

MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>LOCATION:</b></p> <p>Main Floor Lobby (MFL)                      BUS (B)                      8th Floor Fitness Center (8FFC)                      Media Room (MR)                      Library (L)                      Restaurant (R)                      Health &amp; Wellness Office (HAWO)                      Private Dining Room (PDR)</p>	<p><b>BUS OUTINGS:</b></p> <p>Sign Up at the Front Desk.</p> <p>Bus Trip Fees will be charged to your suite.</p> <p>You will be charged for any cancelled trips that require advanced tickets, unless a replacement is found.</p>	<p><b>SHOPPING SHUTTLE TIMES:</b></p> <p>Grocery Shopping Shuttle: Mondays at 9,10am</p> <p>Oakridge Mall Shopping Shuttle: Fridays at 9,10,11am</p> <p>Granville Island Shopping Shuttle: Alternating Mondays at 1pm</p>	<p>9:00am Walk n' Talk (MFL) 1</p> <p>9:00am Dr. Appointment Shuttle (B)</p> <p>10:15am Power for Parkinson's (8FFC)</p> <p>11:00am Write For You (MR)</p> <p>1:30pm Current Events Discussion Group (L)</p> <p>3:15pm Meditation with Ellen (MR)</p> <p>4:30pm Cocktails &amp; Canapes with Greg Alcock (B)</p> <p>5:00pm The Long Table- Sit With Friends (R)</p>	<p>8:45am Aqua Fit (MFL) 2</p> <p>9:30am Total Body Fit (8FFC)</p> <p>10:30am Sit Fit (8FFC)</p> <p>10:30am Tunes with Toddlers (MR)</p> <p>1:30pm Beginners French (MR)</p> <p>2:30pm Bridge (L)</p> <p>3:00pm Open Gym (8FFC)</p> <p>7:00pm Bridge (L)</p>	<p>9:00am Balance and Core (8FFC) 3</p> <p>9,10,11 Oakridge Shuttle (B)</p> <p>10:00am Dancercise with Gary (8FFC)</p> <p>1:30pm Lectures and Docs on Screen (MR)</p> <p>7:00pm Big Buck Bingo (MR)</p>	<p>9:00am Total Body Fit (8FFC) 4</p> <p>9:30am Day Trip to Bowen Island &amp; Choir with Danielle's Dad(B)</p> <p>10:00am Sit Fit (8FFC)</p> <p>11:00am Wii Golf (MR)</p> <p>11:30am Saturday Brunch (R)</p> <p>1:30pm Fitness Testing (8FFC)</p> <p>3:00pm Feature Current Film (MR)</p> <p>3:00pm Jumbo Crosswords (L)</p> <p>7:30pm Feature Current Film (MR)</p>
<p><b>Cinco De Mayo</b> 5</p> <p>8:30am Church Shuttle (B)</p> <p>10:00am Pump It Up (8FFC)</p> <p>10:45am Walk with Liviana (MFL)</p> <p>11:30am Sunday Brunch (R)</p> <p>3:00pm Feature Documentary (MR)</p> <p>3:00pm Ping Pong Training (8FFC)</p> <p>7:30pm Feature Documentary (MR)</p>	<p>9:00am Balance and Core (8FFC) 6</p> <p>9, 10am Grocery Shopping shuttle (B)</p> <p>11:00am Blood Pressure &amp; Weight Clinic: FUNdraiser for the Big Bike Ride (MFL)</p> <p>11:00am Trivia Teasers (L)</p> <p>1:00pm Bus Outing to the Vancouver Public Library (B)</p> <p>3:00pm Yoga (8FFC)</p> <p>4:00pm Home Instead Lecture: "Mind, Body, Soul-Lets