

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<div>1</div> <div>YOGA AND MEDITATION 9:15 – 10:30 am DANCE WORKOUT 11:00 – 12:30 pm DROP-IN TECH CAFE 11:00 – 2:00 pm NEW – LUNCH AT NOON (\$6) 12:00 – 1:00 pm GUITAR LESSONS 1:00 – 2:00 pm DIGITAL LITERACY 8-SESSION COURSE 2:30 – 3:30 pm UKULELE SING-ALONG CIRCLE 2:30 – 3:30 pm WALKING CLUB 2:00 pm</div>
<div>4</div> <div>B.C. DAY CENTRE CLOSED</div>	<div>5</div> <div>TAI-CHI STRETCHING WITH MASTER YIP 9:00 – 9:45 am LINE DANCING All Levels: 10:00 – 11:30 am NEW – LUNCH AT NOON (\$6) 12:00 – 1:00 PM COFFEE DROP-IN LEARN, ENGAGE AND CONNECT WORKSHOP: “THE BRAIN, STROKE, AND THE BENEFITS OF EXERCISE” BY: Vivian Li, UBC MSc Student in Rehabilitation Sciences 1:00 – 3:00 pm</div>	<div>6</div> <div>FILIPINO FOLK DANCE 9:00 – 9:55 am STANDING YOGA W/CHAIR 10:00 – 11:00 am FRENCH CONVERSATION 10:00 –11:00am NEW - SPANISH CLASS (beginner) 10:00 am – 11:00 am SPANISH CONVERSATION Intermediate: 11:15 am – 12:15 pm NEW – LUNCH AT NOON (\$6) 12:00 – 1:00 pm UKULELE Level A (beginners) 12:45 – 1:45 pm BINGO, CARDS &amp; GAMES 1:30 – 2:30 pm UKULELE Level C 2:00 – 3:30 pm</div>	<div>7</div> <div>CARDIO EXERCISE 10:00 – 11:30 am KARAOKE, SING-ALONG &amp; MUSIC CLUB 11:35 am – 1:35 pm NEW – LUNCH AT NOON (\$6) 12:00 – 1:00 PM LINE DANCING 2:00 – 3:30 pm DROP-IN COFFEE SOCIAL GROUP at KINGSGATE MALL 1:00 – 3:00 pm **DAY TRIP: BELCARRA REGIONAL PARK** 9:00 am – 3:00 pm</div>	<div>8</div> <div>YOGA AND MEDITATION 9:15 – 10:30 am SERVICE CANADA &amp; CRA SUPPORT (ONE TO ONE APPOINTMENT) 10:00 – 3:00 pm DANCE WORKOUT 11:00 – 12:30 pm DROP-IN 1-ON-1 TECH CAFE 11:00 – 2:00 pm NEW – LUNCH AT NOON (\$6) 12:00 – 1:00 pm UKULELE SING-ALONG CIRCLE 2:30 – 3:30 pm GUITAR LESSONS 1:00 – 2:00 pm NO DIGITAL LITERACY COURSE WALKING CLUB 2:00 pm</div>
<div>11</div> <div>TAI-CHI STRETCHING WITH MASTER YIP 9:00 - 10:30am MEDITATION CIRCLE 10:45 – 11:30 am CANASTA CARD GAME 12:00 – 3:00 pm CHAIR YOGA 12:00 – 1:00 pm CELLPHONE CLASS (Must Register) 1:00 – 2:00 pm KNITTING 1:00 – 3:00 pm STORYTELLING 1:15 – 3:15 pm</div>	<div>12</div> <div>TAI-CHI STRETCHING WITH MASTER YIP 9:00 – 9:45 am LINE DANCING All Levels: 10:00 – 11:30 am NEW – LUNCH AT NOON (\$6) 12:00 – 1:00 PM COFFEE DROP-IN LEARN, ENGAGE AND CONNECT WORKSHOP: “THE BRAIN WELLNESS PROGRAM” BY: Alisa Hashimoto, MHA Student in Health Administration 1:00 – 3:00 pm</div>	<div>13</div> <div>NO FILIPINO FOLK DANCE STANDING YOGA W/CHAIR 10:00 – 10:55 am NO FRENCH CONVERSATION NEW - SPANISH CLASS (beginner) 10:00 am – 11:00 am SPANISH CONVERSATION Intermediate: 11:15 am – 12:15 pm NEW – LUNCH AT NOON (\$6) 12:00 – 1:00 pm BINGO, CARDS &amp; GAMES 1:30 – 2:30 pm UKULELE Level A (beginners) 12:45 – 1:45 pm UKULELE Level C 2:00 – 3:30 pm **DAY TRIP: BURNABY VILLAGE MUSEUM** 10:00 am – 3:00 pm</div>	<div>14</div> <div>CARDIO EXERCISE 10:00 – 11:30 am BIRTHDAY CELEBRATION 10:00 am -- 12:00 pm KARAOKE, SING-ALONG &amp; MUSIC CLUB 11:35 am – 1:35 pm NEW – LUNCH AT NOON (\$6) 12:00 – 1:00 PM DROP-IN COFFEE SOCIAL GROUP at KINGSGATE MALL 1:00 – 3:00 pm RAINBOW CAFÉ (2SLGBTQ+) 1:30 – 3:00 PM LINE DANCING 2:00 – 3:30 pm</div>	<div>15</div> <div>YOGA AND MEDITATION 9:15 – 10:30 am DANCE WORKOUT 11:00 – 12:30 pm DROP-IN 1-ON-1 TECH CAFE 11:00 – 2:00 pm NEW – LUNCH AT NOON (\$6) 12:00 – 1:00 pm GUITAR LESSONS 1:00 – 2:00 pm ZENTANGLE 1:15 – 2:45 pm UKULELE SING-ALONG CIRCLE 2:30 – 3:30 pm NO DIGITAL LITERACY COURSE WALKING CLUB 2:00 pm</div>
