

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	Hair by Inky 3	Hair by Annette 4	5
		10:00 Zumba Exercise with Karen (G) 2:00 Wii Bowling (P) 2:30 Digital Literacy w/Daryl(SU) 7:30 <b>Movie Night: Just Getting Started (T)</b>	10:00 Fitness w/ Prabh (G) 2:00 Word in a Word (B) 7:30 <b>TV Night: Break Point – Episode 1 (T)</b>	10:00 Chair Yoga w/Christie(G) 11:00 Self-Led Scrabble (B) 1:00 Fitness w/ Prabh (G) 2:00 Pianist Lester Soo (P) 3:00 Wine and Cheese (S) 7:30 <b>Movie Night: The Phantom of the Open (T)</b>	10:00 Zumba Exercise with Karen (G) 2:00 Self-Led Card Games (B) 3:00 Current Events Discussion Group (L) 7:30 <b>Documentary: Audrey (T)</b>	10:15 Self-Led Scrabble (B) 10:30 Pool w/ Jiho (Bi) 1:30 Self-Led Cribbage (B) 7:30 <b>Movie Night: Escape from Alcatraz (T)</b>
6	7	8	9	Hair by Inky 10	Hair by Annette 11	12
10:00 Chair Yoga w/Christie (G) 11:15 Mexican Train (B) 2:00 Life Talks w/ Lois (L) 3:30 BINGO (B) 7:30 <b>TV Night: Ancient Apocalypse – Ep. 1 (T)</b>	10:00 PERK Activities w/ Rosemary Moritz (B) 1:30 In Stitch Us: Knitting (P) 2:00 Self-led Bridge Group (B) 2:30 Chair Yoga w/Christie (G) 4:00 Trivia w/ Danica (L)	10:00 Zumba Exercise with Karen (G) 2:00 Wii Bowling (P) 2:30 Digital Literacy w/Daryl(SU) 7:30 <b>Movie Night: Dog Gone(T)</b>	10:00 Fitness w/ Prabh (G) 2:00 Word in a Word (B) 4:00 Creative Corner Art Program w/ Danica (B) 7:30 <b>TV Night: Break Point – Episode 2 (T)</b>	10:00 Chair Yoga w/Christie(G) 11:00 Self-Led Scrabble (B) 1:00 Fitness w/ Prabh (G) 2:00 Performer Bob York (P) 3:00 Wine and Cheese (S) 7:30 <b>Movie Night: All My Life(T)</b>	10:00 Zumba Exercise with Karen (G) 2:00 Self-Led Card Games (B) 3:00 Book/Reading Discussion Group (L) 7:30 <b>Movie Night: Home Team(T)</b>	10:15 Self-Led Scrabble (B) 10:30 Pool w/ Jiho (Bi) 1:30 Self-Led Cribbage (B) 7:30 <b>Documentary: Bill Russell – Legend (T)</b>
13	Valentine's Day 14	15	16	Hair by Inky 17	Hair by Annette 18	19
10:00 Chair Yoga w/Christie (G) 11:15 Mexican Train (B) 1:00 <b>Health Talks w/ Vlad: Heart Health (T)</b> 2:00 Life Talks w/ Lois (L) 3:30 BINGO (B) 7:30 <b>TV Night: Ancient Apocalypse – Ep. 2 (T)</b>	10:00 PERK Activities w/ Rosemary Moritz (B) 1:15 Gym Orientation w/Julie(SU) 1:30 In Stitch Us: Knitting (P) 2:00 Self-led Bridge Group (B) 2:30 Chair Yoga w/Christie (G) 3:00 <b>Valentine's Day Tea Social (Dining Room)</b> 4:00 Trivia w/ Danica (L)	10:00 Zumba Exercise with Karen (G) 2:00 <b>Performance by Jennifer Lauren (P)</b> 2:30 Digital Literacy w/Daryl(SU) 3:00 <b>Birthday Party (S)</b>	9:45 <b>Music in the Morning Taxi (SU)</b> 