



ENJOYING NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
			Library Pick-Up/Drop-Off 1 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 Games with Brayden 7:30pm Bingo with Neovi	10:00am FIT with Lissette 2 10:30am Stretch with Lissette 11:15am Bus Drop Off: Safeway @ Cambie & 12th 3:00pm Happy Hour & Hor d'oeuvres 4:00pm Wii Sports 4:30pm Classic Movie: Barefoot in the Park 7:00pm Classic Movie: Barefoot in the Park	10:00am FIT with Lissette 3 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 2:30pm Current Events with Chadwick 5:30pm Candle Lighting & Cocktail Music	10:00am Ageless Chair Yoga - Community 4 11:15am Ageless Chair Yoga - Community 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary 4:30pm Evening Cinema: Our Souls at Night 7:00pm Evening Cinema: Our Souls at Night	
	11:45am Zumba with Antonya 5 2:00pm Afternoon Walk w/ Julie (Weather Permitting)	10:00am CrossFun Core Conditioning 6 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 12:15pm OUTING: Dylan's Diner 1:15pm Sing-A-Long with Annette 2:00pm Book Club Meeting 4:00pm Evening Cinema: Spanglish 7:00pm Evening Cinema: Spanglish	9:30am Zumba with Antonya 7 9:30am Complimentary Flu Shot Clinic (sign up required) 10:30am Guided Meditation with Lissette 11:15am Bus Drop Off/Pick-Up: Save-On-Foods @ 14th & Main 11:30am Piano Entertainment by Hoy Yip 2:30pm Better Sleep for Older Adults Seminar 7:30pm Evening Yoga w/ Julie C.	10:00am FIT with Lissette 8 10:00am Chair Yoga with Annette 11:15am Chair Yoga with Annette 11:30am Piano Entertainment by Hoy Yip 2:00pm Chef Demo + Wine Education w/ Rob 3:30pm Poker 7:30pm Bingo with Neovi	10:00am FIT with Lissette 9 10:30am Stretch with Lissette 11:15am Bus Drop-Off/ Pick-up: Safeway at Oakridge 2:00pm Borealis String Quartet - Health Arts Society 3:00pm Happy Hour & Hor d'oeuvres 4:00pm Wii Sports 4:30pm Classic Movie: A League of Their Own 6:00pm Hosted Dinner w/ Anabell 7:00pm Classic Movie: A League of Their Own	10:00am FIT with Lissette 10 10:00am Chair Yoga with Dee 11:15am Chair Yoga with Dee 5:30pm Candle Lighting & Cocktail Music	Televised Remembrance Day Ceremony 11 10:00am Ageless Chair Yoga - Community 11:15am Ageless Chair Yoga - Community 3:30pm PERK Activities with Rosemary 4:30pm Evening Cinema: A Man Called Ove 7:00pm Evening Cinema: A Man Called Ove
	11:45am Zumba with Antonya 12 2:00pm Afternoon Walk w/ Julie (Weather Permitting)	10:00am CrossFun Core Conditioning 13 11:15am Ageless Yoga w/ Connie 12:15pm OUTING: Parq Casino 4:00pm Evening Cinema: Frank 7:00pm Evening Cinema: Frank	9:30am Zumba with Antonya 14 10:30am Guided Meditation with Lissette 11:15am Bus Drop Off/Pick-Up: London Drugs 11:30am Piano Entertainment by Hoy Yip 2:30pm Fascination with the Hebrew Language - with Debbie Havusha 7:00pm Bingo with the Chinatown Lioness Club	10:00am FIT with Lissette 15 10:00am Chair Yoga with Annette 11:15am Chair Yoga with Annette 11:30am Piano Entertainment by Hoy Yip 12:15pm OUTING: London Heritage Farm Tour with High Tea (Admission: \$11.00) 7:30pm Bingo with Neovi	10:00am FIT with Lissette 16 10:30am Stretch with Lissette 11:15am Bus Drop Off: Safeway @ Cambie & 12th 2:00pm Essential Oils with Suzanne Kenchington 3:00pm Happy Hour & Hor d'oeuvres 4:00pm Wii Sports 4:30pm Classic Movie: Back to & 7:00pm the Future	10:00am FIT with Lissette 17 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 18 11:15am Ageless Chair Yoga - Community 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary 4:30pm Evening Cinema: Learning to Drive 7:00pm Evening Cinema: Learning to Drive
	11:45am Zumba with Antonya 19 2:00pm Afternoon Walk w/ Julie (Weather Permitting)	10:00am CrossFun Core Conditioning 20 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 12:15pm OUTING: SAS Shoes 1:15pm Sing-A-Long with Annette 2:15pm Staff Fire Drill 4:00pm Evening Cinema: Blade Runner 6:00pm Hosted Dinner with Suzanne 7:00pm Evening Cinema: Blade Runner	9:30am Zumba with Antonya 21 10:30am Guided Meditation with Lissette 11:00am Musical Performance by Random Act of Kindness 11:15am Bus Drop Off/Pick-Up: Walmart 11:30am Piano Entertainment by Hoy Yip 2:30pm Winter Wellness Falls Prevention with Rachael John 7:30pm Evening Yoga w/ Julie C.	10:00am FIT with Lissette 22 10:00am Chair Yoga with Annette 11:15am Chair Yoga with Annette 11:30am Piano Entertainment by Hoy Yip 11:30am Legacy Garage Sale 3:00pm Games with Brayden 7:30pm Bingo with Neovi	10:00am FIT with Lissette 23 10:30am Stretch with Lissette 11:00am Musical Performance by Random Act of Kindness 11:00am 5th Avenue Jewelers 11:15am Bus Drop-Off/ Pick-up: Safeway at Oakridge 2:00pm Monthly Resident Meeting w/ Management 3:00pm Happy Hour & Hor d'oeuvres 4:00pm Wii Sports 4:30pm Classic Movie: Move & 7:00pm Over, Darling	10:00am FIT with Lissette 24 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 25 11:15am Ageless Chair Yoga - Community 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary - CANCELLED 4:30pm Evening Cinema: Inside Llewyn Davis 7:00pm Evening Cinema: Inside Llewyn Davis
11:45am Zumba with Antonya 26 2:00pm Afternoon Walk w/ Julie (Weather Permitting)	10:00am CrossFun Core Conditioning 27 11:15am Ageless Yoga w/ Jie 12:30pm South Vancouver tour with Mick Short 4:00pm Evening Cinema: Beetlejuice 7:00pm Evening Cinema: Beetlejuice	9:30am Zumba with Antonya 28 10:30am Guided Meditation with Lissette 11:15am Bus Drop Off: Kingsgate Mall 11:30am Piano Entertainment by Hoy Yip 2:30pm Balance & Dizziness Disorder Seminar with Joyce Pinsher	Library Pick-Up/Drop-Off 10:00am FIT with Lissette 29 10:00am Chair Yoga w/ Allison 11:15am Chair Yoga w/ Allison 11:30am Piano Entertainment by Hoy Yip 2:00pm Paint & Sip with Angel 3:30pm Poker 7:30pm Bingo with Neovi	10:00am FIT with Lissette 30 10:00am Bus Drop Off: Safeway @ Cambie & 12th 10:30am Stretch with Lissette 12:30pm Departure for VSO 3:00pm Happy Hour & Hor d'oeuvres 4:00pm Wii Sports 4:30pm Classic Movie: Cabaret 7:00pm Classic Movie: Cabaret	 <h2 style="text-align: right;">LEST WE FORGET</h2>		