

## Enjoying October

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10:00am Cross Core Conditioning 1 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 12:30pm OUTING: Parq Casino 1:15pm Sing-A-Long with Annette 2:15pm A Conversation 4:00pm Evening Cinema: Book Club 7:00pm Evening Cinema: Book Club	9:45am Zumba with Antonya 2 10:30am Stretch with Lissette 11:30am Bus Drop Off: London Drugs 2:30pm Identifying Addictions 6:00pm MetOpera - The Merry Widow	10:00am FIT with Lissette 3 10:30am Chair Yoga with Lissette 2:00pm Spanish for Beginners with Francisco 3:00pm Happy Hour & Hor d'oeuvres 7:30pm Bingo with Neovi	10:00am FIT with Lissette 4 10:30am Guided Meditation with Lissette 11:30am Bus Drop Off: Safeway @ Oakridge 2:00pm Health Arts Society Musical Performance 4:00pm Evening Musical: La La Land 7:00pm Evening Musical: La La Land	10:00am FIT with Lissette 5 10:30am Chair Yoga with Lissette 11:00am Zumba with Antonya 2:00pm Ted Talks - How to live before you die / Millennials with Simon Sinek 4:00pm A Place to Call Home Ep. 4&5 5:30pm Candle Lighting & Cocktail Music 7:00pm A Place to Call Home Ep. 4&5	10:00am Chair Yoga - Community 6 11:15am Chair Yoga - Community 3:30pm PERK Activities with Rosemary 4:45pm Evening Cinema: The Light Between Oceans 7:00pm Evening Cinema: The Light Between Oceans
11:45am Zumba with Antonya 7 5:00pm TV Series - The Crown Episode 5&6 5:00pm Thanksgiving Buffet 7:00pm TV Series - The Crown Episode 5&6	<b>Happy Thanksgiving! STAT - NO CAR SERVICE</b> 8 4:00pm Evening Cinema: Sunshine Cleaning 7:00pm Evening Cinema: Sunshine Cleaning	9:45am Zumba with Antonya 9 10:30am Stretch with Lissette 11:30am Bus Drop Off: Champlain Square Grocery 7:00pm Bingo with the Chinatown Lioness Club	10:00am FIT with Lissette 10 10:30am Chair Yoga with Lissette 12:20pm OUTING: Fabric of Society @ the Burnaby Art Gallery 3:00pm Happy Hour & Hor d'oeuvres 7:30pm Bingo with Neovi	10:00am FIT with Lissette 11 10:00am Bus Drop Off: Safeway @ Oakridge 10:30am Guided Meditation with Lissette 12:30pm VSO Drop Off 2:00pm Spanish for Beginners with Francisco 4:00pm Classic Movie: Fried Green Tomatoes 7:00pm Classic Movie: Fried Green Tomatoes	10:00am FIT with Lissette 12 10:30am Chair Yoga with Lissette 11:00am Zumba with Antonya 2:30pm Info Session - Recommended Vaccines for Senior Adults 4:00pm A Place to Call Home Ep. 6&7 5:30pm Candle Lighting & Cocktail Music 7:00pm A Place to Call Home Ep. 6&7	10:00am Chair Yoga - Community 13 11:15am Chair Yoga - Community 3:30pm PERK Activities with Rosemary 4:45pm Evening Cinema: Jane 7:00pm Evening Cinema: Jane
11:45am Zumba with Antonya 14 5:00pm TV Series - The Crown 7&8 7:00pm TV Series - The Crown 7&8	10:00am Cross Core Conditioning 15 12:30pm OUTING: TNT Supermarket / Lansdowne Center 4:00pm Evening Cinema: Adrift 7:00pm Evening Cinema: Adrift	9:45am Zumba with Antonya 16 10:30am Stretch with Lissette 11:30am Bus Drop Off: Superstore 2:30pm Wellness Session: Alzheimer's & Dementia - Things you should know	10:00am FIT with Lissette 17 10:00am Chair Yoga with Annette 11:00am 5th Avenue Jewelers 11:15am