

# ENJOYING SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		10:00am CrossFun-Circuit Training 1 11:00am Piano Entertainment by Hoy Yip 1:30pm Afternoon Matinee: Black Book 3:30pm Guys & Doll's Billiards	10:30am Group Fitness with Ariel 2 12:00pm Piano Entertainment by Hoy Yip 1:30pm Audiologist Appointments with Connect Hearing 3:30pm Cribbage Tournament	10:00am CrossFun- Strength Training 3 11:15am Bus Drop-Off: Safeway 2:00pm Resident Meeting with Julie 2:00pm Bridge 2:30pm Wellness Clinic with Mike	9:45am CrossFun- Core Conditioning 4 10:30am Group Fitness with Ariel 2:00pm Bridge 2:00pm Knitting Club- Comfort Dolls 5:00pm Candle Lighting & Cocktail Music	11:15am Ageless Yoga with Bill- Community 5 2:00pm Bridge	
1:30pm Music Hour with David 6 2:00pm Bridge 7:30pm Various Card Games	<b>STAT HOLIDAY: Labor Day 7</b> 10:30am Group Fitness with Ariel 2:00pm Bridge	10:00am CrossFun-Circuit Training 8 11:00am Piano Entertainment by Hoy Yip 2:00pm Guest Speaker: Understanding Disability Tax Credits 3:30pm Guys & Doll's Billiards	10:30am Group Fitness with Ariel 9 12:00pm Piano Entertainment by Hoy Yip 2:00pm BC Guide Dogs Presentation 3:30pm Cribbage Tournament	10:00am CrossFun- Strength Training 10 11:15am Bus Drop Off: No Frills 1:30pm Downsizing and Selling Your Home Seminar 2:00pm Bridge 2:30pm Wellness Clinic with Mike	9:45am CrossFun- Core Conditioning 11 10:30am Group Fitness with Ariel 2:00pm Gardening Club 2:00pm Bridge 5:00pm Candle Lighting & Cocktail Music	11:15am Ageless Yoga with Bill- Community 12 3:30pm PERK Activities with Rosemary	
<b>Rosh Hashanah (begins at sundown) 13</b> 1:30pm Music Hour with David 2:00pm Bridge 7:30pm Various Card Games	10:00am Morning Walk with Julie 14 10:30am Group Fitness with Ariel 1:00pm OUTING: River Rock Casino & Dim Sum 7:00pm Evening Cinema: Wild Tales	10:00am CrossFun-Circuit Training 15 11:00am Piano Entertainment by Hoy Yip 1:30pm Afternoon Matinee: Sabrina 3:30pm Guys & Doll's Billiards	10:30am Group Fitness with Ariel 16 11:00am Fifth Avenue Jewelers Sale 12:00pm Piano Entertainment by Hoy Yip 3:30pm Cribbage Tournament	10:00am CrossFun- Strength Training 17 11:15am Bus Drop-Off: Safeway 2:00pm Bridge 2:30pm Wellness Clinic with Mike 6:30pm Jewish Film Festival Movie	10:00am CrossFun- Core Conditioning 18 11:15am Ageless Yoga with Annette 2:00pm Influenza In-Sservice with Medical Pharmacies 2:00pm Knitting Club- Comfort Dolls 5:00pm Candle Lighting & Cocktail Music	11:15am Ageless Yoga with Annette-Community 19 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary	
1:30pm Music Hour with David 20 2:00pm Bridge 7:30pm Various Card Games	10:00am Morning Walk with Julie 21 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 1:15pm OUTING: Richmond Outlet Shopping Mall 7:00pm Evening Cinema: Tokyo Story	10:00am CrossFun-Circuit Training 22 11:00am Piano Entertainment by Hoy Yip 2:00pm Guest Speaker: Erinn Broshko- Conservative Party 3:30pm Guys & Doll's Billiards	10:30am Group Fitness with Ariel 23 11:15am Ageless Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 2:00pm Guest Speaker: Jody Wilson Raybould- Liberal Party 3:30pm Cribbage Tournament	10:00am CrossFun- Strength Training 24 11:15am Bus Drop Off: No Frills 2:00pm Guest Speaker: Mira Oreck- New Democratic Party 2:30pm Wellness Clinic with Mike 7:00pm Fireside Chat with Walter	10:00am CrossFun- Core Conditioning 25 11:15am Ageless Yoga with Annette 2:00pm Bridge 4:30pm Cocktail Party for Annette!	11:15am Ageless Yoga with Annette-Community 26 12:30pm Piano Playing by Annette 3:30pm PERK Activities with Rosemary	
1:30pm Music Hour with David 27 2:00pm Bridge 7:30pm Various Card Games	10:00am Morning Walk with Julie 28 11:15am Ageless Yoga with Annette 12:15pm Piano Playing by Annette 1:00pm OUTING: Grounds For Coffee Cinnamon Buns 7:00pm Evening Cinema: Amour	10:00am CrossFun-Circuit Training 29 11:00am Piano Entertainment by Hoy Yip 2:00pm Guest Speaker: Investment Banking with Odlum Brown 3:30pm Guys & Doll's Billiards	10:30am Group Fitness with Ariel 30 11:15am Ageless Yoga with Annette 12:00pm Piano Entertainment by Hoy Yip 2:30pm Wine Education with Guillaume 3:30pm Cribbage Tournament				