

AUGUST 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
1	2	3	4	5	6	7		
<p>1:00pm Mahjong with Brent (L) 7:00pm Documentary: Allen v. Farrow (ep 1&2)</p>	<p>BC Day - No Car Service 9:00am Stretch with Antonya (FC) 9:45am FIT with Antonya (FC) 10:30am Zumba with Antonya (FC) 2:30pm Walking Club 2:45pm Functional Fit With Monika 3:30pm Functional Fit With Monika 7:00pm Monthly Miniseries: Hacks - Season 1 Ep 1 & 2</p>	<p>Vancouver Public Library Book Swap 8:45am Bus Drop Off: London Drugs 10:30am Tai Chi with Eric (FC) 2:00pm PERK Activities with Rosemary (TR) 2:45pm Mind & Movement With Sarah 3:30pm Gentle Dance Fitness With Sarah 7:00pm Bingo (B)</p>	<p>9:00am Stretch with Antonya (FC) 9:00am Bus Drop Off: River Rock Casino 9:45am FIT with Antonya (FC) 10:30am Zumba with Antonya (FC) 1:30pm Cantonese Social Hour 2:30pm Happy Hour 7:00pm Monthly Miniseries: Hacks - Season 1 Ep 3 & 4</p>	<p>10:30am Tai Chi with Eric - Fitness Centre (FC) 1:00pm Resident & Management Meeting (Group 1- Floors 2 & 3) 2:30pm Resident & Management Meeting (Group 2 - Floors 4,5 & 6) 2:30pm Walking Club 2:45pm Mind & Movement With Sarah 3:30pm Gentle Dance Fitness With Sarah 7:00pm Cantonese Movie: The Lady Iron Chef 美女食神</p>	<p>8:30am Bus Drop Off: Dollarama 9:00am Functional Fit With Monika 9:45am Functional Fit With Monika 10:30am Zumba with Monika 11:00am BBQ with Rob 12:30pm Flower Arranging (CA) 1:30pm Spanish for Beginners with Sofia (TR) 2:30pm Walking Club 3:30pm Candle Lighting 7:00pm Movie: This Little Love Of Mine</p>	<p>9:00am Mind & Movement With Sarah 9:45am Gentle Dance Fitness With Sarah 10:30am Chair Yoga With Sarah 2:00pm Music with D'Topnotes Michael Samson and Stella Wong 3:15pm Knit and Chat (T) 7:00pm Movie: Boy Erased</p>		
8	9	10	11	12	13	14		
<p>1:00pm Mahjong with Brent (L) 2:00pm Wii Games in the Theatre 3:00pm Pool Tournament - 6th Floor 7:00pm Documentary: Allen v. Farrow (ep 3&4)</p>	<p>9:00am Stretch with Antonya (FC) 9:45am FIT with Antonya (FC) 10:30am Zumba with Antonya (FC) 12:30pm OUTING: LaCasa Gelato 1:00pm Words with Friends - Scrabble in the Library (L) 2:30pm Walking Club 2:45pm Functional Fit With Monika 3:30pm Functional Fit With Monika 7:00pm Monthly Miniseries: Hacks - Season 1 Ep 5 & 6</p>	<p>8:45am 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) 2:45pm Mind & Movement With Sarah 3:30pm Gentle Dance Fitness With Sarah 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) 2:30pm Happy Hour 2:45pm Gentle FIT with Dale (FC) 3:30pm Weight Training with Dale (FC) 7:00pm Monthly Miniseries: Hacks - Season 1 Ep 7 & 8</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) 11:45am OUTING: Steveston 1:30pm Workshop With Sarah - "Balance And Falls Prevention" 2:30pm Walking Club 2:45pm Mind & Movement With Sarah 3:30pm Gentle Dance Fitness With Sarah</p>	<p>8:30am Bus Drop Off: Safeway 10:00am Chair Yoga with Annette 11:00am BBQ with Rob 11:15am Chair Yoga with Annette 1:30pm Sing-A-Long with Annette 2:30pm Knit & Chat With Annette 3:30pm Candle Lighting 3:30pm FIT with Dale (FC) 3:30pm Shabbat Blessing & Piano Playing With Annette 4:30pm Piano Playing (PL)</p>	<p>9:00am Mind & Movement With Sarah 9:45am Gentle Dance Fitness With Sarah 10:30am Chair Yoga With Sarah 3:15pm Knit and Chat (T) 7:00pm Movie: Wild Oats</p>		
15	16	17	18	19	20	21		