Chair Yoga with Annette 3:00pm Happy Hour & Hor d'oeuvres 7:30pm Bingo with Neovi	10:00am FIT with Lissette 18 10:30am Guided Meditation with Lissette 11:30am Bus Drop Off: Safeway @ Oakridge 1:00pm Spanish for Beginners with Francisco 2:00pm The Vaudevillians Performance 4:00pm Classic Movie: Julia 7:00pm Classic Movie: Julia	10:00am FIT with Lissette 19 10:00am Chair Yoga with Annette 11:00am Zumba with Antonya 11:15am Chair Yoga with Annette 12:30pm Piano Playing with Annette 1:15pm Sing-A-Long with Annette 2:00pm Ted Talks - The Habits of Happiness / 3 Clues to Understanding your Brain 4:00pm A Place to Call Home Ep. 8&9 5:30pm Candle Lighting & Cocktail Music 7:00pm A Place to Call Home Ep. 8&9	10:00am Chair Yoga - Community 20 11:15am Chair Yoga - Community 1:00pm Shuttle Bus for Municipal Election Voting @ Oakridge Centre 3:30pm PERK Activities with Rosemary 4:00pm Evening Cinema: The King's Speech 7:00pm Evening Cinema: The King's Speech
11:45am Zumba with Antonya 21 5:00pm TV Series - The Crown Episode 9&10 7:00pm TV Series - The Crown Episode 9&10	10:00am Cross Core Conditioning 22 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 12:30pm OUTING: Pho Thai Son Lunch (Cash Only) 1:15pm Sing-A-Long with Annette 2:15pm A Conversation 4:00pm Evening Cinema: The Grand Budapest Hotel 7:00pm Evening Cinema: The Grand Budapest Hotel	9:45am Zumba with Antonya 23 10:30am Stretch with Lissette 11:30am Bus Drop Off: Walmart 6:00pm MetOpera - Siegfried	10:00am FIT with Lissette 24 10:00am Chair Yoga with Annette 11:00am Euro Designs 11:15am Chair Yoga with Annette 3:00pm Happy Hour & Hor d'oeuvres 7:30pm Bingo with Neovi	10:00am FIT with Lissette 25 10:30am Guided Meditation with Lissette 11:30am Bus DropOff: Safeway @ Oakridge 12:00pm Congee with Kathleen 2:00pm Spanish for Beginners with Francisco 4:00pm Classic Movie: Wall Street 7:00pm Classic Movie: Wall Street	<b>No Car Service</b> 26 10:00am FIT with Lissette 10:00am Chair Yoga with Annette 11:00am Zumba with Antonya 11:00am Carda's Fashion 11:15am Chair Yoga with Annette 12:30pm Piano Playing with Annette 1:15pm Sing-A-Long with Annette 4:00pm A Place to Call Home Ep. 10&1 5:30pm Candle Lighting & Cocktail Music 7:00pm A Place to Call Home Ep. 10&1	<b>No Car Service</b> 27 10:00am Chair Yoga - Community 11:15am Chair Yoga - Community 3:30pm PERK Activities with Rosemary 4:00pm Evening Cinema: Silver Linings Playbook 7:00pm Evening Cinema: Silver Linings Playbook 7:00pm Twilight Dinner
11:45am Zumba with Antonya 28 5:00pm TV Series - Grace and Frankie Ep. 1&2 7:00pm TV Series - Grace and Frankie Ep. 1&2	10:00am Cross Core Conditioning 29 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 12:30pm OUTING: Tsawwassen Mills 1:15pm Sing-A-Long with Annette 2:15pm A Conversation 4:00pm Evening Cinema: Ocean's 8 7:00pm Evening Cinema: Ocean's 8	9:45am Zumba with Antonya 30 10:30am Stretch with Lissette 11:30am Bus Drop Off: London Drugs	<b>Happy Halloween!</b> 31 10:00am FIT with Lissette 10:00am Chair Yoga with Annette 11:15am Chair Yoga with Annette 3:00pm Happy Hour & Hor d'oeuvres 7:30pm Bingo with Neovi			