10:00 Fitness w/ Prabh (G) 2:00 Circuit Training w/Julie (G) 3:00 <b>Town Hall Meeting (P)</b> 4:00 Creative Corner Art Program w/ Danica (B)	10:00 Chair Yoga w/Christie(G) 11:00 Self-Led Scrabble (B) 1:00 Fitness w/ Prabh (G) 2:00 <b>Gardening Committee Meeting (B)</b> 3:00 Wine and Cheese (S) 7:30 <b>Movie: It's Complicated (T)</b>	10:00 Zumba Exercise with Karen (G) 2:00 Self-Led Card Games (B) 3:00 Current Events Discussion Group (L) 7:30 <b>Documentary: Joshua – Teenager vs Superpower(T)</b>	10:15 Self-Led Scrabble (B) 10:30 Pool w/ Jiho (Bi) 1:30 Self-Led Cribbage (B) 2:30 <b>TV Show: Break Point – Episode 3 (T)</b> 7:30 <b>Movie Night: The Age of Innocence (T)</b>
Foot Care by Evelyn 20	21	Pink Shirt Day 22	23	Hair by Inky 24	Hair by Annette 25	26
10:00 Chair Yoga w/Christie (G) 11:15 Mexican Train (B) 2:00 Life Talks w/ Lois (L) 3:30 BINGO (B) 7:30 <b>TV Night: Ancient Apocalypse – Ep. 3 (T)</b>	10:00 PERK Activities w/ Rosemary Moritz (B) 1:30 In Stitch Us: Knitting (P) 2:00 Self-led Bridge Group (B) 2:30 Chair Yoga w/Christie (G) 4:00 Trivia w/ Danica (L)	<b>Pink Shirt Day Fundraiser in the Coffee Bistro</b> 10:00 Zumba Exercise with Karen (G) 2:00 Wii Bowling (P) 2:30 Digital Literacy w/Daryl(SU) 3:00 <b>Pink Shirt Day Photo (C)</b>	10:00 Fitness w/ Prabh (G) 2:00 Word in a Word (B) 4:00 Creative Corner Art Program w/ Danica (B) 7:30 <b>TV Night: Break Point – Episode 4 (T)</b>	10:00 Chair Yoga w/Christie(G) 11:00 Self-Led Scrabble (B) 1:00 Fitness w/ Prabh (G) 2:00 <b>Health Arts Concert (P)</b> 3:00 Wine and Cheese (C) 7:30 <b>Movie Night: Press Play(T)</b>	10:00 Zumba Exercise with Karen (G) 2:00 Self-Led Card Games (B) 2:30 <b>Movie Matinee: Mr Bean's Holiday (T)</b> 3:00 Current Events Discussion Group (L) 7:30 <b>Movie: The Adam Project(T)</b>	10:15 Self-Led Scrabble (B) 10:30 Pool w/ Jiho (Bi) 1:30 Self-Led Cribbage (B) 7:30 <b>Documentary: A Trip to Infinity (T)</b>
27	28			Room Legend	Room Legend	
10:00 Chair Yoga w/Christie (G) 11:15 Mexican Train (B) 2:00 Life Talks w/ Lois (L) 3:30 BINGO (B) 7:30 <b>TV Night: Ancient Apocalypse – Ep. 4 (T)</b>	10:00 PERK Activities (B) 1:30 In Stitch Us: Knitting (P) 2:00 Self-led Bridge Group (B) 2:30 Chair Yoga w/Christie (G) 3:15 Gym Orientation w/Julie(SU) 4:00 Trivia w/ Danica (L)			(G) Gym (P) Piano Lounge (T) Theatre (L) Library (B) Bayview Room	(Bi) Billiards Area (S) Skyline Lounge (C) Coffee Bistro (SU) Sign up at Front Desk (608) Suite 608	<b>*Calendar subject to change, please see daily activity sheets in elevator for accurate program listings. Changes will be highlighted in yellow!</b>