

| Monday   | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday   | Sunday  |
|--|--|---|--|--|--|---|
|  |  | 1   | 2  | 3  | 4  | 5   |
| *Calendar is subject to change, please see daily activity sheets in elevator for accurate program listings.  |  | 4:00 Lighting of the Menorah (P)  | 10:00 Fitness w/ Prabh (G)<br>10:35 Fitness w/ Prabh (G)<br>1:30 Stretch and Balance (G)<br>2:30 Word in a Word 1 (B)  | 9:30 Art Series: Pastels (B)<br>11:00 Seated Tap Dance w/ Beryl (B)<br>1:00 Stretch and Balance (G)<br>2:00 Performance by Lester Soo (P)<br>3:00 Wine and Cheese (C)<br>7:00 Movie Night: The Bridges of Madison County (T)                     | 9:45 Riley Park Outdoor Farmers Market (SU)<br>11:00 Self Led Scrabble (B)<br>1:30 Wii Bowling 2 (P)<br>3:00 Stretch and Balance (G)<br>7:00 Movie Night: Must Love Dogs (T)   | 9:45 Stretch and Balance (G)<br>10:30 Word in a Word 2 (B)<br>1:00 Fitness w/ Shelby (G)<br>1:30 Self-Led Cribbage (B)<br>1:45 Trivia (L)<br>3:00 Self-Led Pool (Bi)<br>7:00 Movie Night: Mary Poppins (T)  |
| 6  | 7  | 8   | 9  | 10   | 11   | 12  |
| 11:00 Singing Group (P)<br>11:15 Mexican Train (B)<br>2:00 Life Talks w/ Lois (L)<br>3:30 BINGO (B)<br>7:00 Ted Talk: Mustafa Suleyman: What is an AI Anyway? (T)  | 9:45 PERK Activities (B)<br>1:00 Dollarama/Liquor Store (SU)<br>2:00 In Stitch Us: Knitting (P)<br>2:00 Self-Led Bridge Group (B)  | 10:00 Public Library Rentals (P)<br>11:00 Zumba w/ Eric (SU)<br>1:00 Wii Bowling 1 (P)<br>2:00 American Mahjong (B)<br>2:30 Digital Literacy w/ Daryl (SU)<br>2:30 Cards/Board Games w/ Shelby (S)  | 9:15 Shoppers Drug Mart at Kingsgate Mall (SU)<br>10:00 Presentation by John from Motion (T)<br>1:30 Stretch and Balance (G)<br>2:00 Word in a Word 1 (B)<br>3:00 High Tea (S)                   | 9:30 Art Series: Sketching (B)<br>11:00 Seated Tap Dance w/ Beryl (B)<br>1:00 Stretch and Balance (G)<br>2:00 Performance by Sheryl Greenfield (P)<br>3:00 Wine and Cheese (C)<br>7:00 Movie Night: Somewhere in Time (T)                        | 10:00 Zumba w/ Eric (SU)<br>11:00 Self Led Scrabble (B)<br>1:30 Wii Bowling 2 (P)<br>3:00 Self Led Chess (B)<br>3:00 Stretch and Balance (G)<br>7:00 Movie Night: Because I Said So (T)  | 9:45 Stretch and Balance (G)<br>10:30 Word in a Word 2 (B)<br>1:00 Fitness w/ Shelby (G)<br>1:30 Self-Led Cribbage (B)<br>1:45 Trivia (L)<br>3:00 Creative Card Making (B)<br>3:00 Self-Led Pool (Bi)<br>7:00 Movie Night: E.T. The Extra-Terrestrial (T) |
| 13   | 14   | 15  | 16   | 17   | 18   | 19  |
| 10:00 Chair Yoga w/ Christie 1 (G)<br>10:35 Chair Yoga w/ Christie 2 (G)<br>11:00 Singing Group (P)<br>11:15 Mexican Train (B)<br>2:00 Life Talks w/ Lois (L)<br>3:30 BINGO (B)<br>7:00 Ted Talk: Lisa Genova: How Your Memory Works -- and Why Forgetting is Totally OK (T) | 9:45 PERK Activities (B)<br>2:00 In Stitch Us: Knitting (P)<br>2:00 Eye Health Awareness (T)<br>2:00 Self-Led Bridge Group (B)   | 9:15 Outing to Superstore (SU)<br>11:00 Zumba w/ Eric (SU)<br>1:00 Wii Bowling 1 (P)<br>2:00 American Mahjong (B)<br>2:00 Connect and Converse w/ Mackenzie (SU)<br>2:30 Digital Literacy w/ Daryl (SU)<br>2:30 Cards/Board Games w/ Shelby (S)               | 9:45 Music in the Morning (SU)<br>10:00 Fitness w/ Shelby (G)<br>1:30 Stretch and Balance (G)<br>2:00 Word in a Word 1 (B)<br>3:15 Recreation Workshop (B)                                       | 9:30 Art Series: Acrylic Painting (B)<br>11:00 Seated Tap Dance w/ Beryl (B)<br>1:00 Stretch and Balance (G)<br>2:00 Performance by the Sunshine Ukelele Stummers (P)<br>3:00 Wine and Cheese (C)<br>7:00 Movie Night: Edward Scissorhands (T)   | 10:00 Zumba w/ Eric (SU)<br>11:00 Wii Bowling 2 (P)<br>11:00 Self Led Scrabble (B)<br>1:30 Floral Arrangement w/ Aimee (B)<br>3:00 Stretch and Balance (G)<br>7:00 Movie Night: Hanging Up (T)   | 9:45 Stretch and Balance (G)<br>10:30 Word in a Word 2 (B)<br>1:00 Fitness w/ Shelby (G)<br>1:30 Self-Led Cribbage (B)<br>1:45 Trivia (L)<br>3:00 Self-Led Pool (Bi)<br>7:00 Movie Night: Julie & Julia (T)   |
