

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Room Legend	Room Legend			1	2
*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 (S) Cost Associated			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: Chef (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: Moulin Rouge (T)
3	4	5	6	Hair by Inky 7	Hair by Annette 8	9
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: Garrett Lisi: An 8-Dimensional Model of The Universe (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 Self-Led Bridge Group (B) 2:30 Eye Health Awareness Presentation (T) 6:30 Self-Led Canasta (B)	10:15 Pear Tree Elementary School (C) 11:00 Zumba w/ Eric (SU) 1:00 Wii Bowling 1 (P) 2:00 American Mahjong (B) 2:00 Connect and Converse w/ Denise (SU) 2:30 Digital Literacy w/ Daryl (SU) 2:30 Cards/Board Games (S)	9:45 Music in the Morning (SU) (\$) 10:00 Fitness w/ Prabh (G) 10:30 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 Poetry Recitation (L) 6:30 Casino Night (P)	10:00 Walking Group (C) 11:00 Seated Tap Dance w/ Beryl (B) 1:00 Stretch and Balance (G) 2:00 Performance by Lucy Lambert Jazz Duo (P) 3:00 Wine and Cheese (C) 7:00 Movie Night: March of the Penguins (T)	9:30 Superstore (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: Mr. & Mrs. Smith (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 Youth Art for Action (B) 3:00 Self-Led Pool (Bi) 7:00 Movie Night: Miracle (T)
10	11	Footcare by Evelyn 12	13	Hair by Inky 14	Hair by Annette 15	16
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: Jeffrey Kluger: The Sibling Bond (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 Self-Led Bridge Group (B) 2:30 Presentation by David Darling: International Women's Day (T) 6:30 Self-Led Canasta (B)	9:30 Public Library Rentals (P) 11:00 Zumba w/ Eric (SU) 11:00 5th Avenue Jewellery (P) 1:00 Wii Bowling 1 (P) 2:00 American Mahjong (B) 2:00 Connect and Converse w/ Denise (SU) 2:30 Digital Literacy w/ Daryl (SU) 2:30 Cards/Board Games (S) 3:00 Workshop w/ Prabh (G)	9:45 Music in the Morning (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 Card/board games w/ Shelby (B)	9:45 Lane Swim at Kerrisdale Pool (SU) (\$) 10:00 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: Ray (T)	10:00 Zumba w/ Eric (SU) 10:00 Wii Bowling 2 (P) 11:00 Self Led Scrabble (B) 2:00 Performance by Austin Ng (P) 3:00 Self Led Chess (B) 3:15 Stretch and Balance (G) 7:00 Movie Night: Nine Months (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 Marking (B) 3:00 Self-Led Pool (Bi) 7:00 Movie Night: One Flew Over The Cuckoo's Nest (T)
St Patrick's Day 17	18	19	20	Hair by Inky 21	Hair by Annette 22	23
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) 6:30 Pub Night w/ Bob York and Lorraine Foster (P) 7:00 Ted Talk: Carl Safina: What Are Animals Thinking and Feeling? (T)	9:45 PERK Activities (B) 10:45 Fitness w/ Prabh (G) 11:15 Fitness w/ Prabh (G) 1:00 Town Hall Meeting (P) 2:00 In Stitch Us: Knitting (P) 2:00 Self-Led Bridge Group (B) 2:30 Ireland Travel Show by the Suede Dogs (P) 6:30 Self-Led Canasta (B)	9:45 Outing to Park Royal South: Simons (SU) 11:00 Zumba w/ Eric (SU) 1:00 Wii Bowling 1 (P) 2:00 American Mahjong (B) 2:00 Connect and Converse w/ Denise (SU) 2:30 Digital Literacy w/ Daryl (SU) 2:30 Cards/Board Games (S) 3:00 Silver spoon (S)	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 (P)	10:00 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: The Polar Express (T)	10:00 Wii Bowling 2 (P) 10:00 Zumba w/ Eric (SU) 11:00 Self-Led Scrabble (B) 1:30 Floral Arrangement w/ Aimee (B) 3:00 Self Led Chess (B) 3:00 Stretch and Balance (G) 7:00 Movie Night: Pearl Harbor (T)	9:45 Stretch and Balance (G) 10:30 Word in a Word 2 (B) 1:00 Fitness w/ Shelby (G) 1:45 Trivia (L) 1:30 Self-Led Cribbage (B) 3:00 Youth Art for Action (B) 3:00 Self-Led Pool (Bi) 7:00 Movie Night: Must Love Dogs (T)
24	25	26	27	Hair by Inky 28	Hair by Annette 29	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: Jarrett J. Krosoczka: How a Boy Became an Artist (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 Self-Led Bridge Group (B) 6:30 Self-Led Canasta (B)	10:00 Discuss the Book You're Reading (L) 11:00 Zumba w/ Eric (SU) 1:00 Wii Bowling 1 (P) 2:00 American Mahjong (B) 2:00 Vlad Health Talk: Understanding Pain (T) 2:30 Digital Literacy w/ Daryl (SU) 2:30 Cards/Board Games (S)	9:15 Kingsgate Mall (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) 6:30 Card/board games w/ Shelby (B)	10:00 Walking Group (C) 10:00 Connect and Converse w/ MacKenzie (SU) 11:00 Seated Tap Dance w/ Beryl (B) 1:00 Stretch and Balance (G) 2:00 Performance by Health Arts (P) 3:00 Wine and Cheese (C) 7:00 Movie Night: Pay It Forward (T)	9:15 River Rock Casino (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: The Producers (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) 1:30 Trivia (L) 3:00 Creative Card Making (B) 3:00 Self-Led Pool (Bi) 7:00 Movie Night: Riding in Cars With Boys (T)
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10:00 Chair Yoga w/ Christie 1 (G) 10:00 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) 7:30 Ted Talk: Amishi Jha: How to Tame Your Wandering Mind (T)						

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