



ENJOYING SEPTEMBER



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						10:00am Ageless Chair Yoga - Community 1 11:15am Ageless Chair Yoga - Community 3:30pm PERK Activities with Rosemary 4:45pm Evening Cinema: The Guernsey Literary and Potato Peel Pie Society & 7:00pm
11:45am Zumba with Antonya 2 5:00pm TV Series - The Crown Episode 5&6 7:00pm TV Series - The Crown Episode 5&6	STAT - NO CAR SERVICE 3 12:00pm Tea & Pie with Kathleen 4:00pm Evening Cinema: Woman in Gold 7:00pm Evening Cinema: Woman in Gold	9:45am Zumba with Antonya 4 10:30am Stretch with Lissette 11:30am Bus Drop Off: London Drugs 2:30pm Care for the Caregiver - Cosco Workshop 6:00pm MetOpera - Rigoletto	Library Pick-Up/Drop-Off 5 10:00am FIT with Lissette 3:00pm Happy Hour & Hor d'oeuvres 7:30pm Bingo with Neovi	10:00am FIT with Lissette 6 10:30am Guided Meditation with Lissette 11:30am Bus: 12 th & Cambie 2:00pm Spanish for Beginners with Francisco 4:00pm Classic Movie: Touch of & 7:00pm Evil	10:00am FIT with Lissette 7 10:00am Chair Yoga with Annette 11:00am Zumba with Antonya 11:15am Chair Yoga with Annette 11:30am Lunch BBQ 2:00pm Funny Fest Comedy 4:00pm Dinner BBQ 5:30pm Candle Lighting & Music	10:00am Ageless Chair Yoga - Community 8 11:15am Ageless Chair Yoga - Community 3:30pm PERK Activities with Rosemary 4:45pm Evening Cinema: Sully 7:00pm Evening Cinema: Sully
Rosh Hashanah Begins at Sundown 9 11:45am Zumba with Antonya 5:00pm TV Series - The Crown Episode 7&8 5:30pm Candle Lighting & Music 7:00pm TV Series - The Crown Episode 7&8	10:30am CrossFun Core Conditioning 10 11:15am Ageless Yoga w/ Annette 12:15pm Piano Playing w/ Annette 12:30pm OUTING: RiverRock Casino 1:15pm Sing-A-Long w/ Annette 2:15pm A Conversation 4:00pm Evening Cinema: The & 7:00 Music of Silence 5:00pm Rosh Hashanah Dinner 5:30pm Candle Lighting & Music	9:45am Zumba with Antonya 11 10:30am Stretch with Lissette 11:30am Bus Drop Off: Walmart 2:30pm Physio For Seniors Informational Program 7:00pm Bingo with the Chinatown Lioness Club	10:00am FIT with Lissette 12 10:00am Chair Yoga with Annette 11:15am Chair Yoga with Annette 3:00pm Happy Hour & Hor d'oeuvres 7:30pm Bingo with Neovi	10:00am FIT with Lissette 13 10:30am Guided Meditation with Lissette 11:30am Bus Drop Off: Safeway @ Oakridge 1:00pm Spanish for Beginners with Francisco 2:00pm Health Arts Society Musical Performance 4:00pm Musical Cinema: Chicago 7:00pm Musical Cinema: Chicago	10:00am FIT with Lissette 14 10:00am Chair Yoga with Annette 11:00am Zumba with Antonya 11:15am Chair Yoga with Annette 12:30pm Piano Playing w/ Annette 1:15pm Sing-A-Long w/ Annette 2:00pm Ted Talks - The Surprising Science of Happiness / Brain Magic 4:00pm A Place to Call Home Ep. & 7:00 11&12 5:30pm Candle Lighting Music	9:30am Jayset Clothing Sale 15 10:00am Ageless Chair Yoga - Community 11:15am Ageless Chair Yoga - Community 3:30pm PERK Activities with Rosemary 4:45pm Evening Cinema: Julie & Julia 7:00pm Evening Cinema: Julie & Julia
