



“Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom.” - Marcel Proust

***Please join us for another fun-filled month of social activities and events!
Starting with October 1st, National Seniors Day, we are celebrating in a big way
with the ‘SUEDE DOGS’ and a delicious 1950’s diner themed lunch. Don’t miss out!!***

***If you’d like to participate in any of the programs listed in the calendar; you must sign up at the Concierge desk
beforehand as we have limited spots for each activity due to physical distancing measures.***

1950’s Featured Film—King Creole On National Seniors Day, we top off the day with a 1958 American musical drama film based on the novel “A Stone for Danny Fisher” starring the King of the 50’s era - Elvis Presley. He plays a troubled youth whose singing talent sets the French Quarter in New Orleans rockin’.

Pumpkin Spice Caramel Parfait Social It’s officially fall and that means pumpkin spice is here! The smell of this autumn flavour often triggers familiar, positive, and cozy memories like Thanksgiving, or rustling fall leaves, and kids going back to school. Be sure to come by and try our tastiest version of autumn in a cup.

Core Crunch Are you looking for a brand new and exciting exercise class to try out? Join James, our Recreation Assistant, for a 30-minute fun abdominal chair workout focusing on tightening and strengthening your core and back muscles.

Artistic Inspirations Class This month, Barbara Jeffery will be showcasing collage and acrylic painting techniques, while using inspiration from Piet Mondrian and Picasso. Plus, you may get a sneak peak at a slideshow. All artistic abilities are welcome.

DIY Creations As the weather changes, so does our do-it-yourself projects. Some things are better left outside, but that doesn’t mean that indoor spaces and the outdoors should never commingle. Try your hand at creating welcoming and inviting home decorations by infusing natural elements and textures.

Chef Demo — Apple Tarte Tatin ‘Tis the season for apples! Come by the Kitchen to see Executive Chef Alex whip up some crunchy, flavourful, and colourful apples into a delectable classic French apple tart.

Ballroom Danceworkz Do you like enjoy dancing? Join Clara, our new ballroom dance instructor, as she shows you the steps for various dances from the cha cha to the waltz. You don’t need a partner from the opposite gender as we’re only learning steps!

DrumFit Info Session Come by and see what DrumFit is all about. You’ll have so much fun in this cardio-drumming exercise class that you won’t even notice you’ve working out.

I Love Lucy TV Series Everyone loves Lucy and what’s not to like about Lucille Ball? This 1950’s hit sitcom will bring back good ole memories and an abundance of laughter.

Thanksgiving ALL-DAY menu Bring your family and friends and celebrate ALL-DAY and ALL-TOGETHER at OPAL. From slow roasted turkey to roasted ham with honey pineapple glaze; you’ll be sure to find many lip-smacking items to fill your belly.

Random Acts of Kindness Help us spread kindness and love throughout the building. It can be as simple as giving someone a compliment, buying a coffee for a friend, or leaving notes of encouragement for a neighbour. This is how it works, we’ll start the acts of kindness challenge and you do a kind deed for another person. We hope that this causes a fun and loving chain reaction!

Cabbage Floral Arrangement Workshop Join us for a fresh, vibrant, and eco-friendly flower arranging class with Cristie. We guarantee that you’ll love the final masterpiece. Don’t forget to sign-up as spaces are limited for this program.



