

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Room Legend	Room Legend		Hair by Inky 1	Hair by Annette 2	3
*Calendar is subject to change, please see daily activity sheets in elevator for accurate program listings.	(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		9:45 Card & Board Games (B) 11:00 Seated Tap Dance w/ Beryl (B) 1:00 Stretch and Balance (G) 2:00 Performance by Gary Wenzlaff (P) 3:00 Wine and Cheese (C) 7:00 Movie Night: Paul Newman as Cool Hand Luke (T)	9:45 Riley Park Winter Market (SU) 10:00 Zumba w/ Eric (SU) 11:00 Self-Led Scrabble (B) 1:30 Wii Bowling 2 (P) 3:00 Stretch and Balance (G) 7:00 Movie Night: Down With Love (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) 3:00 Creative Card Making (B) 3:00 Self-Led Pool (Bi) 7:00 Movie Night: Goldmember (T)
4	5	Footcare by Evelyn 6	7	Hair by Inky 8	Hair by Annette 9	10
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: Jpn Kung & Uma Valeti: What's the future of food? A chef and a cardiologist answer (T)	9:45 PERK Activities (B) 10:45 Fitness w/ Prabh (G) 11:15 Fitness w/ Prabh (G) 1:00 Dollarama/Liquor Store (SU) 2:00 In Stitch Us: Knitting (P) 2:00 American Mahjong (S) 2:00 Self-Led Bridge Group (B)	10:15 Pear Tree Elementary School Program (P) 11:00 Zumba w/ Eric (SU) 1:00 Wii Bowling 1 (P) 2:30 Art Series: Plaster Art (B) 2:30 Digital Literacy w/ Daryl (SU) 3:00 Workshop with Prabh (G)	9:15 Shoppers Drug Mart at Kingsgate Mall (SU) 10:00 Fitness w/ Prabh (G) 10:30 Fitness w/ Prabh (G) 1:30 Stretch and Balance (G) 2:00 Word in a Word 1 (B) 3:00 Public Library Rentals (L)	9:45 Card & Board Games (B) 10:00 Mobility and Accessibility Consultant Presentation (T) 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: The Hulk (T)	10:00 Zumba w/ Eric (SU) 11:00 Discuss the Book You're Reading (L) 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: Hearts in Atlantis (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) 3:00 Creative Card Making (B) 3:00 Self-Led Pool (Bi) 7:00 Movie Night: The In-Laws (T)
Remembrance Day 11	12	13	14	Hair by Inky 15	Hair by Annette 16	17
10:00 Chair Yoga w/ Christie 1 (G) 10:30 Remembrance Day (D) 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: Jonathan Haidt: Are Smartphones Ruining Childhood? (T)	9:45 PERK Activities (B) 10:45 Fitness w/ Prabh (G) 11:15 Fitness w/ Prabh (G) 2:00 In Stitch Us: Knitting Display (P) 2:00 American Mahjong (S) 2:00 Self-Led Bridge Group (B) 3:30 Silver Spoon (S)	9:45 Ultimate Golf Lounge Simulator (SU) 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) 3:15 Fitness Techniques w/ Shelby (SU)	10:00 Fitness w/ Prabh (G) 10:30 Fitness w/ Prabh (G) 1:30 Stretch and Balance (G) 2:00 Word in a Word 1 (B) 3:15 Recreation Workshop (B) 6:30 Casino Night (P)	9:45 Card & Board Games (B) 11:00 Wii Bowling 2 (P) 11:00 Seated Tap Dance w/ Beryl (B) 1:00 Stretch and Balance (G) 2:00 Performance by Michelle Carlisle (P) 3:00 Wine and Cheese (C) 7:00 Movie Night: The Lord of the Rings (T)	9:45 Art Series: Watercolour (P) 10:00 Zumba w/ Eric (SU) 11:00 Self Led Scrabble (B) 1:30 Floral Arrangements w/ Aimee (B) 3:00 Stretch and Balance (G) 7:00 Movie Night: Legally Blonde 2 (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) 3:00 Creative Card Making (B) 3:00 Self-Led Pool (Bi) 7:00 Movie Night: Matchstick Men (T)
18	19	20	21	Hair by Inky 22	Hair by Annette 23	24
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: Aviv Regev: Can AI Help Develop New Medicines? (T)	9:45 PERK Activities (B) 10:45 Fitness w/ Prabh (G) 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)	10:15 Pear Tree Elementary School Program (P) 11:00 Zumba w/ Eric (SU) 1:00 Wii Bowling 1 (P) 2:30 Digital Literacy w/ Daryl (SU) 2:30 Vlad Health Talk: Caring For Your Bladder (T) 3:00 Workshop with Prabh (G)	9:45 Music in the Morning (SU) 10:00 Fitness w/ Prabh (G) 10:30 Fitness w/ Prabh (G) 11:00 Alta Vida Fashion (P) 1:30 Stretch and Balance (G) 2:00 Word in a Word 1 (B) 3:00 Birthday Party (C)	9:45 Card & Board Games (B) 11:00 Seated Tap Dance w/ Beryl (B) 1:00 Stretch and Balance (G) 2:00 Performance by 3-4-U (P) 3:00 Wine and Cheese (C) 7:00 Movie Night: Doctor Zhivago (T)	9:45 Vancouver Art Gallery (SU) 10:00 Zumba w/ Eric (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: Maid in Manhattan (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) 3:00 Creative Card Making (B) 3:00 Self-Led Pool (Bi) 7:00 Movie Night: My Fair Lady (T)
25	26	27	28	Hair by Inky 29	Hair by Annette 30	
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: Matt Walker: Sleep is Your Superpower (T)	9:45 PERK Activities (B) 10:45 Fitness w/ Prabh (G) 11:15 Fitness w/ Prabh (G) 1:00 Granville Island/No Frills (SU) 2:00 In Stitch Us: Knitting (P) 2:00 American Mahjong (S) 2:00 Self-Led Bridge Group (B)	10:00 Wii Bowling 1 (P) 11:00 Zumba w/ Eric (SU) 2:00 Terraces Got Talent (P) 2:30 Digital Literacy w/ Daryl (SU)	9:15 Superstore Outing (SU) 10:00 Fitness w/ Prabh (G) 10:30 Fitness w/ Prabh (G) 1:30 Stretch and Balance (G) 2:00 Word in a Word 1 (B) 3:00 High Tea (S) 6:30 Casino Night (B)	9:45 Card & Board Games (B) 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: High School Musical (T)	9:45 Art Series: Pastels (B) 10:00 Zumba w/ Eric (SU) 11:00 Self-Led Scrabble (B) 1:00 Wii Bowling 2 (P) 2:00 The Suede Dogs: Israel Travel Show (P) 3:15 Stretch and Balance (G) 7:00 Movie Night: The Rocket 9 (T)	

