


ENJOYING OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						10:30am Legacy Market 1 11:15am Ageless Yoga with Annette 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary 7:00pm Evening Cinema: Good Will Hunting
Rosh Hashanah begins at sundown 2 10:30am Group Fitness with Grace 4:00pm Harp Playing by Julia 5:00pm Family Style Dinners 6:00pm Rosh Hashanah dinner with Annette 7:30pm Various Card Games	10:00am CrossFun Core Conditioning 3 11:15am Ageless Yoga with Annette 1:15pm Sing-A-Long with Annette 1:30pm OUTING: Grounds for Coffee Cinnamon Buns 7:00pm Evening Cinema: Mystic Pizza	10:00am CrossFun-Circuit Training 4 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop Off: City Market at 16th & Arbutus 2:00pm Rent vs. Own Seminar by CIBC 3:30pm Pet Therapy with Sasha	Library Pick-Up/Drop-Off 5 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 6 11:30am Group Fitness with Ariel 3:00pm Happy Hour & Hor d'oeuvres 7:00pm Classic Movie: The Young Girls of Rochefort	10:00am CrossFun Strength Training 7 11:15am Ageless Yoga 1:15pm Sing-A-Long with Annette 1:30pm Falls Prevention with Medical Pharmacies 3:00pm Spanish for Beginners 5:30pm Candle Lighting & Cocktail Music	10:30am Legacy Market 8 11:15am Ageless Yoga with Annette 12:30pm Piano Playing by Annette 7:00pm Evening Cinema: Hunt for the Wilderpeople
10:30am Group Fitness with Grace 9 2:00pm Tech Q&A with Julie 5:00pm Family Style Dinners 7:30pm Various Card Games	NO CAR SERVICE TODAY - HAPPY THANKSGIVING 10 10:00am CrossFun Core Conditioning 11:15am Ageless Yoga with Annette 1:15pm Sing-A-Long with Annette 7:00pm Evening Cinema: American Hustle	Yom Kippur begins at sundown 11 10:00am CrossFun-Circuit Training 11:15am Bus Drop-Off: Save-On-Foods @ Main & 14th 2:00pm Fraud Prevention Pt. 2 with Odium Brown 3:30pm Pet Therapy with Sasha 7:00pm Bingo with Chinatown Lioness Club	10:00am Yoga @ 10 with Annette 12 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 Staff Fire Drill 13 10:00am Bus Drop-Off/ Pick-up: Safeway at Oakridge 11:30am Group Fitness with Ariel 3:00pm Happy Hour & Hor d'oeuvres 7:00pm Classic Movie: The Umbrellas of Cherbourg	10:00am CrossFun Strength Training 14 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	10:30am Legacy Market 15 11:15am Ageless Yoga with Annette 12:30pm Piano Playing by Annette 7:00pm Evening Cinema: The Right Stuff
Sukkot begins at sundown 16 10:30am Group Fitness with Grace 4:00pm Harp Playing by Julia 5:00pm Family Style Dinners 7:30pm Various Card Games	9:30am 'Cruise to Alaska with Annette' Info Session 17 10:00am CrossFun Core Conditioning 11:15am Ageless Yoga 1:00pm OUTING: RiverRock Casino/ Dim Sum 1:15pm Sing-A-Long with Annette 7:00pm Evening Cinema: Dhanak	10:00am CrossFun-Circuit Training 18 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop Off: City Market at 16th & Arbutus 2:00pm Reducing Your Risk of Type 2 Diabetes with Dr. Dinsmore 3:30pm Pet Therapy with Sasha	10:00am Yoga @ 10 with Annette 19 10:30am Group Fitness with Ariel 11:15am Ageless Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 3:30pm Wii Sports 5:30pm Hosted Dinner by Julie Demers 7:15pm Round Robin Bridge	10:00am Bus Drop-Off/ Pick-up: London Drugs 20 11:00am Carda's Fashion Display 11:30am Group Fitness with Ariel 2:00pm Chef Demo with Rob 3:00pm Happy Hour & Hor d'oeuvres 7:00pm Classic Movie: Paper Moon	10:00am CrossFun Strength Training 21 11:15am Ageless Yoga with Annette 1:15pm Sing-A-Long with Annette 2:00pm Spanish for Beginners 5:30pm Candle Lighting & Cocktail Music	10:30am Legacy Market 22 11:15am Ageless Yoga with Annette 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary 7:00pm Evening Cinema: Please Don't Eat the Daisies
10:30am Group Fitness with Grace 23 2:00pm Tech Q&A with Julie 5:00pm Family Style Dinners 7:30pm Various Card Games	10:00am CrossFun Core Conditioning 24 11:15am Ageless Yoga with Annette 12:45pm OUTING: McArthurghlen Designer Outlet Centre (Richmond) 1:15pm Sing-A-Long with Annette 7:00pm Evening Cinema: Yentil	10:00am CrossFun-Circuit Training 25 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop-Off: Save-On-Foods @ Main & 14th 2:30pm Wine Education with Guillaume 3:30pm Pet Therapy with Sasha	10:00am Yoga @ 10 with Annette 26 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: Safeway at Oakridge 27 11:30am Group Fitness with Ariel 2:00pm Fireside Chat with Management 3:00pm Happy Hour & Hor d'oeuvres 7:00pm Classic Movie: The Sting	10:00am CrossFun Strength Training 28 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	10:30am Legacy Market 29 11:15am Ageless Yoga with Annette 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary 7:00pm Evening Cinema: On a Clear Day You Can See Forever
10:30am Group Fitness with Grace 30 2:00pm Halloween Themed Travel Series with Malcolm & Linda 4:00pm Harp Playing by Julia 5:00pm Family Style Dinners 7:30pm Various Card Games	10:00am CrossFun Core Conditioning 31 11:15am Ageless Yoga 12:45pm OUTING: Historical Tour of Stanley Park 1:15pm Sing-A-Long with Annette 7:00pm Evening Cinema: The Emperor's Club					

