

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Canada Day 1</b>	<b>Foot care by Evelyn 2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>Hair by Annette 6</b>	<b>7</b>
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 Performance by the Halifax Wharf Rats (Te) 2:15 Life Talks w/ Lois (L) 3:30 BINGO (B) 7:00 TV Night: Mildred Pierce Part 5 (T)	9:45 Perk Activities (B) 11:15 Fitness w/ Prabh (G) 1:00 In Stitch Us: Knitting (P) 2:00 Self Led Bridge Group (B)	10:00 Gardening (Te) 10:30 Creative Card Making (B) 11:00 Zumba w/ Eric (SU) 1:00 Wii Bowling 1 (P) 2:30 Digital Literacy w/Daryl (SU) 2:30 Art Series: Water Colour (B)	9:45 Shoppers Drug Mart at Kingsgate Mall (SU) 10:00 Fitness w/ Prabh (G) 1:00 Stretch and Balance (G) 2:00 Word in a Word 1 (B) 7:00 Ted Talk: Finding Happiness in Ordinary Moments (T)	9:45 Walking Group (C) 10:00 Seated Dance w/ Beryl (B) 1:00 Stretch and Balance (G) 2:00 Country Music Performance by Sheriff Pete (P) 3:00 Wine and Cheese (C) 7:00 Movie Night: Midnight in Paris (T)	10:00 Zumba w/ Eric (SU) 11:00 Self-Led Scrabble (B) 1:30 Self-Led Chess (B) 7:00 Movie Night: The Princess Bride (T)	9:45 Stretch and Balance (G) 10:30 Word in a Word 2 (B) 1:30 Self-Led Cribbage (B) 2:00 Walking Group (C) 3:00 Wii Bowling 2 (P) 3:00 Self-Led Pool (Bi) 7:00 Movie Night: Chicago (T)
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>Hair by Inky 12</b>	<b>Hair by Annette 13</b>	<b>14</b>
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: The Blue Planet – Ocean World – Frozen Seas (T)	9:45 PERK Activities (B) 11:15 Fitness w/ Prabh (G) 1:00 In Stitch Us: Knitting (P) 2:00 Self-Led Bridge Group (B) 3:30 ZUMBA Meeting (P)	10:00 Gardening (Te) 10:30 Creative Card Making (B) 11:00 Zumba w/ Eric (SU) 1:00 Wii Bowling 1 (P) 2:00 American Mahjong (B)	10:00 Fitness w/ Prabh (G) 1:30 Stretch and Balance (G) 2:00 Word in a Word 1 (B) 2:30 Fitness Techniques w/ Shelby (SU) 3:30 Silver Spoon (S) 6:30 Casino Night (P)	9:45 Walking Group (C) 10:00 Seated Dance w/ Beryl (B) 11:00 Card & Board Games (B) 1:00 Stretch and Balance (G) 2:00 Performance by Lester Soo (P) 3:00 Wine and Cheese (C) 7:00 Movie Night: The Daniel Craig Collection: Skyfall (T)	10:00 Zumba w/ Eric (SU) 11:00 Wii Bowling 2 (P) 11:00 Current Events (L) 11:00 Self-Led Scrabble (B) 1:30 Floral Arrangement w/ Aimee (B) 3:00 Stretch and Balance (G) 7:00 Movie Night: CATS (T)	9:45 Stretch and Balance (G) 10:30 Word in a Word 2 (B) 1:00 Fitness w/ Shelby (G) 1:30 Self-Led Cribbage (B) 2:00 Walking Group (C) 3:00 Self-Led Pool (Bi) 7:00 Movie Night: Hotel For Dogs (T)
<b>15</b>	<b>16</b>	<b>17</b>	<b>Footcare by Evelyn 18</b>	<b>Hair by Inky 19</b>	<b>Hair by Annette 20</b>	<b>21</b>
