

MAY 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 10:15am FIT with Dale 11:00am FIT with Dale 1:45pm Piano Playing 2:45pm Weight Training with Dale 3:15pm Knit and Chat 7:00pm Movie: Selena
2 1:00pm Documentary: My Octopus Teacher 1:00pm Mahjong with Brent - in the Library 7:00pm Documentary: My Octopus Teacher	3 9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Zumba with Antonya 2:00pm Cantonese Social Hour 7:00pm Movie: Notting Hill	4 8:30am Bus Drop Off: London Drugs 9:00am FIT with Dale 9:45am FIT with Dale 10:30am Chair Yoga with Dale 10:30am Tai Chi with Eric 11:15am Power Hour with Dale 2:00pm PERK Activities 3:30pm FIT with Antonya 7:00pm Bingo	5 Cinco de Mayo 9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Zumba with Antonya 2:00pm CONCERT- Music With Jorge and Jenny 2:00pm Happy Hour - Mexican Fiesta 2:45pm Gentle FIT with Dale 3:30pm Weight Training with Dale 4:15pm Piano Playing 7:00pm Movie: The Guernsey ...	6 9:00am FIT with Dale 9:45am FIT with Dale 10:30am Chair Yoga with Dale 10:30am Tai Chi with Eric 10:30am South Vancouver Seniors Network Webinar 5:00pm CONCERT: Sarah McLaughlin Live (via Zoom)	7 8:30am Bus Drop Off: Safeway 9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Zumba with Antonya 1:30pm Spanish for Beginners with Sofia - Theatre Room 2:00pm Flower Arranging 3:30pm Candle Lighting 3:30pm FIT with Dale 4:30pm Piano Playing	8 10:15am FIT with Dale 11:00am FIT with Dale 1:45pm Piano Playing 2:45pm Weight Training with Dale 3:15pm Knit and Chat 7:00pm Movie: Nomadland *Winner* - Best Picture
9 Mother's Day 1:00pm Documentary: Moonlight Sonata: Deafness in Three Movements 1:00pm Mahjong with Brent - in the Library 2:00pm Music with D'Topnotes Michael Samson and Stella Wong 7:00pm Documentary: Moonlight Sonata: Deafness in Three Movements	10 9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Zumba with Antonya 12:30pm Words with Friends 2:00pm Cantonese Social Hour 7:00pm Movie: Pitch Perfect	11 8:30am Bus Drop Off: London Drugs 9:00am FIT with Dale 9:45am FIT with Dale 10:30am Chair Yoga with Dale 10:30am Tai Chi with Eric 11:15am Power Hour with Dale 2:00pm PERK Activities 3:30pm FIT with Antonya 5:30pm Refill Your Global Bucket 6:30pm Men's Club with Rob 7:00pm Bingo	12 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 3:30pm Weight Training with Dale 7:00pm Movie: Mank (Oscar Nominee)	13 9:00am FIT with Dale 9:45am FIT with Dale 10:30am Chair Yoga with Dale 10:30am Tai Chi with Eric 10:30am South Vancouver Seniors Network Webinar 12:30pm OUTING: Nitobi Garden - walking tour 3:00pm Mixed Media Art Class with Zahra	14 8:30am Bus Drop Off: Dollarama 9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Zumba with Antonya 1:30pm Spanish for Beginners with Sofia - Theatre Room 2:00pm Flower Arranging 3:30pm Candle Lighting 3:30pm FIT with Dale 4:30pm Piano Playing	15 10:15am FIT with Dale 11:00am FIT with Dale 1:45pm Piano Playing 2:45pm Weight Training with Dale 3:15pm Knit and Chat 7:00pm Movie: The Trial of the Chicago 7 - Oscar Nominee
16 1:00pm Documentary: The New Corporation 1:00pm Mahjong with Brent - in the Library 7:00pm Documentary: The New Corporation	17 9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Zumba with Antonya 12:30pm Words with Friends 1:45pm Piano Playing 2:00pm Cantonese Social Hour 2:45pm Gentle FIT with Dale 3:30pm FIT with Dale 7:00pm Movie: Julie and Julia	18 8:30am Bus Drop Off: London Drugs 9:00am FIT with Dale 9:45am FIT with Dale 10:30am Chair Yoga with Dale 10:30am Tai Chi with Eric 11:15am Power Hour with Dale 2:00pm PERK Activities 3:30pm FIT with Antonya 7:00pm Bingo	19 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 3:30pm Weight Training with Dale 7:00pm Movie: Thank you for Smoking	20 9:00am FIT with Dale 9:45am FIT with Dale 10:30am Chair Yoga with Dale 10:30am Tai Chi with Eric 10:30am South Vancouver Seniors Network Webinar 12:25pm OUTING: VanDusen Gardens	21 8:30am Bus Drop Off: Safeway 9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Zumba with Antonya 1:30pm Spanish for Beginners with Sofia - Theatre Room 2:00pm Flower Arranging 3:30pm Candle Lighting 3:30pm FIT with Dale 4:30pm Piano Playing	22 10:15am FIT with Dale 11:00am FIT with Dale 1:45pm Piano Playing 2:45pm Weight Training with Dale 3:15pm Knit and Chat 7:00pm Movie: Little Miss Sunshine
23 1:00pm Documentary: Kiss The Ground 1:00pm Mahjong with Brent - in the Library 2:00pm Wine Demo with Suzanne 7:00pm Documentary: Kiss The Ground	24 Victoria Day 9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Zumba with Antonya 2:00pm Cantonese Social Hour 7:00pm Mini Series: The Queen's Gambit - episode 1&2	25 JEANS DAY 8:30am Bus Drop Off: London Drugs 9:00am FIT with Dale 9:45am FIT with Dale 10:30am Chair Yoga with Dale 10:30am Tai Chi with Eric 11:15am Power Hour with Dale 2:00pm PERK Activities 3:30pm FIT with Antonya 7:00pm Bingo	26 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 3:30pm Weight Training with Dale 7:00pm Mini Series: The Queen's Gambit - episode 3 & 4	27 9:00am OUTING: Bill Reid Gallery 9:00am FIT with Dale 9:45am FIT with Dale 10:30am Chair Yoga with Dale 10:30am Tai Chi with Eric 10:30am South Vancouver Seniors Network Webinar 2:00pm Paint & Sip 7:00pm Mini Series: The Queen's Gambit - episode 5 & 6	28 8:30am Bus Drop Off: Dollarama 9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Zumba with Antonya 1:30pm Spanish for Beginners with Sofia - Theatre Room 2:00pm Flower Arranging 3:30pm Candle Lighting 3:30pm FIT with Dale 4:30pm Piano Playing 7:00pm Mini Series: The Queen's	29 10:15am FIT with Dale 11:00am FIT with Dale 1:45pm Piano Playing 2:45pm Weight Training with Dale 3:15pm Knit and Chat 7:00pm Movie: Forrest Gump
30 1:00pm Documentary: I am Greta 1:00pm Mahjong with Brent - in the Library 2:00pm Meet and Greet Social 7:00pm Documentary: I am Greta	31 9:00am Stretch with Antonya 9:45am FIT with Antonya 10:30am Zumba with Antonya 12:30pm Words with Friends 1:45pm Piano Playing 2:00pm Cantonese Social Hour 2:45pm Gentle FIT with Dale 3:30pm FIT with Dale					

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