ENJOYING OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 11:45am Zumba with Antonya 2:00pm Afternoon Walk w/ Julie	2 10:00am CrossFun Core Conditioning 11:15am Ageless Yoga w/ Bonnie 2:00pm Book Club Meeting 4:00pm Evening Cinema: We Bought a Zoo 7:00pm Evening Cinema: We Bought a Zoo	3 10:00am Guided Meditation with Lissette 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop Off: City Market @ 16th & Arbutus 2:30pm Memory & Aging with Helen Low 7:30pm Evening Yoga with Julie C.	4 Library Pick-Up/Drop-Off 10:00am FIT with Lissette 10:00am Chair Yoga with Annette 11:15am Chair Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 2:30pm Poker with Rob 7:30pm Bingo with Neovi	5 10:00am FIT with Lissette 10:00am Bus Drop Off: Safeway @ Cambie & 12th 12:30pm Departure for VSO 2:00pm Health Arts Society Musical Performance 3:00pm Happy Hour & Hor d'oeuvres 4:00pm Wii Sports 4:30pm Classic Movie: The Letter 7:00pm Classic Movie: The Letter	6 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 2:15pm Let's Talk About ? with Annette 2:30pm Current Events with Chadwick 5:30pm Candle Lighting & Cocktail Music	7 10:00am Ageless Chair Yoga - Community 11:15am Ageless Chair Yoga - Community 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary 4:30pm Evening Cinema: The Theory of Everything 7:00pm Evening Cinema: The Theory of Everything
8 11:45am Zumba with Antonya 2:00pm Afternoon Walk w/ Julie	9 STAT - No Car Service Happy Thanksgiving! 10:00am CrossFun Core Conditioning 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 1:15pm Sing-A-Long with Annette 4:00pm Evening Cinema: Hidden Figures 5:00pm Thanksgiving Buffet 7:00pm Evening Cinema: Hidden Figures	10 10:00am Guided Meditation with Lissette 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop Off: Save-On-Foods @ 14th & Main 2:30pm Health Talks with Tracy - Stroke & TIAs 7:00pm Bingo with the Chinatown Lioness Club	11 10:00am FIT with Lissette 10:00am Chair Yoga with Annette 11:15am Chair Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 2:00pm Philosophers Cafe 7:30pm Bingo with Neovi	12 10:00am FIT with Lissette 11:15am Bus Drop-Off/ Pick-up: Safeway at Oakridge 3:00pm Ash Street Bistro Kitchen Tour 3:00pm Happy Hour & Hor d'oeuvres 4:00pm Wii Sports 4:30pm Classic Movie: Moonstruck 7:00pm Classic Movie: Moonstruck	13 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 2:15pm Let's Talk About ? with Annette 5:30pm Candle Lighting & Cocktail Music	14 10:00am Ageless Chair Yoga - Community 11:15am Ageless Chair Yoga - Community 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary 4:30pm Evening Cinema: Under the Tuscan Sun 6:00pm Hosted Dinner with Giorgio 7:00pm Evening Cinema: Under the Tuscan Sun
15 11:45am Zumba with Antonya 2:00pm Afternoon Walk w/ Julie	16 10:00am CrossFun Core Conditioning 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 12:30pm OUTING: Thai Son PHO Lunch 1:15pm Sing-A-Long with Annette 4:00pm Evening Cinema: The Butler 6:00pm Evening Cinema: The Butler	17 10:00am Guided Meditation with Lissette 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop Off: London Drugs 2:00pm Chef Demo + Wine Education w/ Rob 7:30pm Evening Yoga with Julie C.	18 10:00am FIT with Lissette 10:00am Chair Yoga with Annette 11:15am Chair Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 2:00pm Paint & Sip with Brayden 7:30pm Bingo with Neovi	19 10:00am FIT with Lissette 11:15am Bus Drop-Off/ Pick-up: Safeway @ Cambie & 12th 2:00pm Poker with Rob 3:00pm Happy Hour & Hor d'oeuvres 4:00pm Wii Sports 4:30pm Classic Movie: Zorba the Greek 7:00pm Classic Movie: Zorba the Greek	20 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 2:15pm Let's Talk About ? with Annette 5:30pm Candle Lighting & Cocktail Music	21 10:00am Ageless Chair Yoga - Community 11:15am Ageless Chair Yoga - Community 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary 4:30pm Evening Cinema: The Constant Gardener 7:00pm Evening Cinema: The Constant Gardener
22 11:45am Zumba with Antonya 2:00pm Afternoon Walk w/ Julie - CANCELLED 2:00pm Flute Performance by Laura Nashman	23 10:00am CrossFun Core Conditioning 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 12:15pm OUTING: Starlight Casino & Dim Sum 1:15pm Sing-A-Long with Annette 2:15pm Staff Fire Drill 4:00pm Classic Musical: Annie 7:00pm Classic Musical: Annie	24 10:00am Guided Meditation with Lissette 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop Off/Pick-Up: Walmart/Marshalls 2:30pm Downsizing Tips w/ Stephanie Chan	25 10:00am FIT with Lissette 10:00am Chair Yoga with Annette 11:15am Chair Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 2:00pm Monthly Resident Meeting w/ Management 7:30pm Bingo with Neovi	26 10:00am FIT with Lissette 11:00am Carda's Fashion 11:15am Bus Drop-Off/ Pick-up: Safeway at Oakridge 3:00pm Happy Hour & Hor d'oeuvres 4:00pm Wii Sports 4:30pm Classic Movie: Young Mr. Lincoln 6:00pm Hosted Dinner with Kathleen 7:00pm Classic Movie: Young Mr. Lincoln	27 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 2:15pm Let's Talk About ? with Annette 5:30pm Candle Lighting & Cocktail Music	28 10:00am Ageless Chair Yoga - Community 11:15am Ageless Chair Yoga - Community 12:30pm Piano Playing by Annette 1:30pm AMA Waterways "Gems of Southeast Europe" 3:30pm PERK Activities with Rosemary 4:30pm Evening Cinema: The Grand Budapest Hotel 7:00pm Evening Cinema: The Grand Budapest Hotel
29 11:45am Zumba with Antonya 2:00pm Afternoon Walk w/ Julie	30 10:00am CrossFun Core Conditioning 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 12:30pm Mount Pleasant Tour w/ Mick Short 1:15pm Sing-A-Long with Annette 4:00pm Evening Cinema: Moonrise Kingdom 7:00pm Evening Cinema: Moonrise Kingdom	31 Happy Halloween! 10:00am Guided Meditation with Lissette 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop Off/Pick-Up: City Market @ 16th & Arbutus 2:00pm Halloween Crafts with Angel				