

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2	3	4	5	Hair by Inky 6	Hair by Annette 7	1
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) 7:00 TV Night: Virgin River (T)	10:00 PERK Activities w/Gabby (B) 10:00 Fitness Techniques (G) 11:15 Stretch & Balance (G) 1:00 Dollarama/Liquor Store (SU) 1:30 In Stitch Us: Knitting (P) 1:30 Power Up w/ Shelby (G) 2:00 Self-Led Bridge Group (B) 3:00 Trivia w/ Shelby (L)	9:30 Walking Group: Striders (C) 10:15 Walking group: Strollers (C) 10:45 Public Library Rentals (P) 11:00 Zumba w/ Eric (G) 1:00 Wii Bowling (P) 2:00 Side by Side (P) 2:30 Digital Literacy w/ Daryl (SU)	10:00 Fitness w/ Prabh (G) 10:30 Creative Corner (B) 2:00 Word in a Word 1 (B) 2:00 Performance by Jennifer Lauren (P) 3:30 Art Series: Acrylic Painting (B) 7:00 Movie Night: True Spirit (2023) (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 Vancouver College of Dental Hygiene (T) 3:00 Wine and Cheese (C) 7:00 Movie Night: The Place Beyond The Pines (2012) (T)	10:00 Zumba w/ Eric (G) 11:00 Self-Led Scrabble (B) 1:30 Self-Led Chess (B) 3:00 Fitness w/ Prabh (G) 7:00 Movie Night: Bird Box (2018) (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 Austin Ng 7:00 Movie Night: Heart of Champions (2021) (T)
9	10	11	12	Hair by Inky 13	Hair by Annette 14	8
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) 7:00 TV Night: Virgin River (T)	9:00 Chair Yoga w/ Christie 1 (G) 9:35 Chair Yoga w/ Christie 2 (G) 10:00 PERK Activities w/Gabby (B) 1:30 In Stitch Us: Knitting (P) 2:00 Self-Led Bridge Group (B) 2:00 Art Exhibition (P)	9:30 Current Events (L) 10:30 Discuss the Book You're Reading (L) 11:00 Zumba w/ Eric (G) 1:00 Wii Bowling (P) 2:00 Rheinlander Band: Oktoberfest Theme (P) 2:30 Digital Literacy w/Daryl (SU) 3:15 Silver Spoon	9:45 Music in the Morning Shuttle (SU) 10:00 Fitness w/ Prabh (G) 2:00 Word in a Word 1 (B) 3:15 Chef Demo 7:00 Movie Night: Penguin Bloom	10:00 Chair Yoga w/ Christie (G) 10:35 Chair Yoga w/ Christie 2 (G) 1:00 Stretch and Balance (G) 2:00 Performance by the Suede Dogs (P) 3:00 Wine and Cheese (C) 7:00 Movie Night: Goosebumps (2015) (T)	10:00 Zumba w/ Eric (G) 11:00 Self-Led Scrabble (B) 1:30 Self-Led Chess (B) 2:00 Vancouver Thunderbird Chorus (senior choir) (P) 3:00 Fitness w/ Prabh (G) 7:00 Movie Night: F9: The Fast Saga (2021) (T)	No stretch and balance No word in a word 2 1:30 Self-Led Cribbage (B) 7:00 Movie Night: The Impossible (2012) (T)
16	17	18	19	Hair by Inky 20	Hair by Annette 21	15
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) 7:00 TV Night: Virgin River (T)	10:00 PERK Activities w/Gabby (B) 10:00 Fitness Techniques w/Shelby (G) 11:15 Stretch & Balance (G) 1:30 In Stitch Us: Knitting (P) 2:00 Self-Led Bridge Group (B) 2:00 Fall Fair	9:30 Pumpkin Patch (SU) 11:00 Zumba w/ Eric (G) 1:00 Wii Bowling (P) 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 1 (B) 3:15 Recreation Workshop (B) 7:00 Movie Night: The Dig (2021) (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 Nancy Goforth (P) 3:00 Wine and Cheese (C) 7:00 Movie Night: Where The Tracks End (2023) (T)	10:00 Zumba w/ Eric (G) 11:00 Self-Led Scrabble (B) 1:30 Self-Led Chess (B) 3:00 Fitness w/ Prabh (G) 7:00 Movie Night: The Bucket List (2007) (T)	9:15 Stretch and Balance (G) 10:30 Word in a Word 2 (B) 1:00 Self-Led Cribbage (B) 7:00 Movie Night: Happy Old Year (2019) (T)
23	Footcare by Evelyn 24	25	26	Hair by Inky 27	Hair by Annette 28	22
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) 7:00 TV Night: Virgin River (T)	9:30 Chair Yoga w/ Christie 1 (G) 9:35 Chair Yoga w/ Christie 2 (G) 10:00 PERK Activities w/Shelby (B) 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) 2:30 Q & A with Lara (P) 3:00 Welcoming High Tea (C)	10:00 Pumpkin Carving 11:00 Zumba w/ Eric (G) 1:00 Wii Bowling (P) 2:00 Performance by Bob York (P) 2:30 Digital Literacy w/ Daryl (SU) 3:15 Town Hall Meeting (P)	9:30 Shoppers Drugmart Outing (SU) 10:00 Fitness w/ Prabh (G) 2:00 Word in a Word 1 7:00 Movie Night: The Age of Adaline (2015) (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 Health Arts 3:00 Spooky Wine and Cheese (C) 7:00 Movie Night: The Rental (2022) (T)	10:00 Zumba w/ Eric (G) 11:00 Self-Led Scrabble (B) 1:30 Self-Led Chess (B) 3:00 Fitness w/ Prabh (G) 7:00 Movie Night: Scary Stories to Tell in the Dark (2020) (T)	9:15 Stretch and Balance (G) 10:30 Word in a Word 2 (B) 1:00 Self-Led Cribbage (B) 7:00 Movie Night: We Have A Ghost (2023) (T)
30	Happy Halloween 31			Room Legend	Room Legend	
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) 7:00 TV Night: Virgin River (T)	10:00 PERK Activities w/Gabby (B) 10:00 Fitness Techniques (G) 11:15 Stretch and Balance (G) 1:30 In Stitch Us: Knitting (P) 2:00 Self-Led Bridge Group (B) 2:30 Halloween Costume Party (P)			(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 (Te) Terrace	*Calendar is subject to change, please see daily activity sheets in elevator for accurate program listings.

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