


OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	LOCATION 2nd Floor Health Centre (2FHC) 8th Floor Fitness Center (8FFC) BUS (B) Library (LIB) Lobby (L) Media Room (MR) PUB (P)	LOCATION Private Dining Room (PDR) Pub (P) Restaurant (R)				2:30pm Tea & Cookies (PDR) 2:45pm Walk & Talk (L) 3:00pm Hot Docs. (MR) 3:30pm Drop in Ping Pong (8FFC) 7:00pm Hot Docs. (MR)
10:00am Zumba (8FFC) 11:00am Seated Zumba (8FFC) 1:00pm Splendid Sounds (MR) 2:30pm Tea & Cookies (PDR) 3:00pm T.V. Series (MR) 7:00pm T.V. Series (MR)	Active Aging Week - Intellectual 9:00am T-Fit - Physical * (8FFC) 10:00am - 3:30pm Vancouver Election Voting Station 10:00am B. Pressure Clinic (2FHC) 11:00am Grocery Shuttle (B) 1:00pm Discovering Poetry - Intellectual * (MR) 2:00pm Seated Yoga - Physical & Spiritual * (8FFC) 2:00pm & 6:30pm Bridge (LIB) 2:30pm Tea & Cookies (PDR) 2:30pm Kits Library (B) 3:00pm & 7:00pm Movie 3:00pm Martini Monday (P)	Active Aging Week - Emotional 9:15am Line Dancing - Physical * (8FFC) 9:30am Walk Talk Connect - Emotional & Social* (L) 10:30am Stretch and Balance - Physical * (8FFC) 11:30am Great Courses * (MR) 1:00pm Stuart McClean Stories - Emotional * (MR) 1:00pm Choir Practice (MR) 2:00pm Scenic Drive (B) 2:00pm Knit Stitch (LIB) 3:00pm Volleyball Practice * (8FFC) 3:00pm Happy Hour (P) 4:15pm Bingo * (MR) 6:30pm Drop In Bridge (LIB)	Active Aging Week - Social 9:00am T-Fit - Physical * (8FFC) 10:00am Zumba Demo with Maybelin - Physical* (L) 11:30am Trivia With Val - Intellectual & Social * (LIB) 2:00pm Drop In Bridge (LIB) 2:30pm Ambassador Launch: Celebrate Ray Meadowcroft * (MR) 3:00pm Happy Hour - Social (P) 3:00pm Circuit Training * (8FFC) 3:00pm Wine Wed (P) 6:30pm Poker (LIB)	Active Aging Week - Physical 9:00am Bus Available for Aquafit * (B) 10:30am Stretch and Balance - Physical * (8FFC) 11:00am Holiday Card Craft * (MR) 1:00pm Vancouver Mysteries Walking Tour: Secret Mission * (B) 2:00pm Discussion Group (LIB) 3:00pm Drop-in Noodle Hockey * (MR) 3:00pm Happy Hour (P) 6:30pm Bridge (LIB)	Active Aging Week - Vocational World Smile Day 9:00am T-Fit * (8FFC) 11:00am Maplewood Farm & Lunch * (B) 1:00pm Great Courses * (MR) 2:00pm Writers' Group (LIB) 3:00pm Meditation * (MR) 3:00pm Happy Hour (P) 4:15pm Bingo * (MR) 6:30pm Scrabble with Marge! (LIB)	Active Aging Week - Spiritual 9:00am R.O.M Parkinson's + Boxing* (8FFC) 10:30am Wii Golf* (MR) 11:15am Daily OM (MR) 1:15pm Surprise Volleyball Rematch with Wesbrook! * (8FFC) 2:30pm Tea & Cookies (PDR) 2:45pm Walk & Talk* 3:00pm Hot Docs. (MR) 3:30pm Drop in Ping Pong* (8FFC) 7:00pm Hot Docs. (MR)
