


ENJOYING JANUARY

sunday	monday	tuesday	wednesday	thursday	friday	saturday
						<p style="text-align: right;">Happy New Year! 1</p> <p>12:30pm Movie: No Time to Die James Bond 007</p> <p>3:00pm Knit and Chat</p> <p>7:00pm Movie: No Time to Die James Bond 007</p>
<p>12:30pm Documentary: James Brown- Mr. Dynamite 2</p> <p>1:30pm Mahjong with Brent</p> <p>3:00pm Wii Games with Sergio</p> <p>7:00pm Documentary: James Brown- Mr. Dynamite</p>	<p>9:00am Stretch with Antonya 3</p> <p>9:45am FIT with Antonya</p> <p>10:30am Zumba with Antonya</p> <p>12:45pm Words with Friends - Scrabble in the Library</p> <p>2:00pm French for Beginners with Mr.Dinh</p> <p>2:00pm RR Luxury Tour</p> <p>2:30pm Walking Club</p>	<p>8:30am Bus Drop Off: Walmart 4</p> <p>9:00am FIT with Dale</p> <p>9:45am Gentle FIT with Dale</p> <p>10:30am Chair Yoga with Dale</p> <p>11:15am Power Hour with Dale (no chair assist)</p> <p>1:30pm Tai Chi with Eric</p> <p>2:00pm PERK Activities with Rosemary</p> <p>5:00pm Wii Games with Holden</p> <p>6:00pm Pool with Holden</p> <p>7:00pm Bingo</p>	<p>9:00am Stretch with Antonya 5</p> <p>9:45am FIT with Antonya</p> <p>10:30am Zumba with Antonya</p> <p>11:15am Meditation with Antonya</p> <p>12:30pm Movie: Dirty Dancing</p> <p>1:30pm Cantonese Social Hour</p> <p>1:45pm Piano Playing</p> <p>2:00pm Happy Hour</p> <p>2:45pm Gentle FIT with Dale</p> <p>3:30pm Weight Training with Dale</p> <p>7:00pm Movie: Dirty Dancing</p>	<p>9:00am FIT with Dale 6</p> <p>9:45am Gentle FIT with Dale</p> <p>10:30am Chair Yoga with Dale</p> <p>12:30pm Outing: Winners and Nordstrom</p> <p>1:30pm Tai Chi with Eric</p> <p>2:00pm Cantonese Movie: The Soong Sisters</p> <p>2:30pm Walking Club</p> <p>7:00pm Cantonese Movie: The Soong Sisters</p>	<p>8:45am Bus Drop Off: Dollarama 7</p> <p>9:00am Stretch with Antonya</p> <p>9:45am FIT with Antonya</p> <p>10:30am Zumba with Antonya</p> <p>12:30pm Flower Arranging</p> <p>1:30pm Spanish for beginners with Hector</p> <p>2:30pm Walking Club</p> <p>3:30pm Candle Lighting</p> <p>3:30pm FIT with Dale</p> <p>4:30pm Piano Playing</p> <p>7:00pm TV Series: Maid</p>	<p>9:00am Sit & Keep Fit with Sarah 8</p> <p>9:45am Gentle Dance Fitness with Sarah</p> <p>10:30am Chair Yoga with Sarah</p> <p>12:30pm DIY: Paint and Sip</p> <p>12:30pm Movie: Blackbird</p> <p>3:00pm Knit and Chat</p> <p>7:00pm Movie: Blackbird</p>
<p>12:30pm Documentary: What Drives US 9</p> <p>1:30pm Mahjong with Brent</p> <p>3:00pm Wii Games with Sergio</p> <p>7:00pm Documentary: What Drives US</p>	<p>9:00am Stretch with Antonya 10</p> <p>9:45am FIT with Antonya</p> <p>10:30am Zumba with Antonya</p> <p>12:45pm Words with Friends - Scrabble in the Library</p> <p>2:00pm French for Beginners with Mr.Dinh</p> <p>2:00pm RR Luxury Tour</p> <p>2:30pm Walking Club</p>	<p>7:30am Chef prepared Hot Breakfast 11</p> <p>8:45am Bus Drop Off: London Drugs</p> <p>9:00am FIT with Dale</p> <p>9:45am Gentle FIT with Dale</p> <p>10:30am Chair Yoga with Dale</p> <p>11:15am Power Hour with Dale (no chair assist)</p> <p>1:30pm Tai Chi with Eric</p> <p>2:00pm PERK