


# ENJOYING SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				11:15am Bus Drop-Off/ Pick-up: Safeway at Oakridge 1 11:30am Group Fitness with Ariel 3:00pm Happy Hour & Hor d'oeuvres 7:30pm Classic Movies: Nine to Five	10:00am CrossFun Strength Training 2 11:15am Ageless Yoga with Annette 1:15pm Sing-A-Long with Annette 2:00pm Special Screening: 'Building Community Through Yoga' 5:30pm Candle Lighting & Cocktail Music	11:15am Ageless Yoga with Annette-Community 3 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary 7:30pm Evening Cinema: Amadeus
10:30am Group Fitness with Grace 4 5:00pm Family Style Dinners 7:30pm Various Card Games	<i>Labor Day - No Car Service</i> 5 10:00am Group Fitness with Grace 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 1:15pm Sing-A-Long with Annette 1:45pm Pet Therapy with Sasha 7:30pm Evening Cinema: Walt Before Mickey	10:00am Group Fitness with Grace 6 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop Off: City Market at 16th & Arbutus 3:30pm Guys & Doll's Billiards	<i>Library Pick-up/Drop-off</i> 7 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 1:30pm Audiologist Appointments with Connect Hearing 3:30pm Wii Sports 7:15pm Round Robin Bridge	11:15am Bus Drop-Off: London Drugs 8 11:30am Group Fitness with Ariel 3:00pm Happy Hour & Hor d'oeuvres 7:30pm Classic Movies: Gentlemen Prefer Blondes	10:00am CrossFun Strength Training 9 11:15am Ageless Yoga with Annette 1:15pm Sing-A-Long with Annette 2:30pm Current Events with Chadwick Walker 5:30pm Candle Lighting & Cocktail Music	11:15am Ageless Yoga with Annette-Community 10 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary 7:30pm Evening Cinema: Victor/Victoria
2:00pm Tech Q&A with Julie 11 5:00pm Family Style Dinners 7:30pm Various Card Games	10:00am CrossFun Core Conditioning 12 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 1:15pm Sing-A-Long with Annette 1:15pm OUTING: River Rock Casino & Dim Sum 7:30pm Evening Cinema: The Fundamentals of Caring	10:00am CrossFun-Circuit Training 13 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop-Off: Save-On-Foods @ Main & 14th 2:00pm Special Entertainment by the Vaudevillians Troupe 3:30pm Guys & Doll's Billiards 7:00pm Bingo with Betty	10:00am Yoga @ 10 with Annette 14 10:30am Group Fitness with Ariel 11:15am Ageless Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 12:30pm OUTING: Rennie Museum & Bill Wong's Tailor Shop 3:30pm Wii Sports 7:15pm Round Robin Bridge	11:15am Bus Drop-Off: Safeway at Oakridge 15 11:30am Group Fitness with Ariel 3:00pm Happy Hour & Hor d'oeuvres 7:30pm Classic Movies: Singin' In The Rain	10:00am CrossFun Strength Training 16 11:15am Ageless Yoga with Annette 1:15pm Sing-A-Long with Annette 2:00pm Spanish for Beginners with Anabell 5:30pm Candle Lighting & Cocktail Music	10:30am Legacy Market 17 11:15am Ageless Yoga with Annette-Community 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary 7:30pm Evening Cinema: Top Gun
10:30am Group Fitness with Grace 18 5:00pm Family Style Dinners 7:30pm Various Card Games	10:00am CrossFun Core Conditioning 19 11:15am Ageless Yoga with Naoko 11:30am OUTING: Greater Vancouver Zoo (\$19 Admission) 1:45pm Pet Therapy with Sasha 7:30pm Evening Cinema: Philomena	10:00am CrossFun-Circuit Training 20 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop Off: City Market at 16th & Arbutus 2:00pm Understanding Dementia & Alzheimer with Dr. Dinsmore 3:30pm Guys & Doll's Billiards	10:00am Yoga @ 10 with Annette 21 10:30am Group Fitness with Ariel 11:15am Ageless Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 3:30pm Wii Sports 5:00pm Legacy's 2nd Anniversary Dinner with Entertainment by Saul Berson Duo	11:15am Bus Drop-Off: London Drugs 22 11:30am Group Fitness with Ariel 2:00pm Fireside Chat with Management 3:00pm Happy Hour & Hor d'oeuvres 4:30pm Early Dinner due to Staff Appreciation 7:30pm Classic Movies: Breakfast at Tiffany's	10:00am CrossFun Strength Training 23 11:15am Ageless Yoga with Annette 1:15pm Sing-A-Long with Annette 2:30pm Current Events with Chadwick Walker 5:30pm Candle Lighting & Cocktail Music	10:30am Legacy Market 24 11:15am Ageless Yoga with Annette-Community 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary 7:30pm Evening Cinema: What's Up, Doc?
10:30am Group Fitness with Grace 25 2:00pm Tech Q&A with Julie 5:00pm Family Style Dinners 7:30pm Various Card Games	10:00am CrossFun Core Conditioning 26 11:15am Ageless Yoga with Annette 1:15pm Sing-A-Long with Annette 1:30pm OUTING: Historical Tour of Kitsilano with Mick Short 1:45pm Pet Therapy with Sasha 5:30pm Hosted Dinner with Michael Bee 7:30pm Evening Cinema: A Hologram for the King	10:00am CrossFun-Circuit Training 27 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop-Off: Save-On-Foods @ Main & 14th 2:00pm 'Better Backs & Balance' Seminar with Kim Hall Physiotherapy 3:30pm Guys & Doll's Billiards 7:00pm Bingo	10:00am Yoga @ 10 with Annette 28 10:30am Group Fitness with Ariel 11:00am CoCo's Clothing Display & 5th Avenue Jewelers Collection 11:15am Ageless Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 3:30pm Wii Sports 7:15pm Round Robin Bridge	11:15am Bus Drop-Off: Safeway at Oakridge 29 11:30am Group Fitness with Ariel 2:00pm Chef Demo 3:00pm Happy Hour & Hor d'oeuvres 7:30pm Classic Movies: Hello, Dolly!	10:00am CrossFun Strength Training 30 11:15am Ageless Yoga with Annette 1:15pm Sing-A-Long with Annette 5:30pm Candle Lighting & Cocktail Music	