



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Morning Walk (NEIG) 1 1:30 Gardening with Jennifer (PATI) 2:00 Sunday Symphony (THEA) 3:00 Brio Active Games - Bocce (BRIO) 6:45 Bingo (TWEE)	BC Day 2 9:30 Morning Walk (NEIG) 9:45 Seated Tai Chi (FS) 10:00 iPad Lessons (LIBR) 10:15 Brio Fitness (BRIO) 2:00 Spin Class (FS) 8:00 Yoga Nidra for Sleep (FS)	9:15 Chair Yoga with Gypsy (FS) 3 9:30 Tuck Shop Open (TWEE) 9:30 Morning Walk (NEIG) 10:15 Brio Fitness (BRIO) 10:30 Instagram 101 (THEA) 10:45 Fitness with Jamie (FS) 1:30 Meditative Colouring (LIBR) 2:00 Crossword Crazy (THEA) 2:00 Card making with Tanya (CR) 3:15 Ball Drumming (FS) 3:30 Brio - Creative Circle (BRIO) 7:00 Cribbage (GR)	9:30 Morning Walk & Neighbourhood Clean - up (NEIG) 4 10:15 Brio Fitness (BRIO) 10:30 Photography for Instagram (THEA) 10:45 Fitness with Jamie (FS) 1:30 Euchre (GR) 2:00 Advanced Yoga with Gypsy (FS) 2:00 Brio Bits & Bites (BRIO) 3:00 Rowing Club Open (RC) 7:00 Resident Speaker Series - Bill Holtz (THEA)	10:00 Morning Trail Walk - Neck Point (NEIG) 5 10:15 Brio Fitness (BRIO) 10:30 Seated Tai Chi (FS) 2:00 Painting with Carrie (FS) 3:00 Frozen Treats on the Patio (PATI) 3:30 Brio Trivia - Family (BRIO) 8:00 Yoga Nidra for Sleep (FS)	9:30 Tuck Shop Open (TWEE) 6 9:30 Morning Walk (NEIG) 10:15 Brio Fitness (BRIO) 10:45 Sit & Be Fit (FS) 1:30 Euchre (GR) 2:00 Spin Class (FS) 2:00 Music Hour with Marty Steele (MDR) 3:00 Rowing Club Open (RC) 5:00 Birthday Dinner (PDR) 7:00 Movie Night - The Upside (THEA)	9:30 Morning Walk (NEIG) 7 9:30 Chair Zumba with Daisy (FS) 10:15 Brio Fitness (BRIO) 10:30 Seated Tai Chi (FS) 1:30 Brio Sing along (BRIO) 1:30 Meditative Colouring (LIBR) 3:00 VI Symphony Patio Concert - String Quartet & @ French Horns (PATI) 7:00 Drop-in Billiards (GR)
9:30 Morning Walk (NEIG) 8 1:30 Gardening with Jennifer (PATI) 2:00 Sunday Symphony (THEA) 3:00 Brio Active Games - Parachute Fun (BRIO) 6:45 Bingo (TWEE)	9:30 Morning Walk (NEIG) 9 9:45 Seated Tai Chi (FS) 10:00 iPad Lessons (LIBR) 10:15 Brio Fitness (BRIO) 2:00 Spin Class (FS) 2:30 TABoo - word games (LIBR) 3:00 Brio Bingo (BRIO) 8:00 Yoga Nidra for Sleep (FS)	9:15 Chair Yoga with Gypsy (FS) 10 9:30 Tuck Shop Open (TWEE) 9:30 Morning Walk (NEIG) 10:15 Brio Fitness (BRIO) 10:30 Instagram 101 (THEA) 10:45 Fitness with Jamie (FS) 11:30 Picnic at Little Qualicum Falls (BT) 1:30 Meditative Colouring (LIBR) 2:00 Crossword Crazy (THEA) 3:15 Ball Drumming (FS) 3:30 Brio - Creative Circle (BRIO) 7:00 Cribbage (GR)	9:30 Morning Walk & Neighbourhood Clean - up (NEIG) 11 10:15 Brio Fitness (BRIO) 10:30 Photography for Instagram (THEA) 10:45 Fitness with Jamie (FS) 1:30 Euchre (GR) 2:00 Advanced Yoga with Gypsy (FS) 2:00 Brio Bits & Bites (BRIO) 3:00 Rowing Club Open (RC) 7:00 Resident Speaker Series - Merv Parker (THEA)	9:15 Gentle Yoga with Gypsy (FS) 12 9:30 Morning Walk (NEIG) 10:15 Brio Fitness (BRIO) 10:30 Seated Tai Chi (FS) 10:30 Lunch & Tasting at Unsworth Winery (BT) 2:00 Painting with Carrie (FS) 3:00 Frozen Treats on the Patio (PATI) 3:30 Brio Trivia - Christmas (BRIO) 8:00 Yoga Nidra for Sleep (FS)	9:30 Tuck Shop Open (TWEE) 13 9:30 Morning Walk (NEIG) 10:15 Brio Fitness (BRIO) 10:45 Sit & Be Fit (FS) 1:30 Euchre (GR) 2:00 Spin Class (FS) 2:00 Music Hour with Mt. Benson Ceili Band (PATI) 3:00 Rowing Club Open (RC) 7:00 Movie Night - Hologram for the King (THEA)	9:30 Morning Walk (NEIG) 14 9:30 Chair Zumba with Daisy (FS) 10:15 Brio Fitness (BRIO) 10:30 Seated Tai Chi (FS) 1:30 Brio Sing along (BRIO) 1:30 Meditative Colouring (LIBR) 3:00 Scenic Drive: Chemainus Murals & Ice Cream (BT) 7:00 Drop-in Darts (GR)
9:30 Morning Walk (NEIG) 15 1:30 Gardening with Jennifer (PATI) 2:00 Sunday Symphony (THEA) 3:00 Brio Active Games - Balloon Badminton (BRIO) 6:45 Bingo (TWEE)	9:30 Morning Walk (NEIG) 16 9:45 Seated Tai Chi (FS) 10:00 iPad Lessons (LIBR) 10:00 Traditional Drumming with Martha Bruce (PATI) 10:15 Brio Fitness (BRIO) 1:30 Shopping at Woodgrove Mall (BT) 2:00 Spin Class (FS) 2:30 TABoo - word games (LIBR) 3:00 Brio Bingo (BRIO) 8:00 Yoga Nidra for Sleep (FS)	9:15 Chair Yoga with Gypsy (FS) 17 9:30 Tuck Shop Open (TWEE) 9:30 Morning Walk (NEIG) 10:15 Brio Fitness (BRIO) 10:30 Instagram 101 (THEA) 10:45 Fitness with Jamie (FS) 1:30 Meditative Colouring (LIBR) 2:00 Crossword Crazy (THEA) 2:00 Card making with Tanya (CR) 3:15 Ball Drumming (FS) 3:30 Brio - Creative Circle (BRIO) 7:00 Cribbage (GR)	9:30 Morning Walk & Neighbourhood Clean - up (NEIG) 18 10:15 Brio Fitness (BRIO) 10:30 Photography for Instagram (THEA) 10:45 Fitness with Jamie (FS) 1:30 Euchre (GR) 2:00 Advanced Yoga with Gypsy (FS) 2:00 Brio Bits & Bites (BRIO) 2:00 Resident Meeting (MDR) 3:00 Rowing Club Open (RC) 7:00 Resident Speaker Series - Ben Weaver (THEA)	9:15 Gentle Yoga with Gypsy (FS) 19 9:30 Morning Trail Walk - Cathedral Grove (NEIG) 10:15 Brio Fitness (BRIO) 10:30 Seated Tai Chi (FS) 2:00 Painting with Carrie (FS) 3:00 Frozen Treats on the Patio (PATI) 3:30 Brio Trivia - Picnics (BRIO) 8:00 Yoga Nidra for Sleep (FS)	9:30 Tuck Shop Open (TWEE) 20 9:30 Morning Walk (NEIG) 10:15 Brio Fitness (BRIO) 10:45 Sit & Be Fit (FS) 1:30 Euchre (GR) 2:00 Spin Class (FS) 2:00 Music Hour with (MDR) 3:00 Rowing Club Open (RC) 5:00 Birthday Dinner (PDR) 7:00 Movie Night - Falling (THEA)	9:30 Morning Walk (NEIG) 21 9:30 Chair Zumba with Daisy (FS) 10:15 Brio Fitness (BRIO) 10:30 Seated Tai Chi (FS) 1:30 Brio Sing along (BRIO) 1:30 Meditative Colouring (LIBR) 3:00 VI Symphony Patio Concert - Flute, Violin & Double Bass (PATI) 7:00 Drop-in Billiards (GR)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Morning Walk 22 (NEIG) 1:30 Gardening with Jennifer (PATI) 2:00 Sunday Symphony (THEA) 3:00 Brio Active Games - Frozen