Active Aging Week - Environmental 10:00am Zumba!* (8FFC) 11:00am Connaught Park Walk * (L) 11:00am Seated Zumba (8FFC) 1:00pm Live Music with Jennifer Lauren! (L) 2:30pm Tea & Cookies (PDR) 3:00pm T.V. Series (MR) 7:00pm T.V. Series (MR)	Thanksgiving 9:00am T-Fit (8FFC) 1:00pm Discovering Poetry (MR) 2:00pm Seated Yoga (MR) 2:00pm Bridge (LIB) 2:30pm Tea & Cookies (PDR) 3:00pm Movie (MR) 3:00pm Martini Monday (P) 5:00pm Thanksgiving Dinner (R) 6:30pm Bridge (LIB) 7:00pm Movie (MR)	9:15am Line Dancing (8FFC) 9:30am Walk Talk Connect (L) 10:30am Stretch Balance (8FFC) 11:00am Heidi's Jewelry (L) 11:30am Great Courses (MR) 1:00pm Choir Practice (MR) 1:30pm Community Meeting (MR) 2:00pm Scenic Drive (B) 2:00pm Knit Stitch (LIB) 3:00pm Happy Hour (P) 3:00pm Tech Ed Class 4:15pm Bingo (MR) 6:30pm Drop In Bridge (LIB)	9:00am T Fit (8FFC) 11:30am Trivia with Val (LIB) 2:00pm Drop In Bridge (LIB) 2:00pm Volleyball (8FFC) 3:00pm Circuit Training (8FFC) 3:00pm Wine Wed (P) 4:30pm Oktoberfest Feature Dinner (R) 5:00pm Oktoberfest Entertainment - Rheinlander Band (R) 6:30pm Poker (LIB)	8:00am - 4:00 pm Flu Clinic (MR) 9:00am Bus Available for Aqua Fit (B) 10:30am Stretch Balance (8FFC) 11:30am Adventurous Eaters: Ramen (B) 3:00pm Happy Hour (P) 6:30pm Bridge (LIB)	9:00am T Fit (8FFC) 1:00pm Beaty Biodiversity Museum (B) 1:00pm Great Courses (MR) 2:00pm Writers' Group (LIB) 3:00pm Happy Hour (P) 3:00pm Meditation (MR) 4:15pm Bingo (MR) 6:30pm Scrabble with Marge! (LIB)	2:30pm Tea & Cookies (PDR) 2:45pm Walk & Talk (L) 3:00pm Hot Docs. (MR) 3:30pm Drop in Ping Pong (8FFC) 7:00pm Hot Docs. (MR)
10:00am Zumba (8FFC) 11:00am Seated Zumba (8FFC) 1:00pm Splendid Sounds (MR) 2:30pm Tea & Cookies (PDR) 3:00pm T.V. Series (MR) 7:00pm T.V. Series (MR)	9:00am T-Fit (8FFC) 11:00am Artmaking to Promote Health Lecture with Joyce (MR) 11:00am Grocery Shuttle (B) 1:00pm Discovering Poetry (MR) 2:00pm Seated Yoga (MR) 2:00pm Bridge (LIB) 2:30pm Tea & Cookies (PDR) 3:00pm Movie (MR) 3:00pm Martini Monday (P) 6:30pm Bridge (LIB) 7:00pm Movie (MR)	9:15am Line Dancing (8FFC) 9:30am Walk Talk Connect (L) 10:30am Stretch Balance (8FFC) 11:30am Great Courses (MR) 1:00pm Health Talk with Vlad - Osteoarthritis (MR) 1:00pm Choir Practice (MR) 2:00pm Scenic Drive (B) 2:00pm Knit Stitch (LIB) 3:00pm Board Games! (LIB) 3:00pm Happy Hour (P) 4:15pm Bingo (MR) 6:30pm Drop In Bridge (LIB)	9:00am T Fit (8FFC) 11:30am Trivia with Val (LIB) 2:00pm Drop In Bridge (LIB) 2:00pm Volleyball (8FFC) 3:00pm