

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	Hair by Annette 6	7
10:00 Chair Yoga w/ Christie 11:15 Mexican Train (B) 2:00 Life Talks w/ Lois (L) 3:00 Chef Demo (B) 4:00 BINGO (B) 7:30 TV Night: Harry and Meghan Ep. 1 (T)	10:00 PERK Activities w/ Rosemary Moritz (B) 1:00 Outing to Dollarama and Liquor Store (SU) 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 w/ Eric (G) 10:30 Creative Corner (B) 2:00 Performance by Jennifer Lauren (P) 2:30 Digital Literacy w/ Daryl 3:00 Stretch and Balance (G)	10:00 Fitness w/ Prabh (G) 1:00 Outing to Shoppers Drug Mart (SU) 2:00 Word in a Word (B) 3:00 Chair Yoga w/ Gabby 4:00 Wii Bowling w/ Danica (P) 7:30 Movie Night: Wonder (T)	10:30 Word in a Word (B) 1:00 Stretch and Balance (G) 3:00 Wine and Cheese (C) 7:30 Movie Night: The Wild Bunch (T)	10:00 Zumba w/ Karen (G) 11:00 Self-Led Current Events (L) 2:00 Self-Led Card Games (B) 7:30 Documentary: Our Universe Ep. 5 (T)	10:15 Self-Led Scrabble (B) 10:30 Pool w/ Jiho (Bi) 1:30 Self-Led Cribbage (B) 7:30 Movie Night: Something's Gotta Give (T)
8	9	10	11	Hair by Inky 12	Hair by Annette 13	14
10:00 Chair Yoga w/ Blythe 11:15 Mexican Train (B) 2:00 Life Talks w/ Lois (L) 3:00 Silver Spoon (S) 4:00 BINGO (B) 7:30 TV Night: Harry and Meghan Ep. 2 (T)	10:00 PERK Activities w/ Rosemary Moritz (B) 1:00 Outing to Plant Nursery (SU) 1:30 In Stitch Us: Knitting (P) 2:00 Self-led Bridge Group (B) 2:30 Chair Yoga w/ Gabby (G) 4:00 Trivia w/ Danica (L)	10:00 Zumba Exercise w/Eric (G) 10:30 Creative Corner (B) 1:00 Presentation by Rose Murray 2:30 Digital Literacy w/ Daryl 3:00 Stretch and Balance (G) Terraces Dinner Buffet – Cinco de Mayo	10:00 Fitness w/ Prabh (G) 10:15 Gardening 1:00 Outing to Walmart (SU) 2:00 Word in a Word (B) 3:15 Discuss the Book You're Reading (L) 4:00 Wii Bowling w/ Danica (P) 7:30 Movie Night: Sense and Sensibility (T)	9:45 Public Library Rentals (P) 10:30 Word in a Word (B) 1:00 Stretch and Balance (G) 2:00 Performance by Lester Soo (P) 3:00 Mother's Day High Tea (C) 7:30 Movie Night: Mamma Mia (T)	10:00 Zumba w/ Karen (G) 11:00 Self-Led Current Events (L) 2:00 Self-Led Card Games (B) 7:30 Documentary: Our Universe Ep. 6 (T)	10:15 Self-Led Scrabble (B) 10:30 Pool w/ Jiho (Bi) 1:30 Self-Led Cribbage (B) 7:30 Movie Night: Fishermen's Friends (T)
15	16	17	18	Hair by Inky 19	Hair by Annette 20	21
10:00 Chair Yoga w/ Blythe (G) 11:15 Mexican Train (B) 1:00 Outing to Plant Nursery (SU) 2:00 Life Talks w/ Lois (L) 3:30 Gardening with Gabby (B) 4:00 BINGO (B) 7:30 TV Night: Harry and Meghan Ep. 3 (T)	10:00 PERK Activities w/ Rosemary Moritz (B) 1:00 Outing to Superstore (SU) 1:30 In Stitch Us: Knitting (P) 2:00 Self-led Bridge Group (B) 2:30 Chair Yoga w/ Blythe (G) 4:00 Trivia w/ Danica (L)	10:00 Zumba Exercise w/Eric (G) 10:30 Creative Corner (B) 2:00 Performance by Greg Alcock (P) 2:30 Digital Literacy w/Daryl(SU) 3:00 Birthday Party (C)	10:00 Fitness w/ Prabh (G) 2:00 Word in a Word (B) 3:15 Town Hall Meeting (P) 4:00 Wii Bowling w/ Danica (P) 7:30 Movie Night: Top Gun (T)	10:30 Word in a Word (B) 1:00 Stretch and Balance (G) 3:00 Wine and Cheese (C) 7:30 Little Women (T)	10:00 Zumba w/ Karen (G) 11:00 Self-Led Current Events (L) 2:00 Self-Led Card Games (B) 7:30 Movie Night: The Blind Side (T)	10:15 Self-Led Scrabble (B) 10:30 Pool w/ Jiho (Bi) 1:30 Self-Led Cribbage (B) 7:30 Movie Night: Simply Irresistable (T)
22	23	24	25	Hair by Inky 26	Hair by Annette 27	28
10:00 Chair Yoga w Blythe (G) 11:15 Mexican Train (B) 2:00 Life Talks w/ Lois (L) 4:00 BINGO (B) 7:30 TV Night: Harry and Meghan Ep. 4 (T)	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/Blythe (G) 3:15 Recreation Workshop (B) 4:00 Trivia w/ Danica (L)	10:00 Zumba Exercise w/Eric(G) 10:30 Creative Corner (B) 1:00 Granville Island & No Frills 2:30 Digital Literacy w/Daryl (SU) 3:00 Stretch and Balance (G)	10:00 Fitness w/ Prabh (G) 1:00 Kitsilano Beach 1:00 Chair Yoga w/ Gabby (G) 2:00 Word in a Word (B) 4:00 Wii Bowling w/ Danica (P) 7:30 Movie Night: Persuasion (T)	10:30 Word in a Word (B) 1:00 Stretch and Balance (G) 2:00 Health Arts (P) 3:00 Wine and Cheese (C) 7:30 Movie Night: Animals are Amazing (T)	10:00 Zumba w/ Karen (G) 11:00 Self-Led Current Events (L) 2:00 Self-Led Card Games (B) 7:30 Movie Night: Kung Fu Panda (T)	10:15 Self-Led Scrabble (B) 10:30 Pool w/ Jiho (Bi) 1:30 Self-Led Cribbage (B) 7:30 Movie Night: Mission Impossible: Fallout (T)
Foot Care by Evelyn 29	30	31			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 Gardening with Gabby (B) 4:00 BINGO (B) 7:30 TV Night: Harry and Meghan Ep. 5 (T)	10:00 PERK w/ Rosemary (B) 1:30 Health Talks: Stroke (T) 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 w/ Eric (G) 10:30 Creative Corner (B) 2:00 Performance by Michelle Carlisle (P) 2:30 Digital Literacy w/Daryl(SU) 3:00 Stretch and Balance (G)	Managed by		(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