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 Self Led BINGO (B) 7:00 TV Night: The Blue Planet – Open Ocean – The Deep (T)	9:45 PERK Activities (B) 11:15 Fitness w/ Prabh (G) 1:00 In Stitch Us: Knitting (P) 2:00 Self-Led Bridge Group (B) 2:00 Mini Putt (Te)	10:00 Gardening (Te) 10:30 Creative Card Making (B) 11:00 Zumba w/ Eric (SU) 1:00 Wii Bowling 1 (P) 2:30 Digital Literacy w/Daryl (SU) 2:30 Art Series: Pastels (B)	9:45 Outing to Park Royal (SU) 10:00 Fitness w/ Prabh (G) 1:30 Stretch and Balance (G) 2:00 Word in a Word 1 (B) 3:15 Recreation Workshop (B) 7:00 Ted Talk: Finding Courage, Conquering Fear (T)	9:45 Walking Group (C) 10:00 Seated Dance w/ Beryl (B) 11:00 Card & Board Games (B) 1:00 Stretch and Balance (G) 2:00 3-man Orchestra performance(P) 3:00 Wine and Cheese (C) 7:00 Movie Night: Night at the Museum (T)	10:00 Zumba w/ Eric (SU) 10:00 Wii Bowling 2 (P) 11:00 Self-Led Scrabble (B) 1:30 Trivia (L) 1:30 Self-Led Chess (B) 3:00 Stretch and Balance (G) 7:00 Movie Night: Dances With Wolves (T)	9:45 Stretch and Balance (G) 10:30 Word in a Word 2 (B) 1:00 Fitness w/ Shelby (G) 1:30 Self-Led Cribbage (B) 2:00 Walking Group (C) 3:00 Self-Led Pool (Bi) 7:00 Movie Night: The Daniel Craig Collection: Spectre (T)
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>Hair by Inky 26</b>	<b>Hair by Annette 27</b>	<b>28</b>
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) 3:30 BINGO (B) 7:00 TV Night: The Blue Planet – Seasonal Seas – Coral Seas (T)	9:45 PERK Activities (B) 11:15 Fitness w/ Prabh (G) 1:00 In Stitch Us: Knitting (P) 2:00 Self-Led Bridge Group (B) 3:00 Town Hall Meeting (P)	10:00 Gardening (Te) 10:30 Creative Card Making (B) 11:00 Public Library Rentals (P) 11:00 Zumba w/ Eric (SU) 1:00 Wii Bowling 1 (P) 2:00 Performance by Jennifer Lauren (P) 2:30 Digital Literacy w/ Daryl (SU)	9:45 Outing to Jericho Beach (SU) 1:30 Stretch and Balance (G) 2:00 Word in a Word 1 (B) 3:00 Birthday Party (C) 7:00 Ted Talk: Mind Over Matter: Why You're Capable of More Than You Think (T)	10:00 Seated Dance w/ Beryl (B) 10:30 Olympics Opening Ceremony Viewing Party (T) 11:00 Card & Board Games (B) 1:00 Stretch and Balance (G) 2:00 Health Arts Concert (P) 3:00 Wine and Cheese (C) 7:00 Movie Night: Crocodile Dundee II (T)	10:00 Zumba w/ Eric (SU) 10:00 Wii Bowling 2 (P) 11:00 Current Events (L) 1:30 Self-Led Scrabble (B) 1:30 Trivia (L) 3:00 Self-Led Games (B) 7:00 Stretch and Balance (G) Movie Night: Monsoon Wedding (T)	9:45 Stretch and Balance (G) 10:30 Word in a Word 2 (B) 1:00 Fitness w/ Shelby (G) 1:30 Self-Led Cribbage (B) 2:00 Walking Group (C) 3:00 Self-Led Pool (Bi) 7:00 Movie Night: Peter Sellers: The Party (T)
<b>29</b>	<b>30</b>	<b>31</b>		<b>Room Legend</b>	<b>Room Legend</b>	
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: The Blue Planet – Tidal Seas – Coasts (T)	9:45 PERK Activities (B) 11:00 5th Ave Jewellery (P) 11:15 Fitness w/ Prabh (G) 1:00 In Stitch Us: Knitting (P) 1:00 Dollarama/Liquor Store (SU) 2:00 Self-Led Bridge Group (B)	10:00 Gardening (Te) 10:30 Creative Card Making (B) 11:00 Zumba w/ Eric (SU) 1:00 Wii Bowling 1 (P) 2:30 Digital Literacy w/ Daryl (SU) 2:30 American Mahjong (B) 3:00 High Tea (S)		(G) Gym (P) Piano Lounge (T) Theatre (L) Library (B) Bayview Room (D) Dining Room	(Bi) Billiards Area (S) Skyline Lounge (C) Coffee Bistro (SU) Sign Up at Front Desk (Te) Terrace	<b>*Calendar is subject to change, please see daily activity sheets in elevator for accurate program listings.</b>

