

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	Hair by Inky 4	Hair by Annette 5	6
*Calendar is subject to change, please see daily activity sheets in elevator for accurate program listings.	9:45 PERK Activities (B) 11:15 Fitness w/ Prabh (G) 1:00 Fitness w/ Shelby (G) 2:00 In Stitch Us: Knitting (P) 2:00 American Mahjong (S) 2:00 Self-Led Bridge Group (B) 2:00 Oktoberfest Trio Performance (P)	9:15 Walmart Outing (SU) 10:00 Gardening (Te) 11:00 Zumba w/ Eric (SU) 1:00 Wii Bowling 1 (P) 2:30 Digital Literacy w/ Daryl (SU) 2:30 Discuss the Book You're Reading (L) 3:00 Workshop w/ Prabh (G)	10:00 Fitness w/ Prabh (G) 10:00 Art Series: Thanksgiving (B) 11:00 Casual Chic (P) 1:30 Stretch and Balance (G) 2:00 Word in a Word 1 (B) 3:00 Movie Matinee: The English Patient (T)	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 Performance by Lester Soo (P) 3:00 Wine and Cheese (C) 7:00 Movie Night: On Golden Pond (T)	10:00 Zumba w/ Eric (SU) 10:00 Trout Lake Farmer's Market (SU) 11:00 Self-Led Scrabble (B) 1:30 Wii Bowling 2 (P) 3:00 Stretch and Balance (G) 7:00 Movie Night: Loch Ness (T)	9:45 Stretch and Balance (G) 10:30 Word in a Word 2 (B) 1:30 Self-Led Cribbage (B) 1:45 Trivia (L) 2:00 Walking Group (C) 3:00 Creative Card Making (B) 3:00 Self-Led Pool (Bi) 7:00 Movie Night: The Finest Hours (T)
Big Brothers Pickup 7	8	Footcare by Evelyn 9	10	Hair by Inky 11	Hair by Annette 12	13
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 Ted Talk: Yara Shahidi & Anil Seth: An actor and a neuroscientist answer: What makes you "you"? (T)	9:45 PERK Activities (B) 11:15 Fitness w/ Prabh (G) 1:00 Dollarama/Liquor Store Outing (SU) 2:00 In Stitch Us: Knitting (P) 2:00 American Mahjong (S) 2:00 Self-Led Bridge Group (B)	10:00 Gardening (Te) 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) 3:00 Birthday Party (C)	10:00 Fitness w/ Prabh (G) 1:30 Stretch and Balance (G) 2:00 Word in a Word 1 (B) 3:00 Public Library Rentals (L) 6:30 Casino Night (P)	9:30 Election (P) 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 Performance by Bob York (P) 3:00 Wine and Cheese (C) 7:00 Movie Night: Runaway Bride (T)	10:00 Zumba w/ Eric (SU) 10:00 Word in a Word 2 (B) 11:00 Self Led Scrabble (B) 11:15 Walking Group (G) 1:00 Wii Bowling 2 (P) 2:00 Performance by Greg Alcock (P) 3:00 Self Led Chess (B) 3:15 Stretch and Balance (G) 7:00 Movie Night: Matchstick Men (T)	1:30 Self-Led Cribbage (B) 1:45 Trivia (L) 3:00 Creative Card Making (B) 3:00 Self-Led Pool (Bi) 7:00 Movie Night: Grumpier Old Men (T)
Happy Thanksgiving 14	15	16	17	Hair by Inky 18	Hair by Annette 19	20
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 Ted Talk: Deb Chachra: The Invisible Networks Shaping Your Everyday Life (T)	9:45 PERK Activities (B) 11:15 Fitness w/ Prabh (G) 2:00 In Stitch Us: Knitting (P) 2:00 American Mahjong (S) 2:00 Self-Led Bridge Group (B)	10:00 Gardening (Te) 11:00 Zumba w/ Eric (SU) 11:00 Steveston – Lunch Outing (SU) 1:00 Wii Bowling 1 (P) 2:30 Digital Literacy w/ Daryl (SU) 3:00 Fitness Techniques w/ Shelby (SU)	9:15 Shoppers Drug Mart at Kingsgate Mall (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)	9:30 Zumba w/ Eric (SU) 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 Performance by Luke Sandford (P) 3:00 Wine and Cheese (C) 7:00 Movie Night: City of Angels (T)	10:00 Zumba w/ Eric (SU) 10:00 Art Series: Halloween (B) 11:00 Self Led Scrabble (B) 1:30 Wii Bowling 2 (P) 3:00 Stretch and Balance (G) 7:00 Movie Night: Holiday Inn (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) 1:45 Trivia (L) 2:00 Walking Group (C) 3:00 Self-Led Pool (Bi) 3:00 Creative Card Making (B) 7:00 Movie Night: Message in a Bottle (T)
21	22	23	24	Hair by Inky 25	Hair by Annette 26	27
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 Ted Talk: Valerie Montgomery Rice: How to Break Through Fear and Become a Leader (T)	9:45 PERK Activities (B) 11:15 Fitness w/ Prabh (G) 2:00 In Stitch Us: Knitting (P) 2:00 American Mahjong (S) 2:00 Self-Led Bridge Group (B) 3:00 Town Hall Meeting (P)	10:00 Gardening (Te) 11:00 Zumba w/ Eric (SU) 1:00 Wii Bowling 1 (P) 2:30 Pumpkin Carving (B) 2:30 Digital Literacy w/ Daryl (SU)	9:45 Music in the Morning Shuttle (SU) 10:00 Art Series: Pumpkin Decoration (B) 10:00 Fitness w/ Prabh (G) 1:30 Stretch and Balance (G) 2:00 Word in a Word 1 (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 Health Arts Concert (P) 3:00 Wine and Cheese (C) 7:00 Movie Night: Mambo Italiano (T)	10:00 Zumba w/ Eric (SU) 10:00 UBC Museum of Anthropology (SU) 11:00 Self-Led Scrabble (B) 1:30 Wii Bowling 2 (P) 3:00 Self Led Chess (B) 3:00 Stretch and Balance (G) 7:00 Movie Night: Anyone But You (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) 1:45 Trivia (L) 2:00 Walking Group (C) 3:00 Self-Led Pool (Bi) 3:00 Creative Card Making (B) 7:00 Movie Night: Driving Miss Daisy (T)
28	29	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 Ted Talk: Wan Faridah Akmal Josoh: The Luminous Mystery of Fireflies (T)	9:45 PERK Activities (B) 11:15 Fitness w/ Prabh (G) 2:00 In Stitch Us: Knitting (P) 2:00 American Mahjong (S) 2:00 Self-Led Bridge Group (B) 3:00 Silver Spoon (S)	9:45 Granville Island/No Frills (SU) 10:00 Gardening (Te) 11:00 Zumba w/ Eric (SU) 1:00 Wii Bowling 1 (P) 2:30 Digital Literacy w/ Daryl (SU) 3:00 High Tea (S)	10:00 Halloween Trivia (L) 10:00 Fitness w/ Prabh (G) 1:30 Stretch and Balance (G) 2:00 Word in a Word 1 (B) 3:15 Halloween Costume Party (P)		(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

