

SEPTEMBER 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>			<p>1 Vancouver Public Library Book Club Pick Up 9:00am Stretch with Antonya (FC) 9:45am FIT with Antonya (FC) 10:30am Mindful Meditation 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: City Of God</p>	<p>2 9:00am FIT with Dale (FC) 9:45am FIT with Dale (FC) 10:30am Chair Yoga with Dale - 2nd Floor 10:30am Tai Chi with Eric - Fitness Centre 1:00pm Resident & Management Meeting 2:00pm Bocce Ball Tournament 2:30pm Walking Club 2:45pm Mind & Movement With Sarah 3:30pm Gentle Dance Fitness With Sarah 7:00pm Cantonese Movie: Aces Go Places 最佳拍檔</p>	<p>3 8:45am Bus Drop Off: Dollarama 9:00am Functional Fit With Monika 9:45am Functional Fit With Monika 10:30am Zumba with Monika 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>4 9:00am Mind & Movement With Sarah 9:45am Gentle Dance Fitness With Sarah 10:30am Chair Yoga With Sarah 2:00pm Concert by Sassabrass Entertainment 3:15pm Knit and Chat (T) 7:00pm Movie: Cinderella the Musical (2021)</p>
<p>5 1:00pm Mahjong with Brent (L) 7:00pm Movie: Cradle Of The Gods</p>	<p>6 Labour Day - No Car Service Erev Rosh Hashanah 9:00am Stretch with Antonya (FC) 9:45am FIT with Antonya (FC) 10:30am Zumba with Antonya (FC) 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 Movie: Shiva Baby</p>	<p>7 Rosh Hashanah 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>8 Rosh Hashanah 9:00am Stretch with Antonya (FC) 9:45am FIT with Antonya (FC) 10:30am Mindful Meditation 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 White Tiger</p>	<p>9 9:00am FIT with Dale (FC) 9:45am FIT with Dale (FC) 10:30am Chair Yoga with Dale - 2nd Floor 10:30am Tai Chi with Eric - Fitness Centre 1:00pm OUTING: Sun Yat Sen Garden 2:30pm Walking Club 2:45pm Mind & Movement With Sarah 3:30pm Gentle Dance Fitness With Sarah 7:00pm Wii Sports In The Theatre Room</p>	<p>10 8:30am Bus Drop Off: Safeway 9:00am Functional Fit With Monika 9:45am Functional Fit With Monika 10:30am Zumba with Monika 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>11 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: Pieces Of A Woman</p>
<p>12 Grandparent's Day 1:00pm Mahjong with Brent (L) 2:00pm Concert by Pacific Chamber Music 7:00pm Movie: And So It Goes</p>	<p>13 International Day Of Chocolate 9:00am Stretch with Antonya (FC) 9:45am FIT with Antonya (FC) 10:30am Zumba with Antonya (FC) 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 Pool Tournament - 6th Floor 7:00pm Movie: Chocolat</p>	<p>14 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>15 Erev Yom Kippur 9:00am Stretch with Antonya (FC) 9:45am FIT with Antonya (FC) 10:30am Mindful Meditation 10:30am Zumba with Antonya (FC) 11:00am Walker Clinic With Advanced Medical 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: Coming 2 America</p>	<p>16 Yom Kippur 9:00am FIT with Dale (FC) 9:45am FIT with Dale (FC) 10:30am Chair Yoga with Dale - 2nd Floor 10:30am Tai Chi with Eric - Fitness Centre 10:30am OUTING: Vancouver Art Gallery 2:00pm Bocce Ball Tournament 2:30pm Walking Club 2:45pm Mind & Movement With Sarah 3:30pm Gentle Dance Fitness With Sarah 7:00pm Wii Sports In The Theatre Room</p>	<p>17 8:45am Bus Drop Off: Dollarama 9:00am Functional Fit With Monika 9:45am Functional Fit With Monika 10:30am Zumba with Monika 12:30pm Flower Arranging (CA) 2:00pm Terry Fox Fundraiser - Silver Fox Run/Walk/Stroll 3:30pm Candle Lighting 3:30pm FIT with Dale (FC) 4:30pm Piano Playing (PL)</p>	<p>18 9:00am Mind & Movement With Sarah 9:45am Gentle Dance Fitness With Sarah 10:30am Chair Yoga With Sarah 2:00pm Concert by Health Arts Society 3:15pm Knit and Chat (T) 7:00pm Movie: Lady Bird</p>