Wine Wed (P) 3:00pm Cheers! Birthdays + Welcome New Friends (L) 3:15pm Piano Entertainment with Lester Soo! (L) 6:30pm Poker (LIB)	9:00am Bus Available for Aqua Fit (B) 10:30am Stretch Balance (8FFC) 1:00pm Eagle Acres Pumpkin Patch (B) 2:00pm Discussion Group (LIB) 3:00pm Virtual Concert: Andrea Bocelli: Concerto – One Night in Central Park (MR) 3:00pm Happy Hour (P) 6:30pm Bridge (LIB)	9:00am T Fit (8FFC) 9:45am Music in the Morning: Brentano String Quartet (B) 1:00pm Great Courses (MR) 2:00pm Writers' Group (LIB) 3:00pm Happy Hour (P) 3:00pm Meditation (MR) 4:15pm Bingo (MR) 6:30pm Scrabble with Marge! (LIB)	9:00am R.O.M Parkinson's + Boxing 10:15am Wii Golf 11:15am Daily OM (MR) 2:30pm Tea & Cookies (PDR) 2:45pm Walk & Talk (L) 3:00pm Hot Docs. (MR) 3:30pm Drop in Ping Pong (8FFC) 7:00pm Hot Docs. (MR)
10:00am Zumba (8FFC) 1:00pm Splendid Sounds (MR) 2:30pm Tea & Cookies (PDR) 3:00pm T.V. Series (MR) 7:00pm T.V. Series (MR)	9:00am T-Fit (8FFC) 11:00am New Resident Social (MR) 11:00am Grocery Shuttle (B) 1:00pm Discovering Poetry (MR) 2:00pm Seated Yoga (MR) 2:00pm Bridge (LIB) 2:30pm Tea & Cookies (PDR) 3:00pm Movie (MR) 3:00pm Martini Monday (P) 6:30pm Bridge (LIB) 7:00pm Movie (MR)	9:15am Line Dancing (8FFC) 9:30am Walk Talk Connect (L) 10:30am Stretch Balance (8FFC) 11:30am Great Courses (MR) 1:00pm Choir Practice (MR) 2:00pm Scenic Drive (B) 2:00pm Knit Stitch (LIB) 3:00pm Happy Hour (P) 3:00pm Tech Ed Class 4:15pm Bingo (MR) 6:30pm Drop In Bridge (LIB)	9:00am T Fit (8FFC) 11:00am Drop-in Pumpkin Painting & Holiday Card Making! (L) 11:30am Trivia with Val (LIB) 2:00pm Drop In Bridge (LIB) 2:00pm Volleyball (8FFC) 3:00pm Happy Hour with Ineke Lievens (L) 3:00pm Circuit Training (8FFC) 4:30pm Virtual Walk Through the Autumn Leaves (MR) 6:30pm Poker (LIB)	9:00am Bus Available for Aqua Fit (B) 10:30am Stretch Balance (8FFC) 1:15pm Tea & Trumpets Outing (B) 3:00pm Virtual Concert: Zubin Mehta conducts concertos by Vivaldi, Mozart, and Beethoven (MR) 3:00pm Happy Hour (P) 4:00pm Book Club Meeting (LIB) 6:30pm Bridge (LIB)	9:00am T Fit (8FFC) 1:00pm Adventure Seekers: Stanley Park Walk (B) 1:00pm Great Courses (MR) 2:00pm Writers' Group (LIB) 3:00pm Happy Hour (P) 3:00pm Meditation (MR) 4:15pm Bingo (MR) 6:30pm Scrabble with Marge! (LIB)	9:00am R.O.M Parkinson's + Boxing (8FFC) 10:15am Wii Golf (MR) 11:15am Daily OM (MR) 2:30pm Tea & Cookies (PDR) 2:45pm Walk & Talk (L) 3:00pm Hot Docs. (MR) 3:30pm Drop in Ping Pong (8FFC) 7:00pm Hot Docs. (MR)
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