


Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Room Legend		Room Legend								Hair by Annette 1		2	
(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 (Pa) 5th Floor Patio								10:00 Zumba w/ Eric (G) 10:15 Self-Led Scrabble (B) 1:00 Performance by Caviar & Lace (Pa) 3:00 Fitness w/ Prabh (G) 7:30 Documentary: Descendant (2022) (T)	9:15 Stretch and Balance (G) 10:30 Word in a Word 2 (B) 1:30 Self-Led Cribbage (B) 7:30 Movie Night: King Richard (2021) (T)		
3		4		5		6		Hair by Inky 7		Hair by Annette 8		9	
10:00 Chair Yoga w/ Christie 1 (G) 10:35 Chair Yoga w/ Christie 2 (G) 11:00 Singing Group (P) 11:15 Mexican Train (B) 12:00 CANADA DAY BBQ 2:00 Life Talks w/ Lois (L) 3:30 BINGO (B) 7:30 TV Night: Atypical (T)		9:30 Gardening w/Shelby (Pa) 10:00 PERK Activities w/Gabby (B) 11:15 Stretch & Balance (G) 1:00 Chinese Garden 1:30 Power Up w/ Shelby (G) 2:00 Self-led Bridge Group (B) 3:00 Trivia w/ Shelby (L)	9:30 Healthy Heart Walk (C) NO ZUMBA W/ KAREN 10:30 Current Events (L) 1:00 Wii Bowling (P) 2:00 Performance by Bob York (P) 2:30 Digital Literacy w/ Daryl 3:30 Ice Cream Social (Pa)	10:00 Fitness w/ Prabh (G) 10:30 Creative Corner (B) 2:00 Word in a Word 1 (B) 7:30 Movie Night: A Beautiful Life (2023) (T)	10:00 Chair Yoga w/ Christie 1 (G) 10:35 Chair Yoga w/ Christie 2 (G) 1:00 Stretch and Balance (G) 3:00 Wine and Cheese (C) 7:30 Movie Night: Miracles From Heaven (2016) (T)	10:00 Zumba w/ Eric (G) 10:15 Self-Led Scrabble (B) 2:00 Jin Shin Jyutsu workshop w/ resident Rose (SU) 3:00 Fitness w/ Prabh (G) 7:30 Documentary: 7 Yards (2021) (T)	9:15 Stretch and Balance (G) 10:30 Word in a Word 2 (B) 1:30 Self-Led Cribbage (B) 7:30 Movie Night: Enola Holmes (2020) (T)						
10		11		12		13		Hair by Inky 14		Hair by Annette 15		16	
10:00 Chair Yoga w/ Christie 1 (G) 10:35 Chair Yoga w/ Christie 2 (G) 11:00 Singing Group (P) 11:15 Mexican Train (B) 2:00 Life Talks w/ Lois (L) 3:30 BINGO (B) 7:30 TV Night: Atypical (T)		10:00 PERK Activities w/Gabby (B) 10:00 Fitness Techniques w Shelby (G) 11:15 Stretch & Balance (G) 1:00 Dollarama/Liquor Store 1:30 Power Up w/ Shelby (G) 2:00 Self-led Bridge Group (B) 3:00 Public Library Rentals (P)	9:30 Healthy Heart Walk (C) 10:00 Zumba w/ Karen 10:30 Discuss the Book You're Reading (L) 1:00 Wii Bowling (P) 2:30 Digital Literacy w/Daryl(SU) 3:00 Presentation by David Darling: <i>What is a Canadian?</i>	10:00 Fitness w/ Prabh (G) 10:30 Creative Corner (B) 2:00 Performance by Jennifer Lauren 3:30 Word in a Word 1 (B) 7:30 Movie Night: The Biggest Little Farm (2019) (T)	10:00 Chair Yoga w/ Christie (G) 11:00 Health Arts 1:00 Stretch and Balance (G) 3:00 Wine and Cheese (C) 7:30 Movie Night: Home Team (2022) (T)	10:00 Zumba w/ Eric (G) 10:15 Self-Led Scrabble (B) NO Fitness w/ Prabh 10:30 Farmers Market 7:30 Movie Night: Love (2020) (T)	No Stretch and Balance No Word in a Word 2 1:30 Self-Led Cribbage (B) 2:00 Performance by Austin Ng (P) 7:30 Movie Night: Farha (2021) (T)						