Activities with Rosemary</p> <p>5:00pm Wii Games with Holden</p> <p>6:00pm Pool with Holden</p> <p>7:00pm Bingo</p>	<p>9:00am Stretch with Antonya 12</p> <p>9:45am FIT with Antonya</p> <p>10:30am Zumba with Antonya</p> <p>11:15am Meditation with Antonya</p> <p>12:30pm Movie: Sense and Sensibility</p> <p>1:30pm Cantonese Social Hour</p> <p>1:45pm Piano Playing</p> <p>2:00pm Happy Hour</p> <p>2:45pm Gentle FIT with Dale</p> <p>3:30pm Weight Training with Dale</p> <p>7:00pm Movie: Sense and Sensibility</p>	<p>8:45am Bus Drop Off: Shoppers Drug Mart 13</p> <p>9:00am FIT with Dale</p> <p>9:45am Gentle FIT with Dale</p> <p>10:30am Chair Yoga with Dale</p> <p>12:30pm Outing: Catoro Cafe</p> <p>1:30pm Tai Chi with Eric</p> <p>2:00pm Cantonese Movie: Sky on Fire</p> <p>2:30pm Walking Club</p> <p>7:00pm Cantonese Movie: Sky On Fire</p>	<p>8:30am Bus Drop Off: Safeway 14</p> <p>9:00am Stretch with Antonya</p> <p>9:45am FIT with Antonya</p> <p>10:30am Zumba with Antonya</p> <p>1:30pm Spanish for beginners with Hector</p> <p>2:30pm Walking Club</p> <p>3:30pm Candle Lighting</p> <p>3:30pm FIT with Dale</p> <p>4:30pm Piano Playing</p> <p>7:00pm TV Series: Maid</p>	<p>9:00am Sit & Keep Fit with Sarah 15</p> <p>9:45am Gentle Dance Fitness with Sarah</p> <p>10:30am Chair Yoga with Sarah</p> <p>12:30pm Movie: The Father</p> <p>3:00pm Knit and Chat</p> <p>5:00pm Happy Days Dinner</p> <p>6:30pm Concert by Brian Simpson</p> <p>7:00pm Movie: The Father</p>
<p>12:30pm Documentary: Life off Grid 16</p> <p>1:30pm Mahjong with Brent</p> <p>3:00pm Wii Games with Sergio</p> <p>7:00pm Documentary: Life off Grid</p>	<p>9:00am Stretch with Antonya 17</p> <p>9:45am FIT with Antonya</p> <p>10:30am Zumba with Antonya</p> <p>12:45pm Words with Friends - Scrabble in the Library</p> <p>2:00pm French for Beginners with Mr.Dinh</p> <p>2:00pm RR Luxury Tour</p> <p>2:30pm Walking Club</p>	<p>8:30am Bus Drop Off: Walmart 18</p> <p>9:00am FIT with Dale</p> <p>9:45am Gentle FIT with Dale</p> <p>10:30am Chair Yoga with Dale</p> <p>11:15am Power Hour with Dale (no chair assist)</p> <p>1:30pm Tai Chi with Eric</p> <p>2:00pm PERK Activities with Rosemary</p> <p>5:00pm Wii Games with Holden</p> <p>6:00pm Pool with Holden</p> <p>7:00pm Bingo</p>	<p>9:00am Stretch with Antonya 19</p> <p>9:45am FIT with Antonya</p> <p>10:30am Zumba with Antonya</p> <p>11:15am Meditation with Antonya</p> <p>12:30pm Movie: Funny Girl</p> <p>1:30pm Cantonese Social Hour</p> <p>1:45pm Piano Playing</p> <p>2:00pm Happy Hour</p> <p>2:45pm Gentle FIT with Dale</p> <p>3:30pm Weight Training with Dale</p> <p>7:00pm Movie: Funny Girl</p>	<p>9:00am FIT with Dale 20</p> <p>9:45am Gentle FIT with Dale</p> <p>10:30am Chair Yoga with Dale</p> <p>12:30pm Outing: Vancouver Aquarium</p> <p>1:30pm Tai Chi with Eric</p> <p>2:00pm Cantonese Movie: Crossing Hennessy</p> <p>2:30pm Walking Club</p> <p>7:00pm Cantonese Movie: Crossing Hennessy</p>	<p>8:45am Bus Drop Off: Dollarama 21</p> <p>9:00am Stretch with Antonya</p> <p>9:45am FIT with Antonya</p> <p>10:30am Zumba with Antonya</p> <p>12:30pm Flower