| 20   | 21   | 22  | 23   | 24   | 25   | 26  |
| 10:00 Chair Yoga w/ Christie 1 (G)<br>10:35 Chair Yoga w/ Christie 2 (G)<br>11:00 Singing Group (P)<br>11:15 Mexican Train (B)<br>2:00 Life Talks w/ Lois (L)<br>3:30 BINGO (B)<br>7:00 Ted Talk: Dr. Jen Gunter: How Much Water Do You Actually Need a Day (T)              | 9:45 PERK Activities (B)<br>10:45 Fitness w/ Prabh (G)<br>11:15 Fitness w/ Prabh (G)<br>2:00 In Stitch Us: Knitting (P)<br>2:00 Self-Led Bridge Group (B)<br>3:00 Town Hall Meeting (P)  | 9:15 No Frills/Granville Island Shuttle (SU)<br>11:00 Zumba w/ Eric (SU)<br>1:00 Wii Bowling 1 (P)<br>2:00 American Mahjong (B)<br>2:00 Connect and Converse w/ Mackenzie (SU)<br>2:30 Digital Literacy w/ Daryl (SU)<br>2:30 Cards/Board Games w/ Shelby (S) | 10:00 Fitness w/ Prabh (G)<br>10:30 Fitness w/ Prabh (G)<br>1:30 Stretch and Balance (G)<br>2:00 Word in a Word 1 (B)<br>3:00 Fitness Techniques w/ Shelby (SU)<br>6:30 Casino Night (P)         | 9:30 Art Series: Step 1: Plaster Art (B)<br>11:00 Seated Tap Dance w/ Beryl (B)<br>1:00 Stretch and Balance (G)<br>2:00 Performance by Luke Sandford (P)<br>3:00 Wine and Cheese (C)<br>7:00 Movie Night: Rain Man (T)                           | 9:45 Outing to the Chinese Canadian Museum (SU)<br>10:00 Zumba w/ Eric (SU)<br>11:00 Self-Led Scrabble (B)<br>1:00 Wii Bowling 2 (P)<br>3:00 Self Led Chess (B)<br>3:00 Robbie Burns Day (S)<br>7:00 Movie Night: Extraordinary Measures (T) | 9:45 Stretch and Balance (G)<br>10:30 Word in a Word 2 (B)<br>1:00 Fitness w/ Shelby (G)<br>1:30 Self-Led Cribbage (B)<br>1:45 Trivia (L)<br>3:00 Creative Card Making (B)<br>3:00 Self-Led Pool (Bi)<br>7:00 Movie Night: The Householder (T)            |
| 27   | 28   | 29  | 30   | 31   |  |   |
| 10:00 Chair Yoga w/ Christie 1 (G)<br>10:35 Chair Yoga w/ Christie 2 (G)<br>11:00 Singing Group (P)<br>11:15 Mexican Train (B)<br>2:00 Life Talks w/ Lois (L)<br>3:30 BINGO (B)<br>7:00 Ted Talk: Alexandra Horowitz: Why All Dogs Are Good Dogs (T)                         | 9:45 PERK Activities (B)<br>10:45 Fitness w/ Prabh (G)<br>11:00 5 <sup>th</sup> Avenue Jewelry (P)<br>11:15 Fitness w/ Prabh (G)<br>1:00 River Rock Casino (SU)<br>2:00 In Stitch Us: Knitting (P)<br>2:00 Self-Led Bridge Group (B) | Lunar New Year<br>10:00 Discuss the Book You're Reading (L)<br>11:00 Zumba w/ Eric (SU)<br>1:00 Wii Bowling 1 (P)<br>2:00 American Mahjong (B)<br>2:30 Digital Literacy w/ Daryl (SU)<br>2:30 Cards/Board Games w/ Shelby (S)<br>3:00 Workshop w/ Prabh (G)   | 9:15 Outing to Park Royal South: Simons (SU)<br>10:00 Fitness w/ Prabh (G)<br>10:35 Fitness w/ Prabh (G)<br>1:30 Stretch and Balance (G)<br>2:00 Word in a Word 1 (B)<br>3:00 Birthday Party (C) | 9:30 Art Series: Step 2: Painting last weeks plaster art (B)<br>11:00 Seated Tap Dance w/ Beryl (B)<br>1:00 Stretch and Balance (G)<br>2:00 Performance by Health Arts (P)<br>3:00 Wine and Cheese (C)<br>7:00 Movie Night: The Pink Panther (T) | (G) Gym<br>(P) Piano Lounge<br>(T) Theatre<br>(L) Library<br>(B) Bayview Room<br>(D) Dining Room   | (Bi) Billiards Area<br>(S) Skyline Lounge<br>(C) Coffee Bistro<br>(SU) Sign Up at Front Desk<br>(Te) Terrace  |



Managed by