17		18		19		20		Hair by Inky 21		Hair by Annette 22		23	
10:00 Chair Yoga w/ Christie 1 (G) 10:35 Chair Yoga w/ Christie 2 (G) 11:00 Singing Group (P) 11:15 Mexican Train (B) 1:00 Granville Island/Nofrills 2:00 Life Talks w/ Lois (L) 3:30 BINGO (B) 7:30 TV Night: Atypical (T)		9:30 Gardening w/Shelby (Pa) 10:00 PERK Activities w/Gabby (B) 11:15 Stretch & Balance (G) 1:30 In Stitch Us: Knitting (P) 1:30 Power Up w/ Shelby (G) 2:00 Self-led Bridge Group (B) 3:15 Town Hall Meeting (P)	9:30 Healthy Heart Walk (C) 10:30 Current Events (L) 1:30 Mini Golf Tournament (Pa) 2:30 Digital Literacy w/Daryl (SU) 3:30 Silver Spoon (S)	10:00 Fitness w/ Prabh (G) 9:30 Jericho Bus Outing NO Creative Corner 2:00 Word in a Word 1 (B) 3:15 Recreation Workshop (B) 7:30 Movie Night: The Gobbler (2019) (T)	10:00 Chair Yoga w/ Christie 1 (G) 10:35 Chair Yoga w/ Christie 2 (G) 1:00 Stretch and Balance (G) 2:00 Performance by Lester Soo (P) 3:00 Wine and Cheese (C) 7:30 Movie Night: The War With Grandpa (2020) (T)	10:00 Zumba w/ Eric (G) 10:15 Self-Led Scrabble (B) 2:00 Jin Shin Jyutsu workshop w/ resident Rose (SU) 3:00 Fitness w/ Prabh (G) 7:30 Movie Night: The Falls (2021) (T)	9:15 Stretch and Balance (G) 10:30 Word in a Word 2 (B) 1:30 Self-Led Cribbage (B) 2:00 Performance by Greg Alcock (P) 7:30 Movie Night: Dune (2021) (T)						
Foot Care by Evelyn 24		25		26		27		28		29		30	
10:00 Chair Yoga w/ Christie 1 (G) 10:35 Chair Yoga w/ Christie 2 (G) 11:00 Singing Group (P) 11:15 Mexican Train (B) 2:00 Life Talks w/ Lois (L) 3:30 BINGO (B) 7:30 TV Night: Atypical (T)		10:00 PERK Activities w/Gabby (B) 10:00 Fitness Techniques w Shelby (G) 11:15 Stretch and Balance (G) 1:30 In Stitch Us: Knitting (P) 1:30 Power Up w/ Shelby (G) 2:00 Self-led Bridge Group (B) 3:00 Welcome to Terraces High Tea (C)	9:30 Healthy Heart Walk (C) 10:30 Current Events (L) 1:00 Wii Bowling (P) 3:00 Birthday Party (C)	10:00 Fitness w/ Prabh (G) 10:30 Creative Corner (B) 1:00 Shoppers Drugmart 2:00 Word in a Word 1 (B) 7:30 Movie Night: Fatherhood (2021) (T)	11:00 Chair Yoga w/ Christie 1 (G) 11:35 CANCELLED Chair Yoga w/ Christie 2 (G) CANCELLED 1:00 Stretch and Balance (G) 2:00 Health Arts (P) 3:00 Wine and Cheese (C) 7:30 Movie Night: Good Sam (2019) (T)	10:00 Zumba w/ Eric (G) 10:15 Self-Led Scrabble (B) 3:00 Fitness w/ Prabh (G) 7:30 Movie Night: The Wonder Weeks (2023) (T)	9:15 Stretch and Balance (G) 10:30 Word in a Word 2 (B) 1:30 Self-Led Cribbage (B) 7:30 Movie Night: The Perfect Find (2023) (T)						

