

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Room Legend</b>	<b>Room Legend</b>					<b>1</b>
(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>				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 <b>Movie Night: Hannah And Her Sisters (T)</b>
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>Hair by Inky 6</b>	<b>Hair by Annette 7</b>	<b>8</b>
10:00 Chair Yoga w/ Christie 1 (G) 10:35 Chair Yoga w/ Chrisite 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 <b>TV Night: In Pursuit of the Proper Sinner (T)</b>	9:45 PERK Activities (B) 11:15 Fitness w/ Prabh (G) 1:00 In Stitch Us: Knitting (P) 1:00 <b>Dollarama/Liquor Store Outing (SU)</b> 2:00 Self-Led Bridge Group (B)	10:00 Gardening (Te) 10:30 Creative Card Making (B) 11:00 Zumba w/ Eric (SU) 1:30 <b>Wii Bowling Tournament (SU) (P)</b> 2:30 Digital Literacy w/ Daryl (SU) 3:00 American Mahjong (B)	9:45 <b>Park Royal – North Side (SU)</b> 10:00 Fitness w/ Prabh (G) 1:30 Stretch and Balance (G) 2:00 Word in a Word 1 (B) 2:30 Discuss the Book You're Reading (L) 7:00 <b>Ted Talk: Ava DuVernay: How Film Changes The Way We See The World (T)</b>	9:45 Card & Board Games (B) 11:00 Walking Group (C) 11:00 Seated Tap Dance w/ Beryl (B) 1:00 Stretch and Balance (G) 2:00 <b>Performance by Jennifer Lauren (P)</b> 3:00 Wine and Cheese (C) 7:00 <b>Movie Night: Kansas City Confidential (T)</b>	10:00 Zumba w/ Eric (SU) 10:00 Wii Bowling 2 (P) 10:30 Trivia (L) 11:00 Self-Led Scrabble (B) 1:30 <b>Floral Arrangement w/ Aimee (B)</b> 3:00 Stretch and Balance (G) 7:00 <b>Movie Night: Take a Bow (T)</b>	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 <b>Movie Night: Somewhere in Time (T)</b>
<b>9</b>	<b>10</b>	<b>Footcare by Evelyn 11</b>	<b>12</b>	<b>Hair by Inky 13</b>	<b>14</b>	<b>15</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 <b>TV Night: A Traitor to Memory (T)</b>	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 <b>Presentation by David Darling: History of Gay Pride (T)</b>	10:00 Gardening (Te) 10:30 Creative Card Making (B) 11:00 Zumba w/ Eric (SU) 1:00 Wii Bowling 1 (P) 2:00 <b>Performance by Greg Alcock (P)</b> 2:00 American Mahjong (B) 2:30 Digital Literacy w/ Daryl (SU)	9:15 <b>Shoppers Drug Mart at Kingsgate Mall (SU)</b> 10:00 Fitness w/ Prabh (G) 1:30 Stretch and Balance (G) 2:00 Word in a Word 1 (B) 3:15 <b>Recreation Workshop (B)</b> 7:00 <b>Ted Talk: Mike Robbins: The Power of Appreciation (T)</b>	9:45 Card & Board Games (B) 11:00 Walking Group (C) 11:00 Seated Tap Dance w/ Beryl (B) 1:00 Stretch and Balance (G) 2:00 <b>Performance by Lester Soo (P)</b> 3:00 Wine and Cheese (C) 7:00 <b>Movie Night: The Impossible (T)</b>	10:00 Zumba w/ Eric (SU) 10:00 Wii Bowling 2 (P) 10:30 Trivia (L) 11:00 Self Led Scrabble (B) 1:30 <b>Art Series: Zentangle (B)</b> 3:00 Self Led Chess (B) 3:00 Stretch and Balance (G) 7:00 <b>Movie Night: Charlie Wilson's War (T)</b>	9:45 Stretch and Balance (G) 10:30 Word in a Word 2 (B) 1:00 <b>Workshop with Prabh (SU)</b> 1:30 Self-Led Cribbage (B) 2:00 Walking