

JULY 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	LOCATION 2nd Floor Lounge (2FL) Bistro (B) Creative Art Centre (CA) Fitness Centre (FC) Library (L) Piano Lounge (PL) Theatre Room (TR)			1 Canada Day No Car Service 10:30am Tai Chi with Eric - Fitness Centre (FC) 2:00pm Music with D'Topnotes Michael Samson and Stella Wong 2:30pm Walking Club	2 8:30am Bus Drop Off: Safeway 9:00am Stretch with Antonya (FC) 9:45am FIT with Antonya (FC) 10:30am Zumba with Antonya (FC) 11:00am Baduan Jin with Master Simon 1:30pm Spanish for Beginners with Sofia (TR) 3:30pm Candle Lighting	3 3:15pm Knit and Chat (T) 7:00pm Movie: Nightingale: Walk The Line
4 1:00pm Mahjong with Brent (L) 6:00pm Movie: The Real History Of England	5 9:00am Stretch with Antonya (FC) 9:00am OUTING: Steveston 9:45am FIT with Antonya (FC) 10:30am Zumba with Antonya (FC) 1:00pm Words with Friends - Scrabble in the Library (L) 2:00pm Wii Games with Rachael 2:00pm RR Luxury Tour 2:30pm Walking Club 2:45pm Gentle FIT with Sarah 3:30pm FIT with Sarah 7:00pm Movie: Cruella	6 8:30am Bus Drop Off: London Drugs 9:00am FIT with Dale (FC) 9:45am FIT with Dale (FC) 10:30am Chair Yoga with Dale (2FL) 10:30am Tai Chi with Eric (FC) 11:15am Power Hour with Dale (no chair assist) (FC) 2:00pm PERK Activities with Rosemary (TR) 3:30pm In Motion with Antonya (no chair assist) (FC) 7:00pm Bingo (B)	7 9:00am Stretch with Antonya (FC) 9:45am FIT with Antonya (FC) 10:30am Zumba with Antonya (FC) 1:30pm Cantonese Social Hour 1:45pm Piano Playing (PL) 2:30pm Happy Hour 2:45pm Gentle FIT with Dale (FC) 3:30pm Weight Training with Dale (FC) 7:00pm Movie: Queen Bees	8 9:00am FIT with Dale (FC) 9:45am FIT with Dale (FC) 10:30am Chair Yoga with Dale - 2nd Floor (2FL) 10:30am Tai Chi with Eric - Fitness Centre (FC) 12:30pm OUTING: George C. Reifel Migratory Bird Sanctuary 2:00pm Pool Tournament 2:30pm Walking Club 3:00pm Zumba with Monika 3:45pm FIT with Monika (No Chair Assist) 7:00pm Strikes & Gutters - Bowling With Rachael	9 8:30am Bus Drop Off: Dollarama 9:00am Stretch with Antonya (FC) 9:45am FIT with Antonya (FC) 10:30am Zumba with Antonya (FC) 11:00am BBQ with Rob 11:15am Flower Arranging (CA) 1:30pm Spanish for Beginners with Sofia (TR) 2:00pm Health Arts Society Concert 2:30pm Walking Club 3:30pm Candle Lighting	10 10:15am FIT with Dale (FC) 11:00am FIT with Dale (FC) 1:45pm Piano Playing (PL) 2:45pm Weight Training with Dale (FC) 3:15pm Knit and Chat (T) 7:00pm Movie: Burlesque
11 1:00pm Mahjong with Brent (L) 7:00pm Movie: Leonardo: The Man Who Saved Science	12 9:00am Stretch with Antonya (FC) 9:00am OUTING: Winners 9:45am FIT with Antonya (FC) 10:30am Zumba with Antonya (FC) 1:45pm Piano Playing (PL) 2:30pm Walking Club 2:45pm Gentle FIT with Dale (FC) 3:30pm FIT with Dale (FC) 7:00pm Movie: Minari - Oscar Nominee	13 8:30am Bus Drop Off: Walmart 9:00am FIT with Dale (FC) 9:45am FIT with Dale (FC) 10:30am Chair Yoga with Dale (2FL) 10:30am Tai Chi with Eric (FC) 11:15am Power Hour with Dale (no chair assist) (FC) 2:00pm PERK Activities with Rosemary (TR) 3:30pm In Motion with Antonya (no chair assist) (FC) 7:00pm Bingo (B)	14 9:00am Stretch with Antonya (FC) 9:45am FIT with Antonya (FC) 10:30am Zumba with Antonya (FC) 1:30pm Cantonese Social Hour 1:45pm Piano Playing (PL) 2:30pm Happy Hour 2:45pm Gentle FIT with Dale (FC) 3:30pm Weight Training with Dale (FC) 7:00pm Movie: The Upside	15 9:00am FIT with Dale (FC) 9:45am FIT with Dale (FC) 10:30am Chair Yoga with Dale - 2nd Floor (2FL) 10:30am Tai Chi with Eric - Fitness Centre (FC) 12:30pm OUTING: Granville Island 2:30pm Walking Club 3:00pm Zumba with Monika 3:45pm FIT with Monika (No Chair Assist)	16 8:30am Bus Drop Off: Safeway 9:00am Stretch with Antonya (FC) 9:45am FIT with Antonya (FC) 10:30am Zumba with Antonya (FC) 11:00am BBQ with Rob 11:00am Polynesian Summer Party! 1:30pm Spanish for Beginners with Sofia (TR) 2:30pm Walking Club 3:30pm Candle Lighting 3:30pm FIT with Dale (FC) 4:30pm Piano Playing (PL)	17 10:15am FIT with Dale (FC) 11:00am FIT with Dale (FC) 1:45pm Piano Playing (PL) 2:45pm Weight Training with Dale (FC) 3:15pm Knit and Chat (T) 7:00pm Movie: Feel The Beat
