

JUNE 2021

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|--|---|--|--|
|  | <p>LOCATION 2nd Floor Lounge (2FL) Bistro (B) Creative Art Centre (CA) Fitness Centre (FC) Library (L) Piano Lounge (PL) Theatre Room (TR)</p> | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| <p>1:00pm Mahjong with Brent (L) 7:00pm Movie: Dolphin Reef</p> | <p>8:45am Stretch with Antonya (FC) 9:30am FIT with Antonya (FC) 10:00am Weaving with Chief Janice George 10:15am Zumba with Antonya (FC) 11:00am BaduanJin 八段錦 with Paul 1:00pm Words with Friends - Scrabble (L) 2:00pm RR Luxury Tour 7:00pm Movie: Horrible Bosses</p> | <p>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 (FC) 2:00pm PERK Activities with Rosemary (TR) 3:00pm Walking Club 3:30pm In Motion with Antonya (FC) 7:00pm Bingo (B)</p> | <p>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) 2:00pm Men's Club - Wii Games with Rob (TR) 2:45pm Gentle FIT with Dale (FC) 3:30pm Weight Training with Dale (FC) 7:00pm Movie: Forgetting Sarah Marshall</p> | <p>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 SVSN Webinar (TR) 12:30pm OUTING: Burnaby Lake 1:30pm Music with Jenny and Jorge 2:30pm Happy Hour - Wear Your Brightest Shirt! 3:00pm Walking Club 7:00pm Cantonese Movie - Diary of a big man</p> | <p>8:30am Bus Drop Off: Safeway 9:00am Stretch with Antonya (FC) 9:45am FIT with Antonya (FC) 10:30am Zumba with Antonya (FC) 1:30pm Spanish for Beginners with Sofia 2:00pm Walking Club 3:30pm Candle Lighting 3:30pm FIT with Dale (FC) 4:30pm Piano Playing (PL)</p> | <p>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: Les Miserables</p> |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| <p>1:00pm Mahjong with Brent (L) 2:00pm Wine Demo with Suzanne 7:00pm Movie: Born In China</p> | <p>8:45am Stretch with Antonya (FC) 9:30am FIT with Antonya (FC) 9:45am Nordstroms / Bistro Verde 10:15am Zumba with Antonya (FC) 11:00am BaduanJin 八段錦 with Paul 1:00pm Words with Friends - Scrabble (L) 1:45pm Piano Playing (PL) 2:00pm RR Luxury Tour 2:45pm Gentle FIT with Dale (FC) 3:30pm FIT with Dale (FC) 7:00pm Movie: The Bounty Hunter</p> | <p>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) 3:00pm Walking Club 3:30pm In Motion with Antonya (FC) 7:00pm Bingo (B)</p> | <p>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) 2:00pm Pool Tournament 2:45pm Gentle FIT with Dale (FC) 3:00pm Physio 2 U 3:30pm Weight Training with Dale (FC) 7:00pm Movie: The Back Up Plan</p> | <p>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 SVSN Webinar (TR) 12:30pm OUTING: Museum of Anthropology 2:30pm Happy Hour 3:00pm Walking Club</p> | <p>8:30am Bus Drop Off: Safeway 8:45am Stretch with Antonya (FC) 9:30am FIT with Antonya (FC) 10:15am Zumba with Antonya (FC) 11:00am BaduanJin 八段錦 with Paul 1:30pm Spanish for Beginners with Sofia 3:00pm Walking Club 3:30pm Candle Lighting 3:30pm FIT with Dale (FC) 4:30pm Piano Playing (PL)</p> | <p>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: Newsies</p> |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| <p style="text-align: center;">Father's Day</p> <p>1:00pm Mahjong with Brent (L) 1:30pm Music with George Alcock 7:00pm Movie: The Secret Of The Whales</p> | <p style="text-align: center;">National Indigenous Peoples Day</p> <p>8:45am Stretch with Antonya (FC) 9:30am FIT with Antonya (FC) 10:15am Zumba with Antonya (FC) 11:00am BaduanJin 八段錦 with Paul 1:00pm Words with Friends - Scrabble (L) 2:00pm RR Luxury Tour 2:30pm Crafty Crafters - Celebrating National Indigenous Day With Native Art (CA) 7:00pm Movie: Green Book</p> | <p>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 (FC) 2:00pm PERK Activities with Rosemary (TR) 3:00pm Walking Club 3:30pm In Motion with Antonya (FC) 7:00pm Bingo (B)</p> | <p>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) 2:00pm Paint & Sip 2:45pm Gentle FIT with Dale (FC) 3:30pm Weight Training with Dale (FC) 7:00pm Movie: Midnight In Paris</p> | <p style="text-align: center;">Saint-Jean-Baptiste Day</p> <p>9:00am FIT with Dale (FC) 9:30am OUTING: Bloedel Conservatory/Seasons 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 SVSN Webinar (TR) 1:30pm Concert by Malcolm and Linda: Suede Dogs 2:30pm Happy Hour - Summer Solstice Party 3:00pm Walking Club 7:00pm Cantonese Movie - Why me</p> | <p>8:30am Bus Drop Off: Dollarama 8:45am Stretch with Antonya (FC) 9:30am FIT with Antonya (FC) 10:15am Zumba with Antonya (FC) 11:00am BaduanJin 八段錦 with Paul 11:15am Flower Arranging (CA) 1:30pm Spanish for Beginners with Sofia 2:30pm Fire Drill 3:00pm Walking Club 3:30pm Candle Lighting 3:30pm FIT with Dale (FC) 4:30pm Piano Playing (PL)</p> | <p>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: Blinded By The Light</p> |
| 27 | 28 | 29 | 30 |  |  | |
| <p style="text-align: center;">Canadian Multiculturalism Day.</p> <p>1:00pm Mahjong with Brent (L) 2:00pm Fun Facts and Trivia To Celebrate Multicultural Canada 7:00pm Movie: Operation Varsity - The Secret Of The College Admissions Scandal</p> | <p>8:45am Stretch with Antonya (FC) 9:30am FIT with Antonya (FC) 10:15am Zumba with Antonya (FC) 11:00am BaduanJin 八段錦 with Paul 1:00pm Words with Friends - Scrabble (L) 1:45pm Piano Playing (PL) 2:00pm RR Luxury Tour 2:45pm Gentle FIT with Dale (FC) 3:30pm FIT with Dale (FC) 7:00pm Season 1 Ep 1&2: The Marvelous Mrs.Maisel</p> | <p>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 (FC) 2:00pm PERK Activities with Rosemary (TR) 3:00pm Walking Club 3:30pm In Motion with Antonya (FC) 7:00pm Bingo (B)</p> | <p>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) 2:45pm Gentle FIT with Dale (FC) 3:30pm Weight Training with Dale (FC) 7:00pm Season 1 Ep 3&4: The Marvelous Mrs.Maisel</p> | | | |