In This Together

OCTOBER 2021 - In This Together

sunday	monday	tuesday	wednesday	thursday	friday	saturday
	LOCATION Activity Center (AC) Art Room (AR) BUS (BUS) Bistro Library (BL) Dining Room (DR) Gym (GYM) Kitchen (K) Movement Studio (MS) Sky Lounge (SL)	LOCATION Southside Outdoor Patio (SOP) Theatre (T)			9:30am F.I.T. Circuit Training (GYM) 1 11:30am Opal's 1950's Diner Lunch with the Suede Dogs (DR) 1:00pm Book Club (BL) 1:30pm Ping Pong (AC) 2:30pm Fun & Games (BL) 4:00pm 1950's Featured Film - King Creole (T)	9:30am Zumba (MS) 2 10:30am Riley Park Farmers Market with Sabeena (BL) 1:30pm Virtual Games (T) 2:30pm Bingo (BL) 3:30pm Film & Fiction - Knives Out (T)
9:30am Having a Ball (MS) 3 2:30pm Pumpkin Spice Caramel Parfait Social (SOP) 3:30pm Core Crunch With James (MS) 4:30pm Classic Movies - Grease (T)	9:30am Yoga with Sam (MS) 4 10:30am "In the Pocket" Pool Game (AC) 1:30pm Expressive Writing (AR) 2:30pm Stab & Jab (MS) 3:00pm Artistic Inspirations Class with Barbara Jeffery (AR)	9:30am Fitness & Friends (MS) 5 10:30am Fitness and Friends (MS) 1:30pm The Bloom & Botanical Club (SL) 2:30pm Pickleball (MS) 3:30pm DIY Creations - Wood Coasters (AR)	8:30am Tai Chi with Mr. Liu (MS) 6 9:30am Bus Trip - Taves Family Apple Farm (BUS) 1:30pm Tech Savvy 1-on-1 (AR) 2:30pm Chef Demo - Apple Tarte Tatin (K) 3:30pm Balance & Better Bones (MS) 4:30pm Ping Pong (AC)	9:30am Fitness & Friends (MS) 7 10:30am Fitness and Friends (MS) 1:30pm Board Games (BL) 2:30pm Ballroom Danceworkz (MS) 3:30pm DrumFit Info Session (T)	9:30am F.I.T. Circuit Training (GYM) 8 11:00am Virtual Sing-a-long (AR) 1:00pm Vancouver Public Library (BL) 1:30pm Ping Pong (AC) 2:30pm Fun & Games (BL) 3:30pm Step It Up (MS)	9:30am Zumba (MS) 9 10:30am Riley Park Farmers Market with Sabeena (BL) 1:30pm Virtual Games (T) 2:30pm Bingo (BL) 3:30pm Film & Fiction - A Beautiful Day in the Neighborhood (T)
9:30am Having a Ball (MS) 10 2:30pm Pumpkin Spice Caramel Parfait Social (SOP) 3:30pm Core Crunch With James (MS) 4:30pm Classic Movies - Flower Drum Song (T)	THANKSGIVING 11	9:30am Fitness & Friends (MS) 12 10:30am Fitness and Friends (MS) 1:30pm The Bloom & Botanical Club (SL) 2:30pm Pickleball (MS) 3:30pm DIY Creations - Autumn Door Hangers (AR)	8:30am Tai Chi with Mr. Liu (MS) 13 11:00am Bus Trip - Lunch at Burgoo Restaurant (BUS) 1:30pm Tech Savvy 1-on-1 (AR) 3:30pm Balance & Better Bones (MS) 4:30pm Ping Pong (AC)	9:30am Fitness & Friends (MS) 14 10:30am Fitness and Friends (MS) 2:30pm Ballroom Danceworkz (MS) 2:30pm Cabbage Floral Arrangement Workshop (AR) 3:30pm Board Games (BL)	9:30am F.I.T. Circuit Training (GYM) 15 11:00am Virtual Sing-a-long (AR) 1:00pm Book Club (BL) 1:30pm Ping Pong (AC) 2:30pm Fun & Games (BL) 3:30pm Step It Up (MS) 4:00pm I Love Lucy TV Series (T)	9:30am Zumba (MS) 16 10:30am Riley Park Farmers Market with Sabeena (BL) 1:30pm Virtual Games (T) 2:30pm Bingo (BL) 3:30pm Film & Fiction - First Man (T)
9:30am Having a Ball (MS) 17 2:30pm Pumpkin Spice Caramel Parfait Social (SOP) 3:30pm Core Crunch With James (MS) 4:30pm Classic Movies - La Bamba (T)	9:30am Yoga with Sam (MS) 18 10:30am "In the Pocket" Pool Game (AC) 1:30pm Expressive Writing (AR) 2:30pm Stab & Jab (MS) 3:00pm Artistic Inspirations Class with Barbara Jeffery (AR)	9:30am Fitness & Friends (MS) 19 10:30am Fitness and Friends (MS) 1:30pm The Bloom & Botanical Club (SL) 2:30pm Pickleball (MS) 3:30pm DIY Creations - Fall Lanterns (AR)	8:30am Tai Chi with Mr. Liu (MS) 20 9:30am Bus Trip - Museum of Vancouver: A Seat at the Table (BUS) 1:30pm Tech Savvy 1-on-1 (AR) 3:30pm Balance & Better Bones (MS) 4:30pm Ping Pong (AC)	9:30am Fitness & Friends (MS) 21 10:30am Fitness and Friends (MS) 1:30pm Board Games (BL) 2:30pm Ballroom Danceworkz (MS) 3:30pm Chan Center Virtual Concert - Roots & Shoots: Village Tales (T)	9:30am F.I.T. Circuit Training (GYM) 22 11:00am Virtual Sing-a-long (AR) 1:00pm Vancouver Public Library (BL) 1:30pm Ping Pong (AC) 2:30pm Fun & Games (BL) 3:30pm Step It Up (MS)	9:30am Zumba (MS) 23 10:30am Riley Park Farmers Market with Sabeena (BL) 1:30pm Virtual Games (T) 2:30pm Bingo (BL) 3:30pm Film & Fiction - The Iron Lady (T)
9:30am Having a Ball (MS) 24 2:30pm Pumpkin Spice Caramel Parfait Social (SOP) 3:30pm Core Crunch With James (MS) 4:30pm Classic Movies - As Good As It Gets (T)	9:30am Yoga with Sam (MS) 25 10:30am "In the Pocket" Pool Game (AC) 1:30pm Expressive Writing (AR) 2:30pm Dance Expressions with Sam (MS) 3:00pm Paint and Sip (AR)	9:30am Fitness & Friends (MS) 26 10:30am Fitness and Friends (MS) 1:30pm The Bloom & Botanical Club (SL) 2:30pm Pickleball (MS) 3:30pm DIY Creations - Pumpkin Decorating (AR)	8:30am Tai Chi with Mr. Liu (MS) 27 9:30am Bus Trip - Imagine Picasso: The Exhibition (BUS) 1:30pm Tech Savvy 1-on-1 (AR) 3:30pm Balance & Better Bones (MS) 4:30pm Ping Pong (AC)	9:30am Fitness & Friends (MS) 28 10:30am Fitness and Friends (MS) 1:30pm Board Games (BL) 2:30pm Ballroom Danceworkz (MS) 3:30pm Halloween Costume Contest (BL)	9:30am F.I.T. Circuit Training (GYM) 29 11:00am Virtual Sing-a-long (AR) 1:00pm Book Club (BL) 1:30pm Ping Pong (AC) 2:30pm Fun & Games (BL) 3:30pm Step It Up (MS)	9:30am Zumba (MS) 30 10:30am Riley Park Farmers Market with Sabeena (BL) 1:30pm Virtual Games (T) 2:30pm Bingo (BL) 3:30pm Film & Fiction - The Addams Family (T)
9:30am Having a Ball (MS) 31 1:30pm Trick or Treat Scavenger Hunt (BL) 2:30pm Pumpkin Spice Caramel Parfait Social (SOP) 3:30pm Core Crunch With James (MS) 4:30pm Classic Movies - Hocus Pocus (T)						