

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	Hair by Inky 3	Hair by Annette 4	5
*Calendar is subject to change, please see daily activity sheets in elevator for accurate program listings.		10:00 Easy Allied Health Presentation (T) 10:45 Public Library Rentals (P) 11:00 Zumba w/ Eric (G) 1:00 Wii Bowling (P) 2:30 Digital Literacy w/ Daryl (SU) 3:15 Silver Spoon	10:00 Fitness w/ Prabh (G) 2:00 Word in a Word 1 (B) 3:30 Art Series: Sketching (B) 7:00 Movie Night: The Squid and the Whale (2005) (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) 7:00 Movie Night: The Interpreter (2005) (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: Are We There Yet? (2005)	9:15 Stretch and Balance (G) 10:30 Word in a Word 2 (B) 1:30 Self-Led Cribbage (B) 7:00 Movie Night: Adrift (2018) (T)
Big Brothers Pickup 6	7	8	9	Hair by Inky 10	Hair by Annette 11	12
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/ Shelby (B) 11:15 Stretch and Balance (G) 1:00 In Stitch Us: Knitting (P) 1:00 Dollarama/Liquor Store (SU) 2:00 Power Up w/ Shelby (G) 2:30 Self-Led Bridge Group (B) Pool w/ Shelby (Bi)	10:00 Current Events (L) 11:00 Zumba w/ Eric (G) 1:00 Wii Bowling (P) 2:30 Pie Festival (B) 2:30 Digital Literacy w/Daryl (SU)	9:45 Music in the Morning Shuttle (SU) 10:00 Fitness w/ Prabh (G) 2:00 Word in a Word 1 (B) 3:30 Remembrance Day Tribute w/ Lorraine Foster (P) 7:00 Movie Night: The Queen's Gambit (2020) (T)	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 Lester J. Soo (P) 3:00 Wine and Cheese (C) 7:00 Movie Night: Brian Banks (2018) (T)	10:00 Zumba w/ Eric (G) 10:00 Remembrance Day Ceremony 1:30 Self-Led Chess (B) 3:00 Fitness w/ Prabh (G) 7:00 Documentary: Facing Nolan (2022)	9:15 Stretch and Balance (G) 10:30 Word in a Word 2 (B) 1:30 Self-Led Cribbage (B) 7:00 Movie Night: The Life Ahead (2020)
13	14	15	16	Hair by Inky 17	Hair by Annette 18	19
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 Granville Island/No Frills Shuttle (SU) 1:00 In Stitch Us: Knitting (P) 1:30 Power Up w/ Shelby (G) 2:00 Self-Led Bridge Group (B) 2:30 Pool w/ Shelby (Bi)	10:00 Trivia (L) 11:00 Zumba w/ Eric (G) 1:00 Wii Bowling (P) 2:30 Digital Literacy w/Daryl (SU) 3:00 Birthday Party (C)  Terraces Buffet	10:00 Fitness w/ Prabh (G) 2:00 Performance by Jennifer Lauren (P) 3:15 Word in a Word 1 (B) 7:00 Movie Night: The Good Nurse (2022)	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) 7:00 Movie Night: The Snow Walker (2003)	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: Forgotten Love (2023)	9:15 Stretch and Balance (G) 10:30 Word in a Word 2 (B) 1:00 Self-Led Cribbage (B) 7:00 Movie Night: Run (2021)
20	21	22	23	Hair by Inky 24	Hair by Annette 25	26
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/Shelby (B) 11:15 Stretch and Balance (G) 1:30 In Stitch Us Display (P) 2:00 Self-Led Bridge Group (B) 2:30 Pool w/ Shelby (Bi)	10:00 Current Events (L) 11:00 Zumba w/ Eric (G) 1:00 Wii Bowling (P) 2:00 Terraces Got Talent (P) 2:30 Digital Literacy w/ Daryl (SU)	9:30 Shoppers Drugmart Outing (SU) 10:00 Fitness w/ Prabh (G) 2:00 Word in a Word 1 (B) 3:15 Recreation Workshop (B) 7:00 Movie Night: 6 Below (2017)	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 Music Performance (P) 3:00 Wine and Cheese (C) 7:00 Documentary: Becoming (2020)	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: Nowhere (2023)	9:15 Stretch and Balance (G) 10:30 Word in a Word 2 (B) 1:00 Self-Led Cribbage (B) 7:00 Movie Night: My Octopus Teacher (2020)
27	Footcare by Evelyn 28	29	30	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/Shelby (B) 11:15 Stretch and Balance (G) 1:00 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)	9:30 Outing to Walmart (SU) 10:00 Discuss the Book You're Reading (L) 11:00 Zumba w/ Eric (G) 1:00 Wii Bowling (P) 2:00 Performance by Michelle Carlisle (P) 2:30 Digital Literacy w/ Daryl (SU) 3:00 Trivia (L)	10:00 Fitness w/ Prabh (G) 2:00 Word in a Word 1 (B) 3:15 Town Hall Meeting (P) 7:00 Movie Night: A River Runs Through It (1992)	(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	