Connect" (MR)</p> <p>7:00pm Bridge (L)</p> <p>7:00pm Feature T.V. Series (MR)</p>	<p>9:30am Total Body Fit (8FFC) 7</p> <p>10:30am Sit Fit (8FFC)</p> <p>10:30am Foot Care Clinic (HAWO)</p> <p>12:00pm Ping Pong Drop-in (8FFC)</p> <p>1:30pm Fitness Testing (8FFC)</p> <p>2:00pm Knit and Stitch (L)</p> <p>3:00pm Feature Classic Film (MR)</p> <p>3:00pm Resident Advisory Council (L)</p> <p>4:00pm Bend and Stretch Class (8FFC)</p> <p>7:30pm Feature Classic Film (MR)</p>	<p>9:00am Walk n' Talk (MFL) 8</p> <p>9:00am Dr. Appointment Shuttle (B)</p> <p>10:15am Power for Parkinson's (8FFC)</p> <p>11:00am Parkinson's Meeting (PDR)</p> <p>1:00pm Heart Heath FUNdraiser Booth: Raising Funds for the Big Bike Ride (MFL)</p> <p>1:30pm Current Events Discussion Group (L)</p> <p>3:15pm Meditation with Ellen (MR)</p> <p>4:30pm Cocktails &amp; Canapes with Jennifer Lauren (MFL)</p> <p>5:00pm The Long Table- Sit With Friends (R)</p>	<p>8:45am Aqua Fit (MFL) 9</p> <p>9:30am Total Body Fit (8FFC)</p> <p>10:30am Sit Fit (8FFC)</p> <p>10:30am Tunes with Toddlers (MR)</p> <p>1:00pm Heart Heath FUNdraiser Booth: Raising Funds for the Big Bike Ride (MFL)</p> <p>1:30pm Afternoon Delight Choir Performance (MFL)</p> <p>2:30pm Bridge (L)</p> <p>3:00pm Open Gym (8FFC)</p> <p>4:00pm Artists in our Midst Opening Night at the Roundhouse Community Center (B)</p> <p>7:00pm Bridge (L)</p>	<p>9:00am Balance and Core (8FFC) 10</p> <p>9,10,11 Oakridge Shuttle (B)</p> <p>1:30pm Lectures and Docs on Screen (MR)</p> <p>2:30pm Mixed Media Arts (8FFC)</p> <p>7:00pm Big Buck Bingo (MR)</p>	<p>9:00am Total Body Fit (8FFC) 11</p> <p>10:00am Sit Fit (8FFC)</p> <p>11:00am Wii Golf (MR)</p> <p>11:00am Artists in our Midst (MFL)</p> <p>11:30am Saturday Brunch (R)</p> <p>3:00pm Feature Current Film (MR)</p> <p>3:00pm Jumbo Crosswords (L)</p> <p>7:30pm Feature Current Film (MR)</p>
<p><b>Mother's Day</b> 12</p> <p>8:30am Church Shuttle (B)</p> <p>10:00am Pump It Up (8FFC)</p> <p>10:45am Walk with Liviana (MFL)</p> <p>11:00am Artists in our Midst (MFL)</p> <p>11:30am Mother's Day Brunch (R)</p> <p>3:00pm Feature Documentary (MR)</p> <p>3:00pm Ping Pong Training (8FFC)</p> <p>7:30pm Feature Documentary (MR)</p>	<p>9:00am Balance and Core (8FFC) 13</p> <p>9, 10am Grocery Shopping shuttle (B)</p> <p>11:00am Trivia Teasers (L)</p> <p>1:00pm Granville Island Shopping Shuttle (B)</p> <p>1:30pm Melody Makers (L)</p> <p>3:00pm Yoga (8FFC)</p> <p>7:00pm Bridge (L)</p> <p>7:00pm Feature T.V. Series (MR)</p>	<p>9:30am Total Body Fit (8FFC) 14</p> <p>10:30am Sit Fit (8FFC)</p> <p>10:30am Foot Care Clinic (HAWO)</p> <p>12:00pm Ping Pong Drop-in (8FFC)</p> <p>1:30pm Community Meeting (MR)</p> <p>2:00pm Knit and Stitch (L)</p> <p>2:45pm Adventure Club: Big Bike Ride Heart &amp; Stroke Fundraiser (B)</p> <p>3:00pm Feature Classic Film (MR)</p> <p>4:00pm Bend and Stretch Class (8FFC)</p> <p>7:30pm Feature Classic Film (MR)</p>	<p>9:00am Walk n' Talk (MFL) 15</p> <p>9:00am Dr. Appointment Shuttle (B)</p> <p>10:15am Power for Parkinson's (8FFC)</p> <p>11:00am Write For You (MR)</p> <p>1:30pm Current Events Discussion Group (L)</p> <p>3:15pm Meditation with Ellen (MR)</p> <p>4:30pm Cocktails &amp; Canapes with Pete Campbell (MFL)</p> <p>5:00pm The Long Table- Sit With Friends (R)</p>	<p>8:45am Aqua Fit (MFL) 16</p> <p>9:30am Total Body Fit (8FFC)</p> <p>10:30am Sit Fit (8FFC)</p> <p>10:30am Tunes with Toddlers (MR)</p> <p>12:00pm Parler Francais et Dejeuner avec Wesbrook (PDR)</p> <p>1:30pm Beginners French (MR)</p> <p>2:30pm Bridge (L)</p> <p>3:00pm Neil Ritchie Lecture: Diana Krall (MR)</p> <p>3:00pm Open Gym (8FFC)</p> <p>7:00pm Bridge (L)</p>	<p>9:00am Balance and Core (8FFC) 17</p> <p>9,10,11 Oakridge Shuttle (B)</p> <p>10:00am Dancercise with Gary (8FFC)</p> <p>1:30pm Lectures and Docs on Screen (MR)</p> <p>7:00pm Big Buck Bingo (MR)</p>	<p>9:00am Total Body Fit (8FFC) 18</p> <p>10:00am Sit Fit (8FFC)</p> <p>11:00am Wii Golf (MR)</p> <p>11:30am Saturday Brunch (R)</p> <p>1:30pm Fitness Testing (8FFC)</p> <p>3:00pm Feature Current Film (MR)</p> <p>3:00pm Jumbo Crosswords (L)</p> <p>7:30pm Feature Current Film (MR)</p>
<p>8:30am Church Shuttle (B) 19</p> <p>10:00am Pump It Up (8FFC)</p> <p>10:45am Walk with Liviana (MFL)</p> <p>11:30am Sunday Brunch (R)</p> <p>3:00pm Feature Documentary (MR)</p> <p>3:00pm Ping Pong Training (8FFC)</p> <p>7:30pm Feature Documentary (MR)</p>	<p><b>Victoria Day</b> 20</p> <p>9, 10am Grocery Shopping shuttle (B)</p> <p>11:00am Trivia Teasers (L)</p> <p>11:00am Malcolm &amp; Linda Travel Show &amp; Jewelry (MFL)</p> <p>1:00pm Raise a Little FUNdraiser for the Ride to Conquer Cancer - Spanish Banks Drive &amp; Open Air Museum (B)</p> <p>7:00pm Bridge (L)</p> <p>7:00pm Feature T.V. Series (MR)</p>	<p>9:30am Total Body Fit (8FFC) 21</p> <p>10:30am Sit Fit (8FFC)</p> <p>10:30am Foot Care Clinic (HAWO)</p> <p>12:00pm Ping Pong Drop-in (8FFC)</p> <p>1:30pm Fitness Testing (8FFC)</p> <p>2:00pm Knit and Stitch (L)</p> <p>3:00pm Feature Classic Film (MR)</p> <p>4:00pm Bend and Stretch Class (8FFC)</p> <p>7:30pm Feature Classic Film (MR)</p>	<p>9:00am Walk n' Talk (MFL) 22</p> <p>9:00am Dr. Appointment Shuttle (B)</p> <p>10:15am Power for Parkinson's (8FFC)</p> <p>1:30pm Current Events Discussion Group (L)</p> <p>3:15pm