

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CENTER CLOSED IN LIEU OF JULY 1st.	1 TAI-CHI STRETCHING WITH MASTER YIP 9:00 – 9:45 am LINE DANCING All Levels: 10:00 – 11:30 am NEW – SOUP AND TOAST (\$5) 12:00 – 1:00 PM COFFEE DROP-IN LEARN, ENGAGE AND CONNECT CANADA DAY SPECIAL CELEBRATION 1:00 – 3:00 pm	2 FILIPINO FOLK DANCES 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 SOUP & SANDWICHES (\$6) 12:00 – 1:00 pm BINGO, CARDS & 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: CAPILANO PICNIC** 10:00 am – 4:00 pm	3 CARDIO EXERCISE 10:00 – 11:30 am DROP-IN PING-PONG 12:30 - 1:55 pm LINE DANCING 2:00 – 3:30 pm MAHJONG 1:00 – 4:00 pm RAINBOW CAFÉ (ZSLGBTQ+) 1:30 – 3:00 pm DROP-IN COFFEE SOCIAL GROUP at KINGSGATE MALL 1:00 – 3:00 pm	4 YOGA AND MEDITATION 9:15 – 10:30 am DANCE WORKOUT 11:00 – 12:30 pm SOUP & SANDWICHES (\$6) 12:00 – 1:00 pm UKULELE SING-ALONG CIRCLE 2:30 – 3:30 pm GUITAR LESSONS 1:00 – 2:00 pm WALKING CLUB 2:00 pm **DAY TRIP: LONSDALE QUAY** 1:00 pm – 6:00 pm
7 TAI-CHI STRETCHING WITH MASTER YIP 9:00 - 10:30 am MEDITATION CIRCLE 10:45 – 11:30 am CHAIR YOGA 12:00 – 1:00 pm KNITTING 1:00 – 3:00 pm ENGLISH FOR BEGINNERS 1:30 – 3:00 pm CELLPHONE CLASS (Must Register) 1:00 – 2:00 pm	8 TAI-CHI STRETCHING WITH MASTER YIP 9:00 – 9:45 am LINE DANCING All Levels: 10:00 – 11:30 am NEW – SOUP AND TOAST (\$5) 12:00 – 1:00 PM COFFEE DROP-IN LEARN, ENGAGE AND CONNECT WORKSHOP: EMERGENCY RESPONSE AND PREPAREDNESS PROGRAM BY: 411 SENIORS CENTER SOCIETY 1:00 – 3:00 pm	9 FILIPINO FOLK DANCES 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 SOUP & SANDWICHES (\$6) 12:00 – 1:00 pm BINGO, CARDS & 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: STEVESTON** 9:00 am – 5:00 pm	10 CARDIO EXERCISE 10:00 – 11:30 am DROP-IN PING-PONG 12:30 - 1:55 pm LINE DANCING 2:00 – 3:30 pm MAHJONG 1:00 – 4:00 pm RAINBOW CAFÉ (ZSLGBTQ+) 1:30 – 3:00 pm DROP-IN COFFEE SOCIAL GROUP at KINGSGATE MALL 1:00 – 3:00 pm	11 YOGA AND MEDITATION 9:15 – 10:30 am DANCE WORKOUT 11:00 – 12:30 pm SOUP & SANDWICHES (\$6) 12:00 – 1:00 pm UKULELE SING-ALONG CIRCLE 2:30 – 3:30 pm GUITAR LESSONS 1:00 – 2:00 pm WALKING CLUB 2:00 pm **DAY TRIP: HAND EYE CERAMICS WORKSHOP** 12:30 pm – 4:00 pm
14 TAI-CHI STRETCHING WITH MASTER YIP 9:00 - 10:30 am MEDITATION CIRCLE 10:45 – 11:30 am CHAIR YOGA 12:00 – 1:00 pm CANASTA CARD GAME 12:00 – 3:00 pm KNITTING 1:00 – 3:00 pm ENGLISH FOR BEGINNERS 1:30 – 3:00 pm CELLPHONE CLASS (Must Register) 1:00 – 2:00 pm	15 TAI-CHI STRETCHING WITH MASTER YIP 9:00 – 9:45 am LINE DANCING All Levels: 10:00 – 11:30 am NEW – SOUP AND TOAST (\$5) 12:00 – 1:00 PM COFFEE DROP-IN LEARN, ENGAGE AND CONNECT WORKSHOP: "WHAT