


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
	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) 3:00 Workshop w/ Prabh (G) 6:30 Self-Led Canasta (B)	9:00 Reifel Bird Sanctuary (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)	10:00 Fitness w/ Prabh (G) 10:30 Fitness w/ Prabh (G) 10:30 Lumina Law Coffee & Chat (T) 1:00 Word in a Word 1 (B) 1:30 Stretch and Balance (G) 2:30 Interpretive Dance w/ Kevin (B) 2:30 Poetry Recitation (L) 4:00 Movie Selection Meeting (T) 6:30 Casino Night (P)	10:00 Walking Group (C) 11:00 Public Library Rentals (P) 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: Indiana Jones and The Last Crusade (T)	9:45 No Frills/Granville Island Shuttle (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: Henry V (T)	9:45 Stretch and Balance (G) 10:30 Word in a Word 2 (B) 1:00 Fitness w/ Shelby (G) 1:00 Self-Led Cribbage (B) 1:45 The Price is Right (L) 3:00 Youth Art for Action (B) 3:00 Self-Led Pool (Bi) 7:00 Movie Night: North by Northwest (T)
7	8	9	10	11	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: Susan Cain: The Bittersweet Joy in Longing (T)	9:45 PERK Activities (B) 10:45 Fitness w/ Prabh (G) 11:15 Fitness w/ Prabh (G) 1:00 Hear at Home Presentation (T) 2:00 Connect and Converse w/ MacKenzie (SU) 2:00 In Stitch Us: Knitting (P) 2:00 Self-Led Bridge Group (B) 6:30 Self-Led Canasta (B)	9:30 Spanish Banks Walk/Scenic Drive (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 Vlad Health Talk: Skin Care & Aging (T) 2:30 Digital Literacy w/ Daryl (SU) 2:30 Cards/Board Games (S)	9:45 Kingsgate Mall (SU) 10:00 Fitness w/ Prabh (G) 10:30 Fitness w/ Prabh (G) 12:45 Fitness Techniques w/ Shelby (SU) 1:00 Word in a Word 1 (B) 1:30 Stretch and Balance (G) 2:30 Interpretive Dance w/ Kevin (B) 4:00 Recreation Workshop (S) 6:30 Card/board games w/ Shelby (B)	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: Chocolat (T)	9:00 Bradner Flower Show in Abbotsford (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: Indiana Jones and The Temple of Doom (T)	9:45 Stretch and Balance (G) 10:30 Word in a Word 2 (B) 1:00 Fitness w/ Shelby (G) 1:00 Self-Led Cribbage (B) 1:45 Trivia (L) 3:00 Creative Card Making (B) 3:00 Self-Led Pool (Bi) 7:00 Movie Night: Ferris Bueller's Day Off (T)
14	15	16	17	18	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: Platon: Stories of Photographing Monumental People – from Michelle Obama to Stephen Hawking (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 David Darling presentation: World Earth Day (T) 6:30 Self-Led Canasta (B)	Footcare by Evelyn 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) 3:00 Silver Spoon (S)	1:00 Word in a Word 1 (B) 1:30 Stretch and Balance (G) 2:30 Interpretive Dance w/ Kevin (B) 3:30 Easter High Tea (S) 6:30 Casino Night (P)	10:00 Walking Group Walk to Starbucks and Indigo (C) 11:00 Seated Tap Dance w/ Beryl (B) 1:00 Stretch and Balance (G) 2:00 Performance by Greg Alcock (P) 3:00 Wine and Cheese (C) 7:00 Movie Night: Marley & Me(T)	9:30 Stanley Park Seawall Walk (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: Four Weddings and a Funeral (T)	9:45 Stretch and Balance (G) 10:30 Word in a Word 2 (B) 1:00 Fitness w/ Shelby (G) 1:00 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: Titanic (T)
21	22	23	24	25	26	27
Easter Monday 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: C.K. Williams: Poetry of Youth and Age (T)	International Earth Day 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 Connect and Converse w/ MacKenzie (SU) 2:00 In Stitch Us: Knitting (P) 2:00 Self-Led Bridge Group (B) 6:30 Self-Led Canasta (B)	Open House 2-4pm 10:00 Discuss the Book You're Reading (L) 11:00 Zumba w/ Eric (SU) 2:00 American Mahjong (B) 2:30 Digital Literacy w/ Daryl (SU)	9:45 Music in the Morning (SU) (\$) 10:00 Fitness w/ Prabh (G) 10:30 Fitness w/ Prabh (G) 1:00 Word in a Word 1 (B) 1:30 Stretch and Balance (G) 2:30 Interpretive Dance w/ Kevin (B) 3:30 Birthday Party (C) 6:30 Card/board games w/ Shelby (B)	10:00 Walking Group (C) 10:00 Gardening Committee Meeting (S) 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: Julia Roberts is Erin Brockovich (T)	10:00 Zumba w/ Eric (SU) 10:00 Wii Bowling (P) 11:00 Self-Led Scrabble (B) 1:30 Floral Arrangements w/ Aimee (B) 3:00 Self Led Chess (B) 3:00 Stretch and Balance (G) 7:00 Movie Night: Sabrina (T)	9:45 Stretch and Balance (G) 10:30 Word in a Word 2 (B) 1:00 Fitness (G) 1:00 Self-Led Cribbage (B) 1:45 Trivia (L) 3:00 Creative Card Making (B) 3:00 Self-Led Pool (Bi) 7:00 Movie Night: Wedding Crashers (T)
28	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: Enric Sala: Glimpses of a Pristine Ocean (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 Scam Prevention (T) 6:30 Self-Led Canasta (B)	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) 3:00 Chef Demo (S)	*Calendar is subject to change, please see daily activity sheets in elevator for accurate program listings.	Room Legend (G) Gym (P) Piano Lounge (T) Theatre (L) Library (B) Bayview Room (D) Dining Room	Room Legend (Bi) Billiards Area (S) Skyline Lounge (C) Coffee Bistro (SU) Sign Up at Front Desk (Te) Terrace (\$) Cost Associated	

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