<p>1:00pm Mahjong with Brent (L) 2:00pm Wine Demo with Suzanne 3:00pm Pool Tournament - 6th Floor 7:00pm Documentary: Legend Of The Underground</p>	<p>National Tell A Joke Day 9:00am Stretch with Antonya (FC) 9:45am FIT with Antonya (FC) 10:30am Zumba with Antonya (FC) 1:00pm Comedy Hour With Rene 2:00pm RR Luxury Tour 2:30pm Walking Club 2:45pm Functional Fit With Monika 3:30pm Functional Fit With Monika 7:00pm Monthly Miniseries: Hacks - Season 1 Ep 9 & 10</p>	<p>8:45am 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) 2:45pm Mind & Movement With Sarah 3:30pm Gentle Dance Fitness With Sarah 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) 2:30pm Happy Hour - Garden Party Theme - Wear Floral! 2:45pm Gentle FIT with Dale (FC) 3:30pm Weight Training with Dale (FC) 7:00pm Movie: Cruella</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 OUTING: Bocce & Picnic In The Park 2:00pm Connect Hearing - By Appointment Only 2:30pm Walking Club 2:45pm Mind & Movement With Sarah 3:00pm Concert: Pacific Chamber Music 7:00pm Cantonese Movie: Elixir Of Love花好月圆</p>	<p>8:30am Bus Drop Off: Dollarama 9:00am Functional Fit With Monika 9:45am Functional Fit With Monika 10:30am Zumba with Monika 10:45am Bus Drop Off: Sea Harbour Restaurant 11:00am BBQ with Rob 12:30pm 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)</p>	<p>9:00am Mind & Movement With Sarah 9:45am Gentle Dance Fitness With Sarah 10:30am Chair Yoga With Sarah 3:15pm Knit and Chat (T) 7:00pm Movie: Morning Glory</p>		
22	23	24	25	26	27	28		
<p>1:00pm Mahjong with Brent (L) 2:00pm Paint & Sip 3:00pm Pool Tournament - 6th Floor 7:00pm Documentary: AKASHINGA: The Brave Ones</p>	<p>9:00am Stretch with Antonya (FC) 9:00am OUTING: Costco 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 Functional Fit With Monika 3:30pm Functional Fit With Monika 7:00pm Movie: Wrath Of Man</p>	<p>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) 11:00am Legacy Community Party & BBQ! 11:15am Power Hour with Dale (no chair assist) (FC) 2:45pm Mind & Movement With Sarah 3:30pm Gentle Dance Fitness With Sarah</p>	<p>9:00am Stretch with Antonya (FC) 9:45am FIT with Antonya (FC) 10:30am Zumba with Antonya (FC) 1:00pm Fire Drill 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: Black Widow</p>	<p>9:00am FIT with Dale (FC) 9:30am OUTING: Museum of Vancouver 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 Health Arts Society Concert 2:30pm Walking Club 2:45pm Mind & Movement With Sarah 3:30pm Gentle Dance Fitness With Sarah</p>	<p>8:30am Bus Drop Off: Safeway 9:00am Functional Fit With Monika 9:45am Functional Fit With Monika 10:30am Zumba with Monika 11:00am BBQ with Rob 12:30pm Flower Arranging (CA) 2:30pm Walking Club 3:30pm Candle Lighting 3:30pm FIT with Dale (FC) 4:30pm Piano Playing (PL) 5:00pm Night Market at Legacy!</p>	<p>9:00am Mind & Movement With Sarah 9:45am Gentle Dance Fitness With Sarah 10:30am Chair Yoga With Sarah 3:15pm Knit and Chat (T) 7:00pm Movie: Alaska Is A Drag</p>		
29	30	31						<p>LOCATION 2nd Floor Lounge (2FL) Bistro (B) Creative Art Centre (CA) Fitness Centre (FC) Library (L) Piano Lounge (PL) Theatre Room (TR)</p>
<p>1:00pm Mahjong with Brent (L) 2:00pm Wii Games in the Theatre 3:00pm Pool Tournament - 6th Floor 7:00pm Documentary: Winged Seduction: Birds Of Paradise</p>	<p>9:00am Stretch with Antonya (FC) 9:00am OUTING: DaVinci Experience at Tsawwassen Mills 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 Functional Fit With Monika 3:30pm Functional Fit With Monika 7:00pm Movie: Get Him To The Greek</p>	<p>8:45am 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) 2:45pm Mind & Movement With Sarah 3:30pm Gentle Dance Fitness With Sarah 7:00pm Bingo (B)</p>						