Mocktails (BRIO) 6:45 Bingo (TWEE)	9:30 Morning Walk 23 (NEIG) 9:45 Seated Tai Chi (FS) 10:00 iPad Lessons (LIBR) 10:15 Brio Fitness (BRIO) 2:00 Spin Class (FS) 2:30 TABoo - word games (LIBR) 3:00 Brio Bingo (BRIO) 8:00 Yoga Nidra for Sleep (FS)	9:15 Chair Yoga with Gypsy (FS) 24 9:30 Tuck Shop Open (TWEE) 9:30 Morning Walk (NEIG) 10:15 Brio Fitness (BRIO) 10:30 Instagram 101 (THEA) 10:45 Fitness with Jamie (FS) 11:30 Picnic at Blue Heron Park (BT) 1:30 Meditative Colouring (LIBR) 2:00 Crossword Crazy (THEA) 3:15 Ball Drumming (FS) 3:30 Brio - Creative Circle (BRIO) 7:00 Cribbage (GR)	9:30 Morning Walk & Neighbourhood Clean - up (NEIG) 25 10:15 Brio Fitness (BRIO) 10:30 Photography for Instagram (THEA) 10:45 Fitness with Jamie (FS) 1:30 Euchre (GR) 2:00 Advanced Yoga with Gypsy (FS) 2:00 Brio Bits & Bites (BRIO) 3:00 Rowing Club Open (RC) 7:00 Resident Speaker Series - Richard Nash (THEA)	9:15 Gentle Yoga with Gypsy (FS) 26 9:30 Morning Walk (NEIG) 10:00 Shopping at Country Club Mall (BT) 10:15 Brio Fitness (BRIO) 10:30 Seated Tai Chi (FS) 2:00 Painting with Carrie (FS) 3:00 Frozen Treats on the Patio (PATI) 3:30 Brio Trivia - Family Vacations (BRIO) 8:00 Yoga Nidra for Sleep (FS)	9:30 Tuck Shop Open 27 (TWEE) 9:30 Morning Walk (NEIG) 10:15 Brio Fitness (BRIO) 10:45 Sit & Be Fit (FS) 1:30 Euchre (GR) 2:00 Spin Class (FS) 2:00 Music Hour with The K-Tones (MDR) 3:00 Rowing Club Open (RC) 7:00 Movie Night - I'll See You in My Dreams (THEA)	9:30 Morning Walk 28 (NEIG) 9:30 Chair Zumba with Daisy (FS) 10:15 Brio Fitness (BRIO) 10:30 Seated Tai Chi (FS) 1:30 Brio Sing along (BRIO) 1:30 Meditative Colouring (LIBR) 3:00 Scenic Drive: Oceanside (BT) 7:00 Drop-in Darts (GR)
9:30 Morning Walk 29 (NEIG) 1:30 Gardening with Jennifer (PATI) 2:00 Sunday Symphony (THEA) 3:00 Brio Active Games - Water Balloon Toss (BRIO) 6:45 Bingo (TWEE)	9:30 Morning Walk 30 (NEIG) 9:45 Seated Tai Chi (FS) 10:00 iPad Lessons (LIBR) 10:15 Brio Fitness (BRIO) 1:30 Shopping at Woodgrove Mall (BT) 2:00 Spin Class (FS) 2:30 TABoo - word games (LIBR) 3:00 Brio Bingo (BRIO) 8:00 Yoga Nidra for Sleep (FS)	9:15 Chair Yoga with Gypsy (FS) 31 9:30 Tuck Shop Open (TWEE) 9:30 Morning Walk (NEIG) 10:15 Brio Fitness (BRIO) 10:30 Instagram 101 (THEA) 10:45 Fitness with Jamie (FS) 1:30 Meditative Colouring (LIBR) 2:00 Crossword Crazy (THEA) 2:00 Card making with Tanya (CR) 3:15 Ball Drumming (FS) 3:30 Brio - Creative Circle (BRIO) 7:00 Cribbage (GR)				Picnic at Spider Lake Springs
Locations Legend Fitness Studio (FS) Brio (BRIO) Neighbourhood (NEIG) Theatre (THEA) Library (LIBR) Games Room (GR) Tweed's (TWEE) Patio (PATI) Rowing Club (RC) Bus Trip (BT) Main Dining Room (MDR) Craft Room (CR) Private Dining Room (PDR)		Calendar Legend Special Program Bus Trip "New" Program Other		Summer time fun time on the Patio! Gerry's annual birthday gift to us! Thanks Gerry!		