


# ENJOYING OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				10:00am CrossFun- Strength Training 1 11:00am Carda Fashion Display 2:00pm Bridge 2:30pm Wellness Clinic with Mike	10:00am CrossFun- Core Conditioning 2 11:15am Bus Drop-off: Safeway 11:15am Ageless Yoga with Annette 2:00pm Bridge 2:00pm Knitting Club- Comfort Dolls 5:00pm Candle Lighting & Cocktail Music	11:15am Ageless Yoga with Annette- Community 3 12:30pm Piano Playing by Annette 2:00pm Harpist- Vivien Chen Concert
12:00pm Legacy's 1st Anniversary Party with Entertainment by Saul Berson 4 2:00pm Bridge 7:30pm Various Card Games	10:00am Morning Walk with Julie 5 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 1:15pm OUTING: Nordstrom's 7:00pm Evening Cinema: Mona Lisa Smile	10:00am CrossFun-Circuit Training 6 11:00am Piano Entertainment by Hoy Yip 1:30pm Afternoon Matinee: Tommy Boy 3:30pm Guys & Doll's Billiards	10:30am Group Fitness with Ariel 7 11:15am Ageless Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 3:30pm Cribbage Tournament	10:00am CrossFun- Strength Training 8 11:15am Bus Drop Off: No Frills 2:00pm Bridge 2:30pm Wellness Clinic with Mike	10:00am CrossFun- Core Conditioning 9 11:15am Ageless Yoga with Annette 1:00- Bus Drop-off: 3:30pm Advanced Voting at Unitarian Church 2:00pm Bridge 5:00pm Candle Lighting & Cocktail Music	11:15am Ageless Yoga with Annette- Community 10 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary
1:30pm Music Hour with David 11 2:00pm Bridge 5:00pm Thanksgiving Buffet 7:30pm Various Card Games	STAT HOLIDAY- Thanksgiving 12 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 7:00pm Evening Cinema: The Iron Lady	10:00am CrossFun-Circuit Training 13 11:00am Piano Entertainment by Hoy Yip 1:30pm Afternoon Matinee: Forrest Gump 3:30pm Guys & Doll's Billiards	10:30am Group Fitness with Ariel 14 11:15am Ageless Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 3:30pm Cribbage Tournament	10:00am CrossFun- Strength Training 15 11:15am Bus Drop-Off: Safeway 2:00pm Pink Ribbon High Tea- Canadian Breast Cancer Fundraiser 6:30pm Jewish Film Festival Movie	10:00am CrossFun- Core Conditioning 16 11:15am Ageless Yoga with Annette 2:00pm Bridge 2:00pm Knitting Club- Comfort Dolls 5:00pm Candle Lighting & Cocktail Music	11:15am Ageless Yoga with Annette- Community 17 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary
1:30pm Music Hour with David 18 2:00pm Bridge 7:30pm Various Card Games	10:00- Bus Drop-off: Federal Election Voting 12:00pm 11:15am Ageless Yoga with Annette 19 12:15pm Piano Playing by Annette 1:15pm OUTING: River Rock Casino & Dim Sum 7:00pm Evening Cinema: Unconditional	10:00am CrossFun-Circuit Training 20 11:00am Piano Entertainment by Hoy Yip 1:30pm Afternoon Matinee: Mamma Mia 3:30pm Guys & Doll's Billiards	10:30am Group Fitness with Ariel 21 11:15am Ageless Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 3:30pm Cribbage Tournament	10:00am CrossFun- Strength Training 22 11:15am Bus Drop Off: No Frills 2:00pm Walter's Italian Adventures with Wine & Food Pairings 2:30pm Wellness Clinic with Mike	10:00am CrossFun- Core Conditioning 23 11:15am Ageless Yoga with Annette 2:00pm Falls Prevention Seminar with Julie 2:00pm Bridge 5:00pm Candle Lighting & Cocktail Music	11:15am Ageless Yoga with Annette- Community 24 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary
1:30pm Music Hour with David 25 2:00pm Bridge 7:30pm Various Card Games	10:00am Morning Walk with Julie 26 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 1:15pm OUTING: Bus Tour with Mick Short- New Westminster Pt. 2 7:00pm Evening Cinema: The Book Thief	10:00am CrossFun-Circuit Training 27 11:00am Piano Entertainment by Hoy Yip 1:30pm Planes, Trains and Automobiles 3:30pm Guys & Doll's Billiards	10:30am Group Fitness with Ariel 28 11:15am Ageless Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 3:30pm Cribbage Tournament	10:00am CrossFun- Strength Training 29 11:15am Bus Drop-Off: Safeway 2:00pm Bridge 2:30pm Wellness Clinic with Mike	10:00am CrossFun- Core Conditioning 30 11:15am Ageless Yoga with Annette 2:00pm Halloween Party with Musical Variations Concert 5:00pm Candle Lighting & Cocktail Music	11:15am Ageless Yoga with Annette- Community 31 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary

