

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Room Legend	Room Legend		Hair by Inky 1	2	Hair by Annette 3	4
(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 (Te) Terrace (\$) Cost Associated (Sp) Spa	*Calendar is subject to change, please see daily activity sheets in elevator for accurate program listings.	10:00 Fitness w/ Prabh (G) 10:30 Fitness w/ Prabh (G) 1:00 Word in a Word 1 (B) 2:30 Interpretive Dance w/ Kevin (B) 6:30 Casino Night (P)	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 Jennifer Lauren (P) 3:00 Wine and Cheese (C) 7:00 Movie Night: Shall we Dance? (T)	10:00 Zumba w/ Eric (SU) 10:00 Word in a Word 2 (B) 11:00 Self Led Scrabble (B) 1:00 Wii Bowling 2 (P) 2:00 Trivia (L) 3:00 Self Led Games (B) 3:00 Stretch and Balance (G) 7:00 Movie Night: Fiddler on the Roof (T)	1:00 Self-Led Cribbage (B) 3:00 Youth Art for Action (B) 3:00 Self-Led Pool (Bi) 7:00 Movie Night: Notting Hill (T)
Big Brother's Pickup 5	6	7	Hair by Inky 8	9	Hair by Annette 10	Mother's Day 11
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: Reed Hastings: How Netflix Changed Entertainment and Where it's Headed (T)	9:00 COVID Vaccine Clinic (P) 9:45 PERK Activities (B) 10:45 Fitness w/ Prabh (G) 11:15 Fitness w/ Prabh (G) 1:30 In Stitch Us: Knitting (P) 2:00 Connect and Converse w/ Mackenzie (SU) 2:00 Self-Led Bridge Group (B) 6:30 Self-Led Canasta (B)	11:00 Zumba w/ Eric (SU) 11:30 Steveston Lunch Outing (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 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 (B) 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 Lester Soo (P) 3:00 Wine and Cheese (C) 7:00 Movie Night: My Brother's Keeper (T)	10:00 Zumba w/ Eric (SU) 10:00 Wii Bowling 2 (P) 11:00 Movie Selection Meeting (T) 11:00 Self Led Scrabble (B) 1:30 Floral Arrangement w/ Aimee (B) 3:00 Self Led Games (B) 3:00 Stretch and Balance (G) 7:00 Movie Night: Men in Black (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) 2:30 Mother's Day High Tea (B) 7:00 Movie Night: Panic Room (T)
12	13	14	Hair by Inky 15	Footcare by Evelyn 16	Hair by Annette 17	18
9:30 Chair Yoga w/ Christie 1 (G) 10:00 Chair Yoga w/ Christie 2 (G) 10:30 Chair Yoga w/ Christie 3 (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: Sirena Huang: An 11-Year-Old's Magical Violin (T)	9:45 PERK Activities (B) 10:45 Fitness w/ Prabh (G) 11:00 5th Avenue Jewellery (P) 11:15 Fitness w/ Prabh (G) 1:00 Dollarama/Liquor Store (SU) 1:30 In Stitch Us: Knitting (P) 2:00 Self-Led Bridge Group (B) 6:30 Self-Led Canasta (B)	10:00 Gardening (Te) 10:15 Pear Tree Elementary School Visit (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) 2:30 Cards/Board Games (S) 3:00 Silver Spoon (S)	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 Public Library Rentals (P) 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 Hand Over Heart (P) 3:00 Wine and Cheese (C) 7:00 Movie Night: Charlie Wilson's War (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 Games (B) 3:00 Stretch and Balance (G) 7:00 Movie Night: The Bridges of Madison County (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) 7:00 Movie Night: The Tourist (T)
19	20	21	Hair by Inky 22	23	Hair by Annette 24	25
9:30 Chair Yoga w/ Christie 1 (G) 10:00 Chair Yoga w/ Christie 2 (G) 10:30 Chair Yoga w/ Christie 3 (G) 11:00 Singing Group (P) 11:15 Mexican Train (B) 2:00 Life Talks w/ Lois (L) 3:30 Self Led BINGO (B) 7:00 Ted Talk: Paul MacCready: Nature vs. Humans (T)	9:45 PERK Activities (B) 10:45 Fitness w/ Prabh (G) 11:15 Fitness w/ Prabh (G) 1:00 Town Hall Meeting (P) 1:30 In Stitch Us: Knitting (P) 2:00 Self-Led Bridge Group (B) 6:30 Self-Led Canasta (B)	10:00 Plant Nursery Outing (SU) 11:00 Zumba w/ Eric (SU) 2:00 Planting (Te) 2:00 American Mahjong (B) 2:00 Connect and Converse w/ Denise (SU) 2:30 Digital Literacy w/ Daryl (SU) 2:30 Self-Led Cards/Board Games (S)	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) 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: How to Lose a Guy in 10 Days (T)	10:00 Zumba w/ Eric (SU) 10:00 Queen Elizabeth Bloedel Conservatory or Walk (SU) (\$) 11:00 Self-Led Scrabble (B) 1:30 Wii Bowling (P) 3:00 Self Led Games (B) 3:00 Stretch and Balance (G) 7:00 Movie Night: Jane Eyre (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) 7:00 Movie Night: Rain Man (T)
26	27	28	Hair by Inky 29	30	Hair by Annette 31	
9:30 Chair Yoga w/ Christie 1 (G) 10:00 Chair Yoga w/ Christie 2 (G) 10:30 Chair Yoga w/ Christie 3 (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: Shonda Rhimes: My Year of Saying Yes to Everything (T)	9:45 PERK Activities (B) 10:45 Fitness w/ Prabh (G) 11:15 Fitness w/ Prabh (G) 1:30 In Stitch Us: Knitting (P) 2:00 Self-Led Bridge Group (B) 3:00 Workshop w/ Prabh (Sp) 6:30 Self-Led Canasta (B)	9:45 Outing to Park Royal South: Simons (SU) 10:00 Gardening (Te) 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) 1:00 Word in a Word 1 (B) 1:30 Stretch and Balance (G) 2:30 Interpretive Dance w/ Kevin (B) 3:30 Poetry Recitation (L) 6:30 Casino Night (P)	10:00 Walking Group (C) 11:00 Discuss the Book You're Reading (L) 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: Tom Hanks is Forrest Gump (T)	10:00 Trout Lake Farmers Market (SU) 10:00 Zumba w/ Eric (SU) 11:00 Self-Led Scrabble (B) 1:30 Wii Bowling (P) 3:00 Self Led Games (B) 3:00 Stretch and Balance (G) 7:00 Movie Night: Far & Away (T)	

