

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
<div>*Calendar is subject to change, please see daily activity sheets in elevator for accurate program listings.</div>	<div>9:45 PERK Activities (B) 1:00 Halifax Wharf Rats Trio (Te) 1:30 In Stitch Us: Knitting (P) 2:00 Self-Led Bridge Group (B) 6:30 Self-Led Canasta (B)</div>	<div>10:00 Gardening (Te) 10:30 Horseshoe Bay Lunch Outing (SU) (\$) 11:00 Zumba w/ Eric (SU) 1:00 Wii Bowling 1 (P) 2:00 American Mahjong (B) 2:00 Converse w/ Denise (SU) 2:30 Digital Literacy w/ Daryl (SU) 2:30 Self Led Card/Board Games (S)</div>	<div>9:45 Kingsgate Mall (SU) 1:00 Word in a Word 1 (B) 1:30 Stretch and Balance (G) 2:30 Interpretive Dance w/ Kevin (B) 3:30 Mini Putt Tournament (Te) 6:30 Card/board games (B)</div>	<div>10:00 Walking Group (C) 11:00 Seated Tap Dance w/ Beryl (B) 1:00 Stretch and Balance (G) 2:00 Performance by the Suede Dogs (P) 3:00 Wine and Cheese (C) 7:00 Movie Night: Singing in the Rain (T)</div>	<div>10:00 Zumba w/ Eric (SU) 11:00 Self Led Scrabble (B) 3:00 Self Led Games (B) 7:00 Movie Night: Funny Girl (T)</div>	<div>1:00 Self-Led Cribbage (B) 3:00 Self Led Creative Card Making (B) 7:00 Movie Night: The King’s Speech (T)</div>
7	8	9	Hair by Inky 10	11	Hair by Annette 12	13
<div>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: Sasha Dichter: The generosity experiment (T)</div>	<div>9:45 PERK Activities (B) 1:30 In Stitch Us: Knitting (P) 2:00 Self-Led Bridge Group (B) 2:30 David Darling Presentation (T) 6:30 Self-Led Canasta (B)</div>	<div>10:00 Pets and Friends Session (P) 10:00 Self Led Gardening (Te) 11:00 Zumba w/ Eric (SU) 1:00 Wii Bowling 1 (P) 2:00 American Mahjong (B) 2:00 Converse w/ Denise (SU) 2:30 Blood Pressure Clinic (T) 2:30 Digital Literacy w/ Daryl (SU) 2:30 Card/Board Games (S)</div>	<div>9:45 Converse w/ Mackenzie (SU) 12:45 Fitness Techniques w/ Shelby (SU) 1:00 Word in a Word 1 (B) 1:30 Stretch and Balance (G) 4:00 Recreation Workshop (B) 6:30 Casino Night (P)</div>	<div>10:00 Walking Group (C) 11:00 Seated Tap Dance w/ Beryl (B) 11:15 Movie Selection Meeting (T) 1:00 Stretch and Balance (G) 2:00 Performance by Ho’ okani (P) 3:00 Wine and Cheese (C) 7:00 Movie Night: South Pacific (T)</div>	<div>10:00 Zumba w/ Eric (SU) 10:00 Riley Park Farmer’s Market (SU) 11:00 Self Led Scrabble (B) 1:30 Floral Arrangements w/ Aimee (B) 3:00 Self Led Games (B) 3:00 Stretch and Balance (G) 7:00 Movie Night: A Room with a View (T)</div>	<div>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 Way We Were (T)</div>
14	15	Footcare by Evelyn 16	Hair by Inky 17	18	Hair by Annette 19	20
<div>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: Mariana Mazzucato: What is economic value, and who creates it? (T)</div>	<div>9:45 PERK Activities (B) 1:00 Dollarama/Liquor Store (SU) 1:30 In Stitch Us: Knitting (L) 2:00 Self-Led Bridge Group (B) 6:30 Self-Led Canasta (B)</div>	<div>10:00 Gardening (Te) 11:00 Zumba w/ Eric (SU) 1:00 Wii Bowling 1 (P) 2:00 Performance by Bob York & Maurice Moses (P) 2:00 American Mahjong (B) 2:00 Converse w/ Denise (SU) 2:30 Digital Literacy w/ Daryl (SU) 2:30 Card/Board Games (S)</div>	<div>10:00 Medical Equipment Presentation (T) 1:00 Word in a Word 1 (B) 1:30 Stretch and Balance (G) 3:00 High Tea (S) 6:30 Card/board games (B)</div>	<div>10:00 Walking Group (C) 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: Their Finest (T)</div>	<div>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: Billy Elliot The Musical Live (T)</div>	<div>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: The Lion King (T)</div>
21	22	23	Hair by Inky 24	25	Hair by Annette 26	27
<div>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: Adam Grant: Busting the myths of the brian with neuroscientist Chantel Prat (T)</div>	<div>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)</div>	<div>9:45 PERK Activities (B) 10:00 Gardening (Te) 11:00 Zumba w/ Eric (SU) 11:00 Packed Lunches to Kitsilano Beach (SU) 2:00 American Mahjong (B) 2:00 Converse w/ Denise (SU) 2:30 Card/Board Games (S)</div>	<div>10:00 Public Library Rentals (P) 11:00 Alta Vida Fashions (P) 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 Casino Night (P)</div>	<div>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: Lunana: A Yak in the Classroom (T)</div>	<div>10:00 Trout Lake Walk (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: Bee Gees (T)</div>	<div>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 (S) 1:45 Trivia (L) 3:00 Youth Art for Action (B) 7:00 Movie Night: The Post (T)</div>
28	29	30	Hair by Inky 31		Room Legend	Room Legend
<div>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: Something in the water: where do great athletes come from? (T)</div>	<div>1:30 In Stitch Us: Knitting (P) 2:00 Self-Led Bridge Group (B) 6:30 Self-Led Canasta (B)</div>	<div>9:45 PERK Activities (B) 10:00 Gardening (Te) 11:00 Zumba w/ Eric (SU) 1:00 Wii Bowling 1 (P) 2:00 American Mahjong (B) 2:00 Converse w/ Denise (SU) 2:30 Friendship Day Ice Cream Social (Te) 2:30 Self Led Card/Board Games (S) 3:00 Silver Spoon (S)</div>	<div>10:00 Discuss the Book You’re Reading (L) 1:00 Word in a Word 1 (B) 1:30 Stretch and Balance (G) 2:30 Van Dusen Botanical Garden (SU) (\$) 3:00 Poetry Recitation (L) 6:30 Card/board games (B)</div>	<div>(G) Gym (P) Piano Lounge (T) Theatre (L) Library (B) Bayview Room (D) Dining Room</div>	<div>(Bi) Billiards Area (S) Skyline Lounge (C) Coffee Bistro (SU) Sign Up (Te) Terrace (S) Cost Associated (Sp) Spa</div>	

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