11:45am Zumba with Antonya 16 5:00pm TV Series - The Crown Episode 9&10 7:00pm TV Series - The Crown Episode 9&10	10:30am CrossFun Core Conditioning 17 11:15am Ageless Yoga w/ Annette 12:15pm Piano Playing w/ Annette 12:30pm OUTING: Granville Island 1:15pm Sing-A-Long w/ Annette 2:00pm Staff Fire Drill 2:15pm A Conversation 4:00pm Evening Cinema: A River Runs Through It 7:00pm Evening Cinema: A River Runs Through It	Yom Kippur Begins @ Sundown 18 9:45am Zumba with Antonya 10:30am Stretch with Lissette 11:30am Bus Drop Off: Champlain Square Independent Grocer 2:30pm Right at Home Canada with Alexis Sinclair 5:30pm Candle Lighting & Music 6:00pm MetOpera - Bizet Carmen (Reshowing)	10:00am FIT with Lissette 19 10:00am Chair Yoga with Annette 11:15am Chair Yoga with Annette 3:00pm Brown Bag Medication Review w/ Medical Pharmacies - Sign-up Mandatory 3:00pm Happy Hour & Hor d'oeuvres 7:30pm Bingo with Neovi	10:00am FIT with Lissette 20 10:30am Guided Meditation with Lissette 11:30am Bus Drop Off: Superstore 2:00pm Spanish for Beginners with Francisco 4:00pm Classic Movie: One Flew Over the Cuckoo's Nest 7:00pm Classic Movie: One Flew Over the Cuckoo's Nest	10:00am FIT with Lissette 21 10:00am Chair Yoga with Annette 11:00am Zumba with Antonya 11:15am Chair Yoga with Annette 12:30pm Piano Playing w/ Annette 1:15pm Sing-A-Long w/ Annette 2:00pm Ted Talks - What Really Matters at the End of Life / Feats of Memory 4:00pm A Place to Call Home Ep. & 7:00 13&Season 2 ep. 1 5:30pm Candle Lighting & Music	10:00am Ageless Chair Yoga - Community 22 11:15am Ageless Chair Yoga - Community 3:30pm PERK Activities with Rosemary 4:45pm Evening Cinema: Wild Oats 7:00pm Evening Cinema: Wild Oats
11:45am Zumba with Antonya 23 5:00pm TV Series - The Crown Season 2 Episode 1&2 7:00pm TV Series - The Crown Season 2 Episode 1&2	10:30am CrossFun Core Conditioning 24 11:15am Ageless Yoga w/ Annette 12:15pm Piano Playing Annette 12:30pm OUTING: Dim Sum with Suzanne 1:15pm Sing-A-Long w/ Annette 2:15pm A Conversation 4:00pm Evening Cinema: Our Souls at Night 7:00pm Evening Cinema: Our Souls at Night	9:45am Zumba with Antonya 25 10:30am Stretch with Lissette 11:30am Bus Drop Off: Walmart 2:00pm Paint & Sip	10:00am FIT with Lissette 26 10:00am Chair Yoga with Annette 11:15am Chair Yoga with Annette 12:00pm Kathleen's Soup Kitchen 3:00pm Happy Hour & Hor d'oeuvres 7:30pm Bingo with Neovi	10:00am FIT with Lissette 27 10:30am Guided Meditation with Lissette 11:30am Bus Drop Off: Safeway @ Oakridge 2:00pm Spanish for Beginners with Francisco 4:00pm Musical Cinema: Ricki and the Flash 7:00pm Musical Cinema: Ricki and the Flash	10:00am FIT with Lissette 28 10:00am Chair Yoga with Annette 11:00am Zumba with Antonya 11:15am Chair Yoga with Annette 12:30pm Piano Playing w/ Annette 1:15pm Sing-A-Long w/ Annette 2:00pm Ted Talks - What Hallucination Reveals about our Mind / How Trees Talk to Each Other 4:00pm A Place to Call Home Ep. & 7:00 2&3 5:30pm Candle Lighting & Music	10:00am Ageless Chair Yoga - Community 29 11:15am Ageless Chair Yoga - Community 3:30pm PERK Activities with Rosemary 4:45pm Evening Cinema: A Beautiful Mind 5:00pm Dinner BBQ Buffet 7:00pm Evening Cinema: A Beautiful Mind
11:45am Zumba with Antonya 30 5:00pm TV Series - The Crown Season 2 Episode 3&4 7:00pm TV Series - The Crown Season 2 Episode 3&4						