


ENJOYING SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					10:00am FIT with Lissette 1 10:00am Chair Yoga w/ Annette 11:15am Chair Yoga w/ Annette 12:30pm Piano Playing with Annette 1:15pm Sing-A-Long with Annette 5:30pm Candle Lighting & Cocktail Music	10:00am Ageless Chair Yoga - Community 2 11:15am Ageless Chair Yoga - Community 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary 4:30pm Evening Cinema: Red 2 7:00pm Evening Cinema: Red 2
11:45am Zumba with Antonya 3 2:00pm Afternoon Walk w/ Julie 5:00pm Family Style Dinners	STAT - No Car Service 4 10:00am CrossFun Core - CANCELLED 11:15am Ageless Yoga w/ Annette 12:15pm Piano Playing by Annette 1:15pm Sing-A-Long with Annette 4:00pm Evening Cinema: Showboat 7:00pm Evening Cinema: Showboat	10:00am Guided Meditation with Lissette 5 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop Off/Pick-Up: City Market @ 16th & Arbutus 2:00pm Book Club Meeting	Library Pick-Up/Drop-Off 6 8:30am AquaFit @ The JCC (Admission \$7) 10:00am FIT with Lissette 10:00am Chair Yoga w/ Annette 11:00am 5th Avenue Jewelers 11:15am Chair Yoga w/ Annette 12:00pm Piano Entertainment by Hoy Yip 2:30pm Poker with Rob 7:30pm Bingo with Neovi	10:00am FIT with Lissette 7 11:15am Bus Drop-Off: Safeway @ Cambie & 12th 2:00pm Spanish for Beginners with Anabell 3:00pm Happy Hour & Hor d'oeuvres 4:00pm Wii Sports 4:30pm Classic Movie: A Hard Day's Night 7:00pm Classic Movie: A Hard Day's Night	10:00am FIT with Lissette 8 10:00am Chair Yoga w/ Annette 11:15am Chair Yoga w/ Annette 12:30pm Piano Playing with Annette 1:15pm Sing-A-Long with Annette 2:30pm Current Events with Chadwick 5:30pm Candle Lighting & Cocktail Music	10:00am Ageless Chair Yoga - Community 9 11:15am Ageless Chair Yoga - Community 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary 4:30pm Evening Cinema: Arrival 7:00pm Evening Cinema: Arrival
11:45am Zumba with Antonya 10 2:00pm Afternoon Walk w/ Julie 5:00pm Family Style Dinners	10:00am CrossFun Core Conditioning 11 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 12:30pm OUTING: Granville Island 1:15pm Sing-A-Long with Annette 4:00pm Evening Cinema: Okja 7:00pm Evening Cinema: Okja	10:00am Guided Meditation with Lissette 12 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop Off: Save-On-Foods @ 14th & Main 2:00pm Spanish for Beginners with Anabell 7:00pm Bingo with the Chinatown Lioness Club	8:30am AquaFit @ The JCC (Admission \$7) 13 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 Chef Demo + Wine Education w/ Rob 7:30pm Bingo with Neovi (B)	10:00am FIT with Lissette 14 11:15am Bus Drop-Off: Safeway at Oakridge 1:15pm OUTING: Earnest Ice Cream 3:00pm Happy Hour & Hor d'oeuvres 4:00pm Wii Sports 4:30pm Classic Movie: An American in Paris 6:00pm Hosted Dinner with Rob 7:00pm Classic Movie: An American in Paris	10:00am FIT with Lissette 15 10:00am Chair Yoga w/ Annette 11:15am Chair Yoga w/ Annette 12:30pm Piano Playing with Annette 1:15pm Sing-A-Long with Annette 3:00pm End of Summer Piano Concert 5:30pm Candle Lighting & Cocktail Music	10:00am Ageless Chair Yoga - Community 16 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
11:45am Zumba with Antonya 17 2:00pm Afternoon Walk w/ Julie 5:00pm Family Style Dinners	10:00am CrossFun Core Conditioning 18 11:15am Ageless Yoga w/ Annette 12:15pm Piano Playing by Annette 12:45pm OUTING: RiverRock Casino & Dim sum 1:15pm Sing-A-Long w/ Annette 2:15pm Staff Fire Drill 4:00pm Evening Cinema: Good & 7:00 Will Hunting	10:00am Guided Meditation with Lissette 19 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop Off/Pick-Up: London Drugs 2:00pm Paint & Sip with Angel	Rosh Hashanah Begins @ Sundown 20 8:30am AquaFit @ The JCC (Admission \$7) 10:00am FIT with Lissette 10:00am Chair Yoga w/ Annette 11:15am Chair Yoga w/ Annette 12:00pm Piano Entertainment by Hoy Yip 2:00pm Monthly Resident Meeting w/ Management 3:00pm Poker with Rob 7:30pm Bingo with Neovi	10:00am FIT with Lissette 21 11:15am Bus Drop-Off: Safeway @ Cambie & 12th 2:00pm The Vaudevillians Performance 3:00pm Happy Hour & Hor d'oeuvres 4:00pm Wii Sports 4:30pm Classic Movie: The Full Monty & 7:00 Monty	10:00am FIT with Lissette 22 10:00am Chair Yoga w/ Annette 11:15am Chair Yoga w/ Annette 12:30pm Piano Playing with Annette 1:15pm Sing-A-Long with Annette 2:30pm Current Events with Chadwick 5:30pm Candle Lighting & Cocktail Music	10:00am Ageless Chair Yoga - Community 23 11:15am Ageless Chair Yoga - Community 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary 4:30pm Evening Cinema: Interstellar 7:00pm Evening Cinema: Interstellar
11:45am Zumba with Antonya 24 2:00pm Afternoon Walk w/ Julie 5:00pm Family Style Dinners	10:00am CrossFun Core Conditioning 25 11:15am Ageless Yoga w/ Annette 12:15pm Piano Playing by Annette 1:00pm South Cambie/Shaughnessy Tour w/ Mick 1:15pm Sing-A-Long with Annette 4:00pm Evening Cinema: Moana & 7:00	10:00am Guided Meditation with Lissette 26 11:00am Piano Entertainment by Hoy Yip 11:15am Bus Drop Off: Walmart/Marshalls 2:30pm After the Sale of your Home with Chadwick	8:30am AquaFit @ The JCC (Admission \$7) 27 10:00am FIT with Lissette 10:00am Chair Yoga w/ Annette 11:15am Chair Yoga w/ Annette 12:00pm Piano Entertainment by Hoy Yip 1:30pm Complimentary Testing by Connect Hearing 7:30pm Bingo with Neovi	10:00am FIT with Lissette 28 11:15am Bus Drop-Off: Safeway at Oakridge 3:00pm Happy Hour & Hor d'oeuvres 4:00pm Wii Sports 4:30pm Classic Movie: Roman Holiday 6:00pm Hosted Dinner with Chris	Yom Kippur Begins @ Sundown 29 10:00am FIT with Lissette 10:00am Chair Yoga with Bill 11:15am Chair Yoga with Bill 3:00pm 3rd Year Anniversary Party w/ Saul Berson 5:30pm Candle Lighting & Cocktail Music	10:00am Ageless Chair Yoga - Community 30 11:15am Ageless Chair Yoga - Community 3:30pm PERK Activities with Rosemary 4:30pm Evening Cinema: The Fundamentals of Caring & 7:00