

OCTOBER 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			11:15am Ageless Yoga with Annette 1 12:00pm Piano Entertainment by Hois Yip 1:30pm Creative Arts 3:30pm Cribbage Tournament	10:00am CrossFit Fun-Strength Training 2 11:30am Café Corner 12:00pm Piano Entertainment by Takako 1:00pm Wellness Clinic with Pat 4:00pm Bridge	10:00am CrossFit Fun-Core Conditioning 3 11:30am Creative Arts 12:00pm Piano Entertainment by Takako 1:30pm Billiards 4:00pm Oneg Shabbat & Cocktail Music	11:15am Ageless Yoga with Annette- Community 4 12:00pm Piano Entertainment by Takako 3:30pm PERK Activities with Rosemary 6:30pm Trivial Pursuit
11:15am Ageless Yoga with Annette- Family 5 2:00pm Lucky Bingo-Prizes 7:30pm Various Card Games	10:00am Neighborhood Walks 6 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 1:30pm Outing to The Shops at Kerrisdale 7:30pm Evening Cinema	10:00am CrossFit Fun-Circuit Training 7 11:00am Piano Entertainment by Hois Yip 11:30am Floral Art Club 1:30pm Classic Matinee 3:30pm Guys & Doll's Billiards	11:15am Ageless Yoga with Annette 8 12:00pm Piano Entertainment by Hois Yip 2:30pm Resident Program Meeting with Julie 3:30pm Cribbage Tournament	10:00am CrossFit Fun-Strength Training 9 11:30am Café Corner 12:00pm Piano Entertainment by Takako 1:00pm Wellness Clinic with Pat 1:30pm Judge & Jury Hour 4:00pm Bridge	10:00am CrossFit Fun-Core Conditioning 10 11:30am Creative Arts 12:00pm Piano Entertainment by Takako 1:30pm Billiards 4:00pm Oneg Shabbat & Cocktail Music	11:15am Ageless Yoga with Annette- Community Piano Entertainment by Takako 11 12:00pm PERK Activities with Rosemary 6:30pm Trivial Pursuit
11:15am Ageless Yoga with Annette- Family 12 2:00pm Lucky Bingo-Prizes 7:30pm Various Card Games	11:15am Ageless Yoga with Annette 13 12:15pm Piano Playing by Annette 1:30pm Card Games Mystery Drive 7:30pm Evening Cinema	10:00am CrossFit Fun-Circuit Training 14 11:00am Piano Entertainment by Hois Yip 11:30am Floral Art Club 1:30pm Classic Matinee 3:30pm Guys & Doll's Billiards	11:15am Ageless Yoga with Annette 15 12:00pm Piano Entertainment by Hois Yip 1:30pm Creative Arts 2:30pm Chef Demo with Rob 3:30pm Cribbage Tournament	10:00am CrossFit Fun-Strength Training 16 12:00pm Piano Entertainment by Takako 1:00pm Wellness Clinic with Pat 1:30pm Judge & Jury Hour 3:00pm Fireside Chat with Walter 4:00pm Bridge	10:00am CrossFit Fun-Core Conditioning 17 12:00pm Piano Entertainment by Takako 11:30am Creative Arts 1:30pm Billiards	11:00am Bridge Entertainment by Takako 18 12:00pm PERK Activities with Rosemary 6:30pm Trivial Pursuit
11:00am Café Corner 19 2:00pm Lucky Bingo-Prizes 7:30pm Various Card Games	10:00am Neighborhood Walks 20 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 1:30pm Shopping at Pacific Centre 7:00pm Entertainment by Allen & Sharon Boolinoff	10:00am CrossFit Fun-Circuit Training 21 11:00am Piano Entertainment by Hois Yip 11:30am Floral Art Club 1:30pm Classic Matinee 3:30pm Guys & Doll's Billiards	11:15am Ageless Yoga with Annette 22 12:00pm Piano Entertainment by Hois Yip 3:30pm Cribbage Tournament	10:00am CrossFit Fun-Strength Training 23 11:30am Café Corner 12:00pm Piano Entertainment by Takako 1:00pm Wellness Clinic with Pat 3:00pm GRAND OPENING	10:00am CrossFit Fun-Core Conditioning 24 11:30am Creative Arts 12:00pm Piano Entertainment by Takako 1:30pm Billiards 4:00pm Oneg Shabbat & Cocktail Music	11:15am Ageless Yoga with Annette- Community Piano Entertainment by Takako 25 12:00pm PERK Activities with Rosemary 6:30pm Trivial Pursuit
11:15am Ageless Yoga with Annette- Family 26 2:00pm Lucky Bingo-Prizes 7:30pm Various Card Games	10:00am Neighborhood Walks 27 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 1:30pm Mystery Drive 7:30pm Evening Cinema	10:00am CrossFit Fun-Circuit Training 28 11:00am Piano Entertainment by Hois Yip 11:30am Floral Art Club 1:30pm Classic Matinee 3:30pm Guys & Doll's Billiards	11:15am Ageless Yoga with Annette 29 12:00pm Piano Entertainment by Hois Yip 1:30pm Creative Arts 3:30pm Cribbage Tournament	10:00am CrossFit Fun-Strength Training 30 11:30am Café Corner 12:00pm Piano Entertainment by Takako 1:00pm Wellness Clinic with Pat 1:30pm Judge & Jury Hour 4:00pm Bridge	10:00am CrossFit Fun-Core Conditioning 31 11:30am Creative Arts 12:00pm Piano Entertainment by Takako 1:30pm Billiards 4:00pm Oneg Shabbat & Cocktail Music	