Meditation with Ellen (MR)</p> <p>4:30pm Cocktails &amp; Canapes with Brandon Thornhill (MFL)</p> <p>5:00pm The Long Table- Sit With Friends (R)</p>	<p><b>Our Kinesiologist's Grad Day</b> 23</p> <p>8:45am Aqua Fit (MFL)</p> <p>9:30am Dance and Breath with Liviana (8FFC)</p> <p>10:30am Tunes with Toddlers (MR)</p> <p>12:00pm Foody Club for Food Lovers: Lunch Outing to Chi Restaurant with Wesbrook (B)</p> <p>1:15pm Tea &amp; Trumpets (B)</p> <p>2:30pm Bridge (L)</p> <p>7:00pm Bridge (L)</p>	<p>9:00am Balance and Core (8FFC) 24</p> <p>9,10,11 Oakridge Shuttle (B)</p> <p>1:30pm Lectures and Docs on Screen (MR)</p> <p>2:30pm Mixed Media Arts (8FFC)</p> <p>7:00pm Big Buck Bingo (MR)</p>	<p>9:00am Total Body Fit (8FFC) 25</p> <p>10:00am Sit Fit (8FFC)</p> <p>11:00am Wii Golf (MR)</p> <p>11:30am Saturday Brunch (R)</p> <p>1:30pm PERK Actives (MR)</p> <p>3:00pm Feature Current Film (MR)</p> <p>3:00pm Jumbo Crosswords (L)</p> <p>7:30pm Feature Current Film (MR)</p>

<p>8:30am Church Shuttle (B)  10:00am Pump It Up (8FFC)  10:45am Walk with Liviana (MFL)  11:30am Sunday Brunch (R)  3:00pm Feature Documentary (MR)  3:00pm Ping Pong Training (8FFC)  7:30pm Feature Documentary (MR)</p>	<p>26 9:00am Balance and Core (8FFC)  9, 10am Grocery Shopping shuttle (B)  11:00am Trivia Teasers (L)  1:00pm Granville Island Shopping Shuttle (B)  1:30pm Melody Makers (L)  3:00pm Yoga (8FFC)  7:00pm Bridge (L)  7:00pm Feature T.V. Series (MR)</p>	<p>27 9:30am Total Body Fit (8FFC)  10:30am Sit Fit (8FFC)  10:30am Foot Care Clinic (HAWO)  11:30am <b>Trail Blazers Walking Group - Deas Island and Picnic (B)</b>  12:00pm Ping Pong Drop-in (8FFC)  2:00pm Knit and Stitch (L)  3:00pm Feature Classic Film (MR)  4:00pm Bend and Stretch Class (8FFC)  7:30pm Feature Classic Film (MR)</p>	<p>28 9:00am Walk n' Talk (MFL)  9:00am Dr. Appointment Shuttle (B)  10:15am Power for Parkinson's (8FFC)  11:00am Write For You (MR)  1:30pm Current Events Discussion Group (L)  3:15pm <b>Healthy Nutrition Lecture with Luis</b>  4:30pm <b>Cocktails &amp; Canapes with Lester Soo (MFL)</b>  5:00pm The Long Table- Sit With Friends (R)</p>	<p>29 8:45am Aqua Fit (MFL)  9:30am Total Body Fit (8FFC)  10:30am Sit Fit (8FFC)  10:30am Tunes with Toddlers (MR)  1:30pm Beginners French (MR)  1:30pm <b>Teresa Trainer the Painter - Painting Demo (MFL)</b>  2:30pm Bridge (L)  2:30pm <b>Welcome &amp; Birthday Tea (R)</b>  3:00pm Open Gym (8FFC)  7:00pm Bridge (L)</p>	<p>30 9:00am Balance and Core (8FFC)  9,10,11 Oakridge Shuttle (B)  10:00am <b>Dancercise with Gary (8FFC)</b>  7:00pm Big Buck Bingo (MR)</p>	
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