

ENJOYING MARCH



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				10:00am FIT with Lissette 1 10:30am Guided Meditation with Lissette 11:15am Bus Drop-Off/ Pick-up: Safeway at Oakridge 2:00pm Spanish for Beginners with Francisco 3:00pm Happy Hour & Hor d'oeuvres 3:00pm Purim Songs & Stories with Annette 4:30pm Classic Movie: Stripes 5:00pm Purim Seudah 7:00pm Classic Movie: Stripes	10:00am FIT with Lissette 2 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 5:30pm Candle Lighting & Cocktail Music	10:00am Ageless Chair Yoga - Community 3 11:15am Ageless Chair Yoga - Community 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary 4:30pm Evening Cinema: As Good As It Gets 7:00pm Evening Cinema: As Good As It Gets
11:45am Zumba with Antonya 4	10:30am CrossFun Core Conditioning 5 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 12:15pm OUTING: Flamingo Dim Sum 1:15pm Sing-A-Long with Annette 2:00pm Book Club Meeting 2:15pm Let's Talk About ? with Annette 4:00pm Evening Cinema: The Intouchables & 7:00pm	9:45am Zumba with Antonya 6 10:30am Stretch with Lissette 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop Off/Pick-Up: Save-On-Foods @ 14th & Main 2:30pm Dealing with Stress - COSCO Workshop 7:30pm Evening Yoga with Julie C.	10:00am FIT with Lissette - CANCELLED 7 10:00am Chair Yoga with Annette 11:15am Chair Yoga with Annette 11:30am Piano Entertainment by Hoy Yip 2:00pm Guess Who? Game 7:30pm Bingo with Neovi	10:00am FIT with Lissette - CANCELLED 8 10:30am Guided Meditation w/ Lissette - CANCELLED 11:15am Bus Drop Off: Safeway @ Cambie & 12th 2:00pm Spanish for Beginners with Francisco 3:00pm Happy Hour & Hor d'oeuvres 4:30pm Classic Movie: Doctor & 7:00pm Dolittle	10:00am FIT with Lissette - CANCELLED 9 10:00am Chair Yoga with Annette 11:00am Carda's Fashion 11:15am Chair Yoga with Annette 12:30pm Piano Playing with Annette 1:15pm Sing-A-Long with Annette 5:30pm Candle Lighting & Cocktail Music	10:00am Ageless Chair Yoga - Community 10 11:15am Ageless Chair Yoga - Community 12:30pm Piano Playing by Annette 2:00pm Grace Notes Performance 3:30pm PERK Activities with Rosemary 4:30pm Evening Cinema: 12 Years A Slave 7:00pm Evening Cinema: 12 Years A Slave
11:45am Zumba with Antonya 11	10:30am CrossFun Core Conditioning 12 11:15am Ageless Yoga w/ Nao 12:15pm OUTING: RiverRock Casino & Dim sum 4:00pm Evening Cinema: Carol 7:00pm Evening Cinema: Carol	9:45am Zumba with Antonya 13 10:30am Stretch with Lissette 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop Off/Pick-Up: London Drugs 2:30pm Bladder Health with Tracy Sacre 7:00pm Bingo with the Chinatown Lioness Club	10:00am FIT with Lissette 14 10:00am Chair Yoga with Allison 11:15am Chair Yoga with Allison 11:30am Piano Entertainment by Hoy Yip 2:00pm RWCBM Brain Storm 7:30pm Bingo with Neovi	10:00am FIT with Lissette 15 10:30am Guided Meditation with Lissette 11:15am Bus Drop-Off/ Pick-up: Safeway at Oakridge 1:00pm Spanish for Beginners with Francisco 2:00pm Health Arts Society Musical Performance 3:00pm Happy Hour & Hor d'oeuvres 4:30pm Classic Movie: The Ghost & 7:00pm Mr. Chicken	10:00am FIT with Lissette 16 10:00am Chair Yoga with Dee 11:15am Chair Yoga with Dee 5:30pm Candle Lighting & Cocktail Music	10:00am Ageless Chair Yoga - Community 17 11:15am Ageless Chair Yoga - Community 2:00pm St. Patrick's Day Happy Hour 3:30pm PERK Activities with Rosemary 4:30pm Evening Cinema: Jurassic World 7:00pm Evening Cinema: Jurassic World
11:45am Zumba with Antonya 18	10:30am CrossFun Core Conditioning 19 11:15am Ageless Yoga w/ Nao 12:15pm OUTING: Walmart 4:00pm Evening Cinema: The Pursuit of Happyness 7:00pm Evening Cinema: The Pursuit of Happyness	9:45am Zumba with Antonya 20 10:30am Stretch with Lissette 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop Off/Pick-Up: Save-On-Foods @ 14th & Main 2:30pm Investment Fundamentals with Chadwick 7:30pm Evening Yoga with Julie C.	Library Pick-Up/Drop-Off 21 10:00am FIT with Lissette 10:00am Chair Yoga with Allison 11:15am Chair Yoga with Allison 11:30am Piano Entertainment by Hoy Yip 2:00pm Monthly Resident Meeting w/ Management 7:30pm Bingo with Neovi	10:00am FIT with Lissette 22 10:30am Guided Meditation with Lissette 11:15am Bus Drop Off: Safeway @ Cambie & 12th 2:00pm Spanish for Beginners with Francisco 3:00pm Happy Hour & Hor d'oeuvres 4:30pm Classic Musical: O & 7:00pm Brother, Where Art Thou? 6:00pm Hosted Dinner with Lauren	10:00am FIT with Lissette 23 10:00am Chair Yoga with Dee 11:15am Chair Yoga with Dee 5:30pm Candle Lighting & Cocktail Music	10:00am Ageless Chair Yoga - Community 24 11:15am Ageless Chair Yoga - Community 3:30pm PERK Activities with Rosemary 4:30pm Evening Cinema: Life of Pi 7:00pm Evening Cinema: Life of Pi
11:45am Zumba with Antonya 25	10:30am CrossFun Core Conditioning 26 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 2:15pm Staff Fire Drill 2:15pm Let's Talk About ? with Annette 4:00pm Evening Cinema: The Suffragette 7:00pm Evening Cinema: The Suffragette	9:45am Zumba with Antonya 27 10:30am Stretch with Lissette 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop Off/Pick-Up: London Drugs 1:00pm Spanish for Beginners with Francisco 2:30pm Wellness Workshop Exercises for Osteoarthritis	10:00am FIT with Lissette 28 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	10:00am FIT with Lissette 29 10:00am Bus Drop Off: Safeway @ Oakridge 10:30am Guided Meditation with Lissette 12:15pm OUTING: Vancouver Maritime Museum (Admission: \$12.00) 3:00pm Happy Hour & Hor d'oeuvres 4:30pm Classic Musical: Yentl 7:00pm Classic Musical: Yentl	STAT - NO CAR SERVICE 30 10:00am FIT with Lissette 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 5:30pm Candle Lighting & Cocktail Music	10:00am Ageless Chair Yoga - Community 31 11:15am Ageless Chair Yoga - Community 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary 4:30pm Evening Cinema: The Social Network 7:00pm Evening Cinema: The Social Network