

ENJOYING FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Zumba with Antonya 12:30pm Scenic Drive: #5 Road and Steveston 1:00pm Movie: When Harry Met Sally 1:45pm Piano Playing 2:45pm Gentle FIT with Dale 3:30pm FIT with Dale 7:00pm Movie: When Harry Met Sally	2 8:30am Bus Drop Off: London Drugs 9:00am FIT with Dale 9:45am FIT with Dale 10:30am Chair Yoga 11:15am Power Hour with Dale (no chair assist) 2:00pm PERK Activities 3:30pm FIT with Antonya	3 9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Zumba with Antonya 1:45pm Piano Playing 2:30pm French Themed Happy Hour (Wear Blue, Red and White) 2:45pm Gentle FIT with Dale 3:30pm FIT with Dale	4 9:00am FIT with Dale 9:45am FIT with Dale 10:30am Chair Yoga 1:00pm Movie: It Happened One Night 2:00pm Performance by Saul Berson & Michelle Carlisle 3:30pm FIT with Antonya 7:00pm Movie: It Happened One Night	5 8:30am Bus Drop Off: Safeway 9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Stretch with Antonya 2:00pm Science Experiments with Francisco 3:30pm Candle Lighting 3:30pm FIT with Dale 4:30pm Piano Playing	6 11:00am FIT with Dale 12:30pm Movie: The Philadelphia Story 1:00pm Paint and Sip 1:45pm Piano Playing 2:45pm FIT with Dale 3:15pm Knit and Chat 3:30pm FIT with Dale 7:00pm Movie: The Philadelphia Story
7 1:00pm Movie: An American in Paris 2:00pm Valentine's Message Exchange 7:00pm Movie: An American in Paris	8 9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Zumba with Antonya 12:30pm OUTING: Stanley Park Stroll 1:00pm Movie: An Affair to Remember 1:00pm Valentine's Message Exchange 1:45pm Piano Playing – CANCELLED 2:45pm Gentle FIT with Antonya 3:30pm FIT with Antonya 7:00pm Movie: An Affair to Remember	9 8:30am Bus Drop Off: London Drugs 9:00am FIT with Dale 9:45am FIT with Dale 10:30am Chair Yoga 11:15am Power Hour with Dale (no chair assist) 1:00pm Computer/Cell Phone Q&A Session with Francisco 2:00pm PERK Activities 3:30pm FIT with Antonya 7:00pm Evening Activity with Francisco	10 9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Zumba with Antonya 1:45pm Piano Playing 2:30pm Happy Hour 2:45pm Gentle FIT with Dale 2:45pm Information Session: Approach to Growing and Preserving Wealth for Generations by Odlum Brown 3:30pm FIT with Dale	11 Dim Sum Night Early Bird 3:30pm & Dim Sum Dinner 5:00pm 9:00am FIT with Dale 9:45am FIT with Dale 10:30am Chair Yoga 1:00pm Movie + Trivia: Mulan 3:30pm FIT with Antonya 7:00pm Movie + Trivia: Mulan	12 Happy Lunar New Year! Early Bird 3:30pm & Chinese Buffet 5:00pm 8:30am Bus Drop Off: Safeway 9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Stretch with Antonya 2:00pm What is your Chinese Zodiac Sign? 3:30pm Candle Lighting 3:30pm FIT with Dale 4:30pm Piano Playing 7:00pm Performance by Michael Samson	13 11:00am FIT with Dale 12:30pm Movie: Crouching Tiger, Hidden Dragon 1:45pm Piano Playing 2:45pm FIT with Dale 3:15pm Knit and Chat 3:30pm FIT with Dale 7:00pm Movie: Crouching Tiger, Hidden Dragon
14 Happy Valentine's Day! Early Bird 3:30pm & Multicourse Dinner 5:00pm 11:00am Caricatures of Staff and Residents by Ted Couling 1:00pm Movie: Roman Holiday 2:00pm Match the Famous Couples Game 6:00pm Piano Playing by Dale Nichols 7:00pm Movie: Roman Holiday	15 Happy Family Day! No Car Service 9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Zumba with Antonya 1:00pm Family Pictures Display 1:45pm Piano Playing 2:45pm Gentle FIT with Dale 3:30pm FIT with Dale 7:00pm Movie: Blended	16 8:30am Bus Drop Off: London Drugs 9:00am FIT with Dale 9:45am FIT with Dale 10:30am Chair Yoga 11:15am Power Hour with Dale (no chair assist) 1:00pm Men's Club Group Activity 2:00pm PERK Activities 3:30pm FIT with Antonya	17 9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Zumba with Antonya 1:45pm Piano Playing 2:30pm Winter Gloves Themed Happy Hour (Wear your Favourite Pair of Gloves) 2:45pm Gentle FIT with Dale 3:30pm FIT with Dale	18 Chinese Dinner Night Early Bird 3:30pm & Plated Tasting Dinner 5:00pm 9:00am FIT with Dale 9:45am FIT with Dale 10:30am Chair Yoga 1:30pm Paint and Sip 3:00pm Book Club - Session 2 3:30pm FIT with Antonya 7:00pm Performance by Michael Samson 7:00pm Movie: First Man	19 8:30am Bus Drop Off: Safeway 9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Stretch with Antonya 2:00pm Best Vacation Picture Contest 3:00pm Staff Fire Drill 3:30pm Candle Lighting 3:30pm FIT with Dale 4:30pm Piano Playing	20 11:00am FIT with Dale 12:30pm Movie: 17 Again 1:45pm Piano Playing 2:45pm FIT with Dale 3:15pm Knit and Chat 3:30pm FIT with Dale 7:00pm Movie: 17 Again
21 1:00pm Documentary: Coffee for All 2:00pm Wine Demo with Suzanne 7:00pm Documentary: Coffee for All	22 9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Zumba with Antonya 12:30pm Scenic Drive: Queen Elizabeth Park 1:00pm Movie: Immortal Beloved 1:45pm Piano Playing 2:45pm Gentle FIT with Dale 3:30pm FIT with Dale 7:00pm Movie: Immortal Beloved	23 8:30am Bus Drop Off: London Drugs 9:00am FIT with Dale 9:45am FIT with Dale 10:30am Chair Yoga 11:15am Power Hour with Dale (no chair assist) 1:00pm Computer/Cell Phone Q&A Session with Francisco 2:00pm PERK Activities 3:30pm FIT with Antonya 7:00pm Evening Activity with Francisco	24 9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Zumba with Antonya 1:00pm Information Session: Nutrition, Fitness and Creative Arts by Antonya Raymond 1:45pm Piano Playing - CANCELLED 2:30pm Happy Hour 2:45pm Gentle FIT with Antonya 3:30pm FIT with Antonya	25 9:00am FIT with Dale 9:45am FIT with Dale 10:30am Chair Yoga 1:00pm Movie: The Legend of Zorro 1:30pm Bizarre Things that Only Happen in Mexico 2:00pm Mariachi Music 3:30pm FIT with Antonya 7:00pm Movie: The Legend of Zorro	26 Purim 8:30am Bus Drop Off: Safeway 9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Stretch with Antonya 2:00pm Virtual Purim Celebration with Annette 3:30pm Candle Lighting 3:30pm FIT with Dale 4:30pm Piano Playing	27 11:00am FIT with Dale 12:30pm Movie: Scandal in Sorrento 1:45pm Piano Playing 2:45pm FIT with Dale 3:15pm Knit and Chat 3:30pm FIT with Dale 7:00pm Movie: Scandal in Sorrento
28 1:00pm Documentary: Martha 2:00pm Ladies Club Activity 7:00pm Documentary: Martha						