Arranging</p> <p>1:30pm Spanish for beginners with Hector</p> <p>2:30pm Walking Club</p> <p>3:30pm Candle Lighting</p> <p>3:30pm FIT with Dale</p> <p>4:30pm Piano Playing</p> <p>7:00pm TV Series: Maid</p>	<p>9:00am Sit & Keep Fit with Sarah 22</p> <p>9:45am Gentle Dance Fitness with Sarah</p> <p>10:30am Chair Yoga with Sarah</p> <p>12:30pm DIY: Jewelry Making</p> <p>12:30pm Movie: Being the Ricardos</p> <p>3:00pm Knit and Chat</p> <p>7:00pm Movie: Being the Ricardos</p>
<p>12:30pm Documentary: Minimalism 23</p> <p>1:30pm Mahjong with Brent</p> <p>2:00pm Concert by Health Arts Society</p> <p>3:00pm Wii Games with Sergio</p> <p>7:00pm Documentary: Minimalism</p>	<p>9:00am Stretch with Antonya 24</p> <p>9:45am FIT with Antonya</p> <p>10:30am Zumba with Antonya</p> <p>12:45pm Words with Friends - Scrabble in the Library</p> <p>2:00pm French for Beginners with Mr.Dinh</p> <p>2:00pm RR Luxury Tour</p> <p>2:30pm Walking Club</p>	<p>8:45am Bus Drop Off: London Drugs 25</p> <p>9:00am FIT with Dale</p> <p>9:45am Gentle FIT with Dale</p> <p>10:30am Chair Yoga with Dale</p> <p>11:15am Power Hour with Dale (no chair assist)</p> <p>1:30pm Tai Chi with Eric</p> <p>2:00pm PERK Activities with Rosemary</p> <p>2:00pm Wine and Food Demo</p> <p>5:00pm Wii Games with Holden</p> <p>6:00pm Pool with Holden</p> <p>7:00pm Bingo</p>	<p>9:00am Stretch with Antonya 26</p> <p>9:45am FIT with Antonya</p> <p>10:30am Zumba with Antonya</p> <p>11:15am Meditation with Antonya</p> <p>12:30pm Movie: Grease</p> <p>1:30pm Cantonese Social Hour</p> <p>1:45pm Piano Playing</p> <p>2:00pm Happy Hour</p> <p>2:45pm Gentle FIT with Dale</p> <p>3:30pm Weight Training with Dale</p> <p>7:00pm Movie: Grease</p>	<p>9:00am FIT with Dale 27</p> <p>9:45am Gentle FIT with Dale</p> <p>10:30am Chair Yoga with Dale</p> <p>12:30pm Outing: Museum of Anthropology</p> <p>1:30pm Tai Chi with Eric</p> <p>2:00pm Cantonese Movie: PTU Staff Fire Drill</p> <p>2:15pm Walking Club</p> <p>7:00pm Cantonese Movie: PTU</p>	<p>8:30am Bus Drop Off: Safeway 28</p> <p>9:00am Stretch with Antonya</p> <p>9:45am FIT with Antonya</p> <p>10:30am Zumba with Antonya</p> <p>1:30pm Spanish for beginners with Hector</p> <p>2:30pm Walking Club</p> <p>3:00pm Vancouver Public Library Book Swap</p> <p>3:30pm Candle Lighting</p> <p>3:30pm FIT with Dale</p> <p>4:30pm Piano Playing</p> <p>7:00pm TV Series: Maid</p>	<p>9:00am Sit & Keep Fit with Sarah 29</p> <p>9:45am Gentle Dance Fitness with Sarah</p> <p>10:30am Chair Yoga with Sarah</p> <p>12:30pm DIY: Faux Ceramic Vases</p> <p>12:30pm Movie: The Unforgivable</p> <p>3:00pm Knit and Chat</p> <p>7:00pm Movie: The Unforgivable</p>
<p>12:30pm Documentary: The Alpinist 30</p> <p>1:30pm Mahjong with Brent</p> <p>3:00pm Wii Games with Sergio</p> <p>7:00pm Documentary: The Alpinist</p>	<p>9:00am Stretch with Antonya 31</p> <p>9:45am FIT with Antonya</p> <p>10:30am Zumba with Antonya</p> <p>12:45pm Words with Friends - Scrabble in the Library</p> <p>2:00pm French for Beginners with Mr.Dinh</p> <p>2:00pm RR Luxury Tour</p> <p>2:30pm Walking Club</p>					