<p>19 1:00pm Mahjong with Brent (L) 2:00pm Wine Demo with Suzanne 7:00pm Movie: The Cove</p>	<p>20 9:00am Stretch with Antonya (FC) 9:00am OUTING: McCleary Driving Range 9:45am FIT with Antonya (FC) 10:30am Zumba with Antonya (FC) 1:00pm Words with Friends - Scrabble in the Library (L) 2:00pm Paint & Sip 2:00pm RR Luxury Tour 2:30pm Walking Club 2:45pm Functional Fit With Monika 3:30pm Functional Fit With Monika 7:00pm Pool Tournament - 6th Floor 7:00pm Movie: Ford vs.Ferrari</p>	<p>21 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) 2:45pm Mind & Movement With Sarah 3:30pm Gentle Dance Fitness With Sarah 7:00pm Bingo (B)</p>	<p>22 9:00am Stretch with Antonya (FC) 9:45am FIT with Antonya (FC) 10:00am OUTING: Chaberton Estate Wineries 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: Ted Lasso: (Season ep 1 & 2)</p>	<p>23 9:00am FIT with Dale (FC) 9:45am FIT with Dale (FC) 10:30am Chair Yoga with Dale - 2nd Floor 10:30am Tai Chi with Eric - Fitness Centre 11:15am OUTING: Sun Sui Wah 2:00pm Bocce Ball Tournament 2:30pm Walking Club 2:45pm Mind & Movement With Sarah 3:30pm Gentle Dance Fitness With Sarah 7:00pm Cantonese Movie: Beauty On Duty 美麗密令</p>	<p>24 8:30am Bus Drop Off: Safeway 9:00am Functional Fit With Monika 9:45am Functional Fit With Monika 10:30am Zumba with Monika 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) 7:00pm Book Club - "Adult Onset" by Ann-Marie MacDonald</p>	<p>25 10:00am Chair Yoga with Annette 11:15am Chair Yoga with Annette 1:30pm Sing-A-Long with Annette 2:30pm Knit & Chat With Annette 3:30pm Shabbat Music with Annette 7:00pm Movie: One Night In Miami</p>
<p>26 1:00pm Mahjong with Brent (L) 2:00pm Meet and Greet Social 7:00pm Movie: Pray Away</p>	<p>27 9:00am Stretch with Antonya (FC) 9:45am FIT with Antonya (FC) 10:30am Zumba with Antonya (FC) 1:00pm Words with Friends - Scrabble in the Library (L) 2:00pm Mixed Media Art Class - DIY Fall Wreath 2:00pm RR Luxury Tour 2:30pm Walking Club 2:45pm Functional Fit With Monika 3:30pm Functional Fit With Monika 7:00pm Pool Tournament - 6th Floor 7:00pm Movie: Ted Lasso: (Season 1 ep 3 & 4)</p>	<p>28 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>29 9:00am Stretch with Antonya (FC) 9:45am FIT with Antonya (FC) 10:30am Mindful Meditation 10:30am Zumba with Antonya (FC) 1:30pm Moon Cake Festival & Demonstration with Jessica 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: Ted Lasso: (Season 1 ep 5 & 6)</p>	<p>30 9:00am FIT with Dale (FC) 9:45am FIT with Dale (FC) 10:30am Chair Yoga with Dale - 2nd Floor 10:30am Tai Chi with Eric - Fitness Centre 12:30pm OUTING: Granville Island 2:00pm Fire Drill 2:30pm Walking Club 2:45pm Mind & Movement With Sarah 3:30pm Gentle Dance Fitness With Sarah 7:00pm Wii Sports In The Theatre Room</p>		