Group (C) 3:00 <b>Movie Matinee: There's No Business Like Show Business (T)</b> 3:00 Self-Led Pool (Bi) 7:00 <b>Movie Night: The Truth About Cats &amp; Dogs (T)</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>Hair by Inky 20</b>	<b>21</b>	<b>22</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 <b>TV Night: A Cry For Justice (T)</b>	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 <b>Town Hall Meeting (P)</b>	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) 2:30 Digital Literacy w/ Daryl (SU) 2:30 <b>Welcome Fall Fair (Te)</b>	10:00 <b>Art Series: Acrylic Paint Pouring (B)</b> 10:00 Fitness w/ Prabh (G) 11:00 <b>Alta Vida Fashion (P)</b> 1:30 Stretch and Balance (G) 2:00 Word in a Word 1 (B) 3:00 <b>Birthday Party (C)</b> 7:00 <b>Ted Talk: Sir Ken Robinson: Do Schools Kill Creativity? (T)</b>	9:45 Card & Board Games (B) 11:00 Walking Group (C) 11:00 Seated Tap Dance w/ Beryl (B) 1:00 Stretch and Balance (G) 2:00 <b>Performance by the Suede Dogs (P)</b> 3:00 Wine and Cheese (C) 7:00 <b>Movie Night: The City of Your Final Destination (T)</b>	10:00 Zumba w/ Eric (SU) 10:00 Wii Bowling 2 (P) 10:30 Trivia (L) 11:00 Self-Led Scrabble (B) 1:30 Word in a Word 2 (B) 3:00 Stretch and Balance (G) 7:00 <b>Movie Night: Notting Hill (T)</b>	9:45 <b>Kitsilano Farmers Market (SU)</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 <b>Movie Night: Roxie Hart (T)</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>Hair by Inky 27</b>	<b>28</b>	<b>29</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 <b>TV Night: If Wishes Were Horses (T)</b>	9:45 PERK Activities (B) 11:15 Fitness w/ Prabh (G) 1:00 In Stitch Us: Knitting (P) 1:00 <b>River Rock Casino (SU)</b> 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) 2:00 American Mahjong (B) 2:30 Digital Literacy w/ Daryl (SU) 3:00 <b>High Tea (S)</b>	10:00 Fitness w/ Prabh (G) 12:45 Fitness Techniques w/ Shelby (SU) 1:30 Stretch and Balance (G) 2:00 Word in a Word 1 (B) 3:00 Public Library Rentals (P) 3:30 <b>Silver Spoon (S)</b> 6:30 <b>Casino Night (P)</b> 7:00 <b>Ted Talk: Sasha Dichter: The Generosity Experiment (T)</b>	9:45 Card & Board Games (B) 11:00 Walking Group (C) 11:00 Seated Tap Dance w/ Beryl (B) 1:00 Stretch and Balance (G) 2:00 <b>Performance by Health Arts (P)</b> 3:00 Wine and Cheese (C) 7:00 <b>Movie Night: Flightplan (T)</b>	10:00 Zumba w/ Eric (SU) 10:00 Wii Bowling 2 (P) 10:30 Trivia (L) 11:00 Self-Led Scrabble (B) 1:30 <b>Art Series: Acrylic Painting (B)</b> 3:00 Self Led Chess (B) 3:00 Stretch and Balance (G) 7:00 <b>Movie Night: Georgia Rule (T)</b>	9:45 Stretch and Balance (G) 10:30 Word in a Word 2 (B) 1:00 <b>Workshop with Prabh (SU)</b> 1:30 Self-Led Cribbage (B) 1:30 Walking Group (C) 2:30 <b>Mini Putt (Te)</b> 3:00 Self Led Pool (Bi) 7:00 <b>Movie Night: Wendy and Lucy (T)</b>
						<b>30</b>
						10:00 Chair Yoga w/ Chrisite 1 (G) 10:35 Chair Yoga w/ Chrisite 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 <b>Ted Talk: The Problem With Food and Climate and How To Fix It (T)</b>

