

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<div style="display: flex; justify-content: space-between;"> <span>1</span> <span>2</span> <span>3</span> <span>4</span> </div>						
<p><b>*Calendar is subject to change, please see daily activity sheets in elevator for accurate program listings.</b></p>						
<div style="display: flex; justify-content: space-between;"> <span>5</span> <span>6</span> <span>7</span> <span>8</span> <span>9</span> <span>10</span> <span>11</span> </div>						
<p>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: Downton Abbey (2015) Season 1, Episode 1</p>	<p>10:00 PERK Activities w/ Shelby (B) 11:15 Stretch and Balance (G) 1:00 Dollarama/Liquor Store (SU) 1:00 In Stitch Us: Knitting (P) 1:30 Power Up w/ Shelby (G) 2:00 Self-Led Bridge Group (B) 3:00 Trivia (L)</p>	<p>10:00 Current Events (L) 10:00 Hearing Clinic (P) 11:00 Zumba w/ Eric (G) 1:00 Wii Bowling (P) 2:30 Digital Literacy w/Daryl (SU) 3:15 Don't Get Scammed Presentation w/ Daryl (T)</p>	<p>10:00 Fitness w/ Prabh (G) 10:30 Creative Card Making 2:00 Word in a Word 1 (B) 3:00 Art Series – Mardi Gras Masks 7:00 Movie Night: The Miracle Club (2023)(T)</p>	<p>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 J. Soo Wine and Cheese (C) 3:00 Movie Night: Expedition Happiness (2017) (T) 7:00</p>	<p>10:00 Zumba w/ Eric (G) 11:00 Self-Led Scrabble (B) 1:30 Self-Led Chess (B) 2:00 Performance by Greg Alcock (P) 3:00 Fitness w/ Prabh (G) 7:00 Movie Night: Zero to Hero (2021) (T)</p>	<p>9:15 Stretch and Balance (G) 10:30 Word in a Word 2 (B) 1:30 Self-Led Cribbage (B) 3:00 Self-Led Pool (Bi) 7:00 Movie Night: The Peanut Butter Falcon (2019) (T)</p>
<div style="display: flex; justify-content: space-between;"> <span>12</span> <span>13</span> <span>14</span> <span>15</span> <span>16</span> <span>17</span> <span>18</span> </div>						
<p>9:45 Richmond Centre Outing (SU) 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: Downton Abbey (2015) Season 1, Episode 2</p>	<p>10:00 Fitness Techniques (SU) 10:00 PERK Activities w/ Gabby (B) 11:15 Stretch &amp; Balance (G) 1:00 In Stitch Us: Knitting (P) 1:30 Power Up w/ Shelby (G) 2:00 Mardigras Performance (P) 2:00 Self-Led Bridge Group (B) 3:00 Trivia (L)</p>	<p>♥ Valentine's Day ♥</p> <p>10:00 Presentation w/ Armin – Easy Allied Health 11:00 Zumba w/ Eric (G) 1:00 Wii Bowling (P) 2:30 Digital Literacy w/Daryl (SU) 3:00 Valentine's Day High Tea (S)</p>	<p>10:00 Fitness w/ Prabh (G) 2:00 Word in a Word 1 (B) 3:15 Recreation Workshop (B) 7:00 Movie Night: Maudie (2016) (T)</p>	<p>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 Bellsmith (P) 3:00 Wine and Cheese (C) 7:00 Movie Night: Moneyball (2011) (T)</p>	<p>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: Set It Up (2018) (T)</p>	<p>9:15 Stretch and Balance (G) 10:30 Word in a Word 2 (B) 1:30 Self-Led Cribbage (B) 2:00 Communication Presentation with Cheryl Stephens 3:00 Self-Led Pool (Bi) 7:00 Movie Night: The Notebook (2004) (T)</p>
<div style="display: flex; justify-content: space-between;"> <span>19</span> <span>20</span> <span>21</span> <span>22</span> <span>23</span> <span>24</span> <span>25</span> </div>						
<p>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: Downton Abbey (2015) Season 1, Episode 3</p>	<p>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) 3:00 Birthday Party (C)</p>	<p>Chinese New Year Buffet</p> <p>10:00 Public Library Rentals (P) 11:00 Zumba w/ Eric (G) 1:00 Wii Bowling (P) 2:00 Chinese New Year Performance (T) 2:30 Digital Literacy w/ Daryl (SU)</p>	<p>9:45 Music in the Morning (SU) 10:00 Fitness w/ Prabh (G) 10:30 Creative Card Making 2:00 Word in a Word 1 (B) 3:30 Town Hall Meeting (P) 7:00 Movie Night: Our Friend (2021) (T)</p>	<p>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 (P) 3:00 Wine and Cheese (C) 7:00 Documentary: The College Admissions Scandal (2021) (T)</p>	<p>10:00 Zumba w/ Eric (G) 11:00 Self-Led Scrabble (B) 1:30 Self-Led Games (B) 3:00 Fitness w/ Prabh (G) 7:00 Movie Night: Bless Me, Ultima (2013) (T)</p>	<p>9:15 Stretch and Balance (G) 10:30 Word in a Word 2 (B) 1:30 Self-Led Cribbage (B) 3:00 Self-Led Pool (Bi) 7:00 Movie Night: Robin Hood (2018) (T)</p>
<div style="display: flex; justify-content: space-between;"> <span>26</span> <span>27</span> <span>28</span> <span>29</span> <span>Room Legend</span> <span>Room Legend</span> </div>						
<p>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: Downton Abbey (2015) Season 1, Episode 4</p>	<p>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) 2:00 Pink Shirt Day Bake Sale (P) 3:00 Pink Shirt Day Photo (C)</p>	<p>10:00 Current Events (L) 11:00 Zumba w/ Eric (G) 1:00 Wii Bowling (P) 2:00 Performance by the Suede Dogs – Travel Show (P) 2:30 Digital Literacy w/ Daryl (SU) 3:15 Silver Spoon (S)</p>	<p>9:45 Shoppers Drug Mart at Kingsgate Mall (SU) 10:00 Fitness w/ Prabh (G) 2:00 Word in a Word 1 (B) 7:00 Movie Night: When The Game Stands Tall (2014) (T)</p>	<p>(G) Gym (P) Piano Lounge (T) Theatre (L) Library (B) Bayview Room</p>	<p>(Bi) Billiards Area (S) Skyline Lounge (C) Coffee Bistro (SU) Sign Up at Front Desk (Te) Terrace</p>	

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