15am Bus Drop-Off: Safeway 2:00pm Public Speaker: Dr. David Wang, Naturopath 2:00pm Bridge 2:30pm Wellness Clinic with Mike	10:00am CrossFun- Core Conditioning 10 11:15am Ageless Yoga with Annette 2:00pm Bridge 5:00pm Candle Lighting & Cocktail Music	11:15am Ageless Yoga with Annette-Community 11 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary
11:15am Ageless Yoga with Annette-Community 12 2:00pm Bridge 5:00pm Family Buffet 7:30pm Various Card Games	10:00am Morning Walk with Julie 13 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 1:30pm OUTING: VanDusen Gardens 7:00pm Evening Cinema: Barefoot in the Park	10:00am CrossFun-Circuit Training 14 11:00am Piano Entertainment by Hoy Yip 1:30pm Guest Speaker: Odum Brown Investing 101 Pt. 1 3:30pm Guys & Doll's Billiards	<b>Library Pick-up/Drop-off 15</b> 10:30am Group Fitness with Ariel 11:15am Ageless Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 1:30pm OUTING: Grounds For Coffee Cinnamon Buns 3:30pm Cribbage Tournament	10:00am CrossFun- Strength Training 16 11:15am Bus Drop Off: No Frills 2:00pm Chef Demonstration 2:30pm Wellness Clinic with Mike 6:30pm Jewish Film Festival Movie	10:00am CrossFun- Core Conditioning 17 11:15am Ageless Yoga with Annette 1:30pm Public Speaker: Univera Wellness Products 2:00pm Bridge 5:00pm Candle Lighting & Cocktail Music	11:15am Ageless Yoga with Bill-Community 18 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary
11:15am Ageless Yoga with Annette-Community 19 2:00pm Bridge 5:00pm Family Buffet 7:30pm Various Card Games	10:00am Morning Walk with Julie 20 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 2:00pm Falls Prevention Seminar with Medical Pharmacies 7:00pm Evening Cinema: The Best Exotic Marigold Hotel	10:00am CrossFun-Circuit Training 21 11:00am Piano Entertainment by Hoy Yip 1:30pm Guest Speaker: Odum Brown Investing 101 Pt. 2 3:30pm Guys & Doll's Billiards	10:30am Group Fitness with Ariel 22 12:00pm Piano Entertainment by Hoy Yip 1:30pm Oakridge RBC Tax Planning Seminar 3:30pm Cribbage Tournament	10:00am CrossFun- Strength Training 23 11:00am Carda Creations Fashion Display 11:15am Bus Drop-Off: Safeway 2:00pm Bridge 2:30pm Wellness Clinic with Mike 3:00pm Fireside Chat with Walter	10:00am CrossFun- Core Conditioning 24 11:15am Ageless Yoga with Annette 2:00pm Bridge	11:15am Ageless Yoga with Bill-Community 25 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary
11:15am Ageless Yoga with Annette-Community 26 2:00pm Bridge 5:00pm Family Buffet 7:30pm Various Card Games	10:00am Morning Walk with Julie 27 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 1:30pm OUTING: MediChair Vancouver 7:00pm Evening Cinema- The Great Gatsby	10:00am CrossFun-Circuit Training 28 11:00am Piano Entertainment by Hoy Yip 1:30pm Afternoon Matinee- Love with The Proper Stranger 3:30pm Guys & Doll's Billiards	10:30am Group Fitness with Ariel 29 11:15am Ageless Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 3:30pm Cribbage Tournament	10:00am CrossFun- Strength Training 30 11:15am Bus Drop Off: No Frills 2:00pm Guest Speaker: UBC Aging, Mobility and Cognitive Lab 2:00pm Bridge 2:30pm Wellness Clinic with Mike	10:00am CrossFun- Core Conditioning 31 11:15am Ageless Yoga with Annette 2:00pm Bridge 5:00pm Candle Lighting & Cocktail Music	