<div>18</div> <div>TAI-CHI STRETCHING WITH MASTER YIP 9:00 - 10:30am MEDITATION CIRCLE 10:45 – 11:30 am CHAIR YOGA 12:00 – 1:00 pm CELLPHONE CLASS (Must Register) 1:00 – 2:00 pm KNITTING 1:00 – 3:00 pm</div>	<div>19</div> <div>TAI-CHI STRETCHING WITH MASTER YIP 9:00 – 9:45 am LINE DANCING All Levels: 10:00 – 11:30 am NEW – LUNCH AT NOON (\$6) 12:00 – 1:00 PM COFFEE DROP-IN LEARN, ENGAGE AND CONNECT WORKSHOP: “DIET FOR A BALANCED, HEALTHY LIFESTYLE” BY: Adrienne Chow, UBC Dietetics Student 1:00 – 3:00 pm</div>	<div>20</div> <div>NO FILIPINO FOLK DANCE STANDING YOGA W/CHAIR 10:00 – 10:55 am FRENCH CONVERSATION 10:00 –11:00am NEW - SPANISH CLASS (beginner) 10:00 am – 11:00 am SPANISH CONVERSATION Intermediate: 11:15 am – 12:15 pm NO LUNCH AT NOON ALL AFTERNOON PROGRAMS CANCELLED  // COMMUNITY MEMBER BBQ // // AT ROBSON PARK // 12:00 – 3:00 pm</div>	<div>21</div> <div>CARDIO EXERCISE 10:00 – 11:30 am KARAOKE, SING-ALONG &amp; MUSIC CLUB 11:35 am – 1:35 pm NEW – LUNCH AT NOON (\$6) 12:00 – 1:00 pm DROP-IN COFFEE SOCIAL GROUP at KINGSGATE MALL 1:00 – 3:00 pm LINE DANCING 2:00 –3:30 pm</div>	<div>22</div> <div>YOGA AND MEDITATION 9:15 – 10:30 am DANCE WORKOUT 11:00 – 12:30 pm DROP-IN 1-ON-1 TECH CAFE 11:00 – 2:00 pm NEW – LUNCH AT NOON (\$6) 12:00 – 1:00 pm UKULELE SING-ALONG CIRCLE 2:30 – 3:30 pm DIGITAL LITERACY 8-SESSION COURSE 2:30 – 3:30 pm GUITAR LESSONS 1:00 – 2:00 pm WALKING CLUB 2:00 pm</div>
<div>25</div> <div>TAI-CHI STRETCHING WITH MASTER YIP 9:00 - 10:30am BOOK CLUB 10:00 am – 12:00 pm MEDITATION CIRCLE 10:45 – 11:30 am CHAIR YOGA 12:00 – 1:00 pm CANASTA CARD GAME 12:00 – 3:00 pm CELLPHONE CLASS (Must Register) 1:00 – 2:00 pm KNITTING 1:00 – 3:00 pm</div>	<div>26</div> <div>TAI-CHI STRETCHING WITH MASTER YIP 9:00 – 9:45 am LINE DANCING All Levels: 10:00 – 11:30 am NEW – LUNCH AT NOON (\$6) 12:00 – 1:00 PM COFFEE DROP-IN LEARN, ENGAGE AND CONNECT PHILOSOPHER CLUB 1:00 – 3:00 pm</div>	<div>27</div> <div>FILIPINO FOLK DANCE 9:00 – 9:55 am STANDING YOGA W/CHAIR 10:00 – 10:55 am FRENCH CONVERSATION 10:00 –11:00am NEW - SPANISH CLASS (beginner) 10:00 am – 11:00 am SPANISH CONVERSATION Intermediate: 11:15 am – 12:15 pm NEW – LUNCH AT NOON (\$6) 12:00 – 1:00 pm BINGO, CARDS &amp; GAMES 1:30 – 2:30 pm NO UKULELE Level A (beginners) NO UKULELE Level C **DAY TRIP: UBC BOTANICAL GARDEN &amp; TREEWALK** 10:00 am – 3:00 pm</div>	<div>28</div> <div>CARDIO EXERCISE 10:00 – 11:30 am KARAOKE, SING-ALONG &amp; MUSIC CLUB 11:35 am – 1:35 pm NEW – LUNCH AT NOON (\$6) 12:00 – 1:00 PM LINE DANCING 2:00–3:30 pm RAINBOW CAFÉ (2SLGBTQ+) 1:30 – 3:00 PM DROP-IN COFFEE SOCIAL GROUP at KINGSGATE MALL 1:00 – 3:00 pm</div>	<div>29</div> <div>YOGA AND MEDITATION 9:15 – 10:30 am DANCE WORKOUT 11:00 – 12:30 pm DROP-IN 1-ON-1 TECH CAFE 11:00 – 2:00 pm NEW – LUNCH AT NOON (\$6) 12:00 – 1:00 pm UKULELE SING-ALONG CIRCLE 2:30 – 3:30 pm DIGITAL LITERACY 8-SESSION COURSE 2:30 – 3:30 pm GUITAR LESSONS 1:00 – 2:00 pm NEW - ART LESSON BY DIMASALANG III INTERNATIONAL ARTIST GROUP 1:00 – 3:00 pm WALKING CLUB 2:00 pm</div>