18 1:00pm Mahjong with Brent (L) 2:00pm Concert: Hand Over Heart with Cherelle and Marc 7:00pm Movie: Untamed Romania	19 9:00am Stretch with Antonya (FC) 9:00am OUTING: Horseshoe Bay 9:45am FIT with Antonya (FC) 10:30am Zumba with Antonya (FC) 1:00pm Words with Friends - Scrabble in the Library (L) 2:00pm RR Luxury Tour 2:30pm Walking Club 2:45pm Gentle FIT with Sarah 3:30pm FIT with Sarah 7:00pm Movie: The Father - Oscar Nominee	20 9:00am FIT with Dale (FC) 9:45am FIT with Dale (FC) 10:30am Chair Yoga with Dale (2FL) 10:30am Tai Chi with Eric (FC) 11:15am Power Hour with Dale (no chair assist) (FC) 2:00pm PERK Activities with Rosemary (TR) 3:30pm In Motion with Antonya (no chair assist) (FC) 7:00pm Bingo (B)	21 9:00am Stretch with Antonya (FC) 9:45am FIT with Antonya (FC) 10:30am Zumba with Antonya (FC) 1:30pm Cantonese Social Hour 1:45pm Piano Playing (PL) 2:30pm Happy Hour 2:45pm Gentle FIT with Dale (FC) 3:30pm Weight Training with Dale (FC) 7:00pm Season 1 Ep 5&6: The Marvelous Mrs. Maisel	22 9:00am FIT with Dale (FC) 9:30am OUTING: VanDusen Gardens 9:45am FIT with Dale (FC) 10:30am Chair Yoga with Dale - 2nd Floor (2FL) 10:30am Tai Chi with Eric - Fitness Centre (FC) 2:00pm Paint & Sip 2:30pm Walking Club 3:00pm Zumba with Monika 3:45pm FIT with Monika (No Chair Assist) 7:00pm Cantonese Movie: The Kingdom And The Beauty江山美人	23 8:30am Bus Drop Off: Dollarama 9:00am Stretch with Antonya (FC) 9:45am FIT with Antonya (FC) 10:30am Zumba with Antonya (FC) 11:00am BBQ with Rob 11:15am Flower Arranging (CA) 1:30pm Spanish for Beginners with Sofia (TR) 2:30pm Walking Club 3:30pm Candle Lighting 3:30pm FIT with Dale (FC) 4:30pm Piano Playing (PL)	24 10:15am FIT with Dale (FC) 11:00am FIT with Dale (FC) 1:45pm Piano Playing (PL) 2:45pm Weight Training with Dale (FC) 3:15pm Knit and Chat (T) 7:00pm Movie: The Prom
25 1:00pm Mahjong with Brent (L) 7:00pm Movie: Garnet's Gold	26 9:00am Stretch with Antonya (FC) 9:00am OUTING: Capilano Fish Hatchery 9:45am FIT with Antonya (FC) 10:30am Zumba with Antonya (FC) 1:00pm Words with Friends - Scrabble in the Library (L) 1:45pm Piano Playing (PL) 2:00pm RR Luxury Tour 2:30pm Walking Club 2:45pm Gentle FIT with Dale (FC) 3:30pm FIT with Dale (FC) 7:00pm Movie: Another Round - Winner Best International Film	27 8:30am Bus Drop Off: Walmart 9:00am FIT with Dale (FC) 9:45am FIT with Dale (FC) 10:30am Chair Yoga with Dale (2FL) 10:30am Tai Chi with Eric (FC) 11:15am Power Hour with Dale (no chair assist) (FC) 2:00pm PERK Activities with Rosemary (TR) 3:30pm In Motion with Antonya (no chair assist) (FC) 7:00pm Bingo (B)	28 9:00am Stretch with Antonya (FC) 9:45am FIT with Antonya (FC) 10:30am Zumba with Antonya (FC) 1:30pm Cantonese Social Hour 1:45pm Piano Playing (PL) 2:30pm Happy Hour 2:45pm Gentle FIT with Dale (FC) 3:30pm Weight Training with Dale (FC) 7:00pm Season 1 Ep 7&8: The Marvelous Mrs. Maisel	29 9:00am FIT with Dale (FC) 9:45am FIT with Dale (FC) 10:30am Chair Yoga with Dale - 2nd Floor (2FL) 10:30am Tai Chi with Eric - Fitness Centre (FC) 10:30am OUTING: Polygon Museum 2:00pm Health Arts Society Concert 2:30pm Walking Club 3:00pm FIT with Sarah 3:40pm Gentle FIT with Sarah 7:00pm Cantonese Movie: The Blue And The Black藍與黑	30 8:30am Bus Drop Off: Safeway 9:00am Stretch with Antonya (FC) 9:45am FIT with Antonya (FC) 10:30am Zumba with Antonya (FC) 11:00am BBQ with Rob 1:30pm Spanish for Beginners with Sofia (TR) 2:30pm Walking Club 3:30pm Candle Lighting 3:30pm FIT with Dale (FC) 4:30pm Piano Playing (PL)	31 10:15am FIT with Dale (FC) 11:00am FIT with Dale (FC) 1:45pm Piano Playing (PL) 2:45pm Weight Training with Dale (FC) 3:15pm Knit and Chat (T) 7:00pm Movie: Barbra: The Music... The Mem'ries... The Magic!