

# ENJOYING NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		10:00am CrossFun-Circuit Training 1 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop Off: City Market at 16th & Arbutus 2:00pm Understanding Dementia & Alzheimer's with Dr. Dinsmore 3:00pm Pet Therapy with Sasha	<b>Library Drop-Off/Pick-Up</b> 2 10:00am Yoga @ 10 with Annette 10:30am Group Fitness with Ariel 11:15am Ageless Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 3:30pm Wii Sports 7:15pm Round Robin Bridge	10:00am Bus Drop-Off/ Pick-up: London Drugs 3 11:30am Group Fitness with Ariel 2:00pm Spanish for Beginners with Anabell 3:00pm Happy Hour & Hor d'oeuvres 4:30pm Classic Movie: Around the World in 80 Days 7:00pm Classic Movie: Around the World in 80 Days	10:00am CrossFun Strength Training with Grace 4 11:15am Ageless Yoga with Annette 1:15pm Sing-A-Long with Annette 2:30pm Current Events with Chadwick 5:30pm Candle Lighting & Cocktail Music	11:15am Ageless Yoga with Annette-Community 5 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary 4:30pm Classic Movie: Roman Holiday 7:00pm Classic Movie: Roman Holiday	
	10:30am Group Fitness with Grace 6 2:00pm Tech Q&A with Julie 5:00pm Family Style Dinners 6:30pm Harp Playing by Julia 7:30pm Various Card Games	10:00am CrossFun Core Conditioning 7 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 1:15pm Sing-A-Long with Annette 1:30pm Flu Clinic (Please sign up @ Concierge) 4:30pm Evening Cinema: Doctor Zhivago 7:00pm Evening Cinema: Doctor Zhivago	10:00am CrossFun-Circuit Training 8 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop-Off: Save-On-Foods @ Main & 14th 3:00pm Pet Therapy with Sasha 7:00pm Bingo with the Chinese Lioness Club	10:00am Yoga @ 10 with Annette 9 10:30am Group Fitness with Ariel 11:15am Ageless Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 12:45pm OUTING: River Rock Casino & Dim Sum 3:30pm Wii Sports 7:15pm Round Robin Bridge	10:00am Bus Drop-Off/ Pick-up: Safeway at Oakridge 10 11:30am Group Fitness with Ariel 2:00pm Spanish for Beginners with Anabell 3:00pm Hawaiian Luau Cocktail Party 5:00pm Hawaiian Luau Dinner Buffet	<b>REMEMBRANCE DAY STAT- NO CAR SERVICE</b> 11 10:00am CrossFun Strength Training with Grace 11:15am Ageless Yoga with Annette 1:15pm Sing-A-Long with Annette 2:00pm Vera Lynn's War Tribute 5:30pm Candle Lighting & Cocktail Music	11:15am Ageless Yoga with Annette-Community 12 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary 4:30pm Classic Movie: To Catch a Thief 7:00pm Classic Movie: To Catch a Thief
10:30am Group Fitness with Grace 13 2:00pm Tech Q&A with Julie 5:00pm Family Style Dinners 6:30pm Harp Playing by Julia 7:30pm Various Card Games	<b>NO CAR SERVICE TODAY</b> 14 10:00am CrossFun Core Conditioning 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 1:15pm Sing-A-Long with Annette 4:30pm Evening Cinema: Lawrence of Arabia 7:00pm Evening Cinema: Lawrence of Arabia	<b>Staff Fire Drill @ 11:15am</b> 15 10:00am CrossFun-Circuit Training 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop Off/Pick-up: Dollarama @ 12th & Cambie 2:00pm Charitable Donations & Giving with Chadwick Walker 3:00pm Pet Therapy with Sasha	10:00am Yoga @ 10 with Annette 16 10:30am Group Fitness with Ariel 11:15am Ageless Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 3:30pm Wii Sports 6:00pm Hosted Dinner by Barbara Arseneault 7:15pm Round Robin Bridge	<b>Bus departs to Vancouver Symphony @ 12:30pm</b> 17 10:00am Bus Drop-Off/ Pick-up: London Drugs 11:30am Group Fitness with Ariel 2:00pm Spanish for Beginners with Anabell 3:00pm Happy Hour & Hor d'oeuvres 4:30pm Classic Movie: Daddy Long Legs 7:00pm Classic Movie: Daddy Long Legs	10:00am CrossFun Strength Training with Grace 18 11:15am Ageless Yoga with Annette 1:15pm Sing-A-Long with Annette 2:30pm Current Events with Chadwick 5:30pm Candle Lighting & Cocktail Music	11:15am Ageless Yoga with Annette-Community 19 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary 4:30pm Classic Movie: The Ghost and Mrs. Muir 7:00pm Classic Movie: The Ghost and Mrs. Muir	
10:30am Group Fitness with Grace 20 2:00pm 'Love Caravan' Volunteer Group 5:00pm Family Style Dinners 6:30pm Harp Playing by Julia 7:30pm Various Card Games	10:00am CrossFun Core Conditioning 21 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 1:15pm Sing-A-Long with Annette 1:15pm OUTING: Historical Tour of East Vancouver with Mick 4:30pm Evening Cinema: The Sound of Music 7:00pm Evening Cinema: The Sound of Music	10:00am CrossFun-Circuit Training 22 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop-Off: Save-On-Foods @ Main & 14th 2:00pm Osteoarthritis and Pain Management with Kim Hall 3:00pm Pet Therapy with Sasha	10:00am Yoga @ 10 with Annette 23 10:30am Group Fitness with Ariel 11:00am CoCo's Clothing Display 11:15am Ageless Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 12:45pm OUTING: Lunch at East Indian Restaurant 3:30pm Wii Sports 7:15pm Round Robin Bridge	10:00am Bus Drop-Off/ Pick-up: Safeway at Oakridge 24 11:30am Group Fitness with Ariel 2:00pm Spanish for Beginners with Anabell 3:00pm Happy Hour & Hor d'oeuvres 4:30pm Classic Movie: Yankee Doodle Dandy 7:00pm Classic Movie: Yankee Doodle Dandy	10:00am CrossFun Strength Training with Grace 25 11:15am Ageless Yoga with Nao (sub) 2:00pm Spanish for Beginners with Anabell	10:00am Ask the Expert Panel: "Dispelling the Myths about Retirement Living" 26 3:30pm PERK Activities with Rosemary 4:30pm Classic Movie: Monte Walsh 7:00pm Classic Movie: Monte Walsh	
10:30am Group Fitness with Grace 27 5:00pm Family Style Dinners 6:30pm Harp Playing by Julia 7:30pm Various Card Games	10:00am CrossFun Core Conditioning 28 11:15am Ageless Yoga with Nao (sub) 12:45pm OUTING: Granville Island 4:30pm Evening Cinema: I Dreamed of Africa 7:00pm Evening Cinema: I Dreamed of Africa	10:00am CrossFun-Circuit Training 29 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop Off: City Market at 16th & Arbutus 2:30pm Wine Education with Guillaume	<b>Library Drop-Off/Pick-Up</b> 30 10:30am Group Fitness with Ariel 12:00pm Piano Entertainment by Hoy Yip 3:00pm Fireside Chat with Management 3:30pm Wii Sports 7:15pm Round Robin Bridge				