DOES AGEING WELL MEAN TO YOU" BY UBC Faculty of Medicine 1:00 – 3:00 pm	16 FILIPINO FOLK DANCES 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 SOUP & SANDWICHES (\$6) 12:00 – 1:00 pm BINGO, CARDS & 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: BILLZ BERRYZ & BEEZ** 10:00 am – 3:00 pm	17 CARDIO EXERCISE 10:00 – 11:30 am BIRTHDAY CELEBRATION 10:00 am -- 12:00 pm DROP-IN PING-PONG 12:30 – 1:55 pm LINE DANCING 2:00 – 3:30 pm MAHJONG 1:00 – 4:00 pm DROP-IN COFFEE SOCIAL GROUP at KINGSGATE MALL 1:00 – 3:00 pm	18 YOGA AND MEDITATION 9:15 – 10:30 am DANCE WORKOUT 11:00 – 12:30 pm SOUP & SANDWICHES (\$6) 12:00 – 1:00 pm UKULELE SING-ALONG CIRCLE 2:30 – 3:30 pm GUITAR LESSONS 1:00 – 2:00 pm WALKING CLUB 2:00 pm **DAY TRIP: STREET ART & CRAFT COFFEE TOUR** 8:45 am-1:00pm
21 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 NO CHAIR YOGA CLASS KNITTING 1:00 – 3:00 pm ENGLISH FOR BEGINNERS 1:30 – 3:00 pm CELLPHONE CLASS (Must Register) 1:00 – 2:00 pm	22 TAI-CHI STRETCHING WITH MASTER YIP 9:00 – 9:45 am LINE DANCING All Levels: 10:00 – 11:30 am NEW – SOUP AND TOAST (\$5) 12:00 – 1:00 PM COFFEE DROP-IN LEARN, ENGAGE AND CONNECT WORKSHOP: "ELDER PRIDE STORIES" BY CYNDIA COLE 1:00 – 3:00 pm	23 FILIPINO FOLK DANCES 9:00 – 9:55 am NO STANDING YOGA W/ CHAIR CLASS 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 SOUP & SANDWICHES (\$6) 12:00 – 1:00 pm BINGO, CARDS & 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: WHITE ROCK** 8:30 am – 5:00 pm	24 CARDIO EXERCISE 10:00 – 11:30 am DROP-IN PING-PONG 12:30 – 1:55 pm LINE DANCING 2:00 – 3:30 pm MAHJONG 1:00 – 4:00 pm RAINBOW CAFÉ (ZSLGBTQ+) 1:30 – 3:00 PM DROP-IN COFFEE SOCIAL GROUP at KINGSGATE MALL 1:00 – 3:00 pm	25 YOGA AND MEDITATION 9:15 – 10:30 am DANCE WORKOUT 11:00 – 12:30 pm SOUP & SANDWICHES (\$6) 12:00 – 1:00 pm UKULELE SING-ALONG CIRCLE 2:30 – 3:30 pm GUITAR LESSONS 1:00 – 2:00 pm NEW - ART LESSONS BY DIMASALANG III INTERNATIONAL ARTIST GROUP 1:00 – 3:00 pm WALKING CLUB 2:00 pm **DAY TRIP: DEEP COVE PICNIC** 10:00 am – 4:00 pm
28 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 NO CHAIR YOGA CLASS CANASTA CARD GAME 12:00 – 3:00 pm STORYTELLING 1:15 – 3:15 pm KNITTING 1:00 – 3:00 pm ENGLISH FOR BEGINNERS 1:30 – 3:00 pm CELLPHONE CLASS (Must Register) 1:00 – 2:00 pm	29 TAI-CHI STRETCHING WITH MASTER YIP 9:00 – 9:45 am LINE DANCING All Levels: 10:00 – 11:30 am NEW – SOUP AND TOAST (\$5) 12:00 – 1:00 PM COFFEE DROP-IN LEARN, ENGAGE AND CONNECT PHILOSOPHER CLUB 1:00 – 3:00 pm	30 FILIPINO FOLK DANCES 9:00 – 9:55 am NO STANDING YOGA W/ CHAIR CLASS 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 SOUP & SANDWICHES (\$6) 12:00 – 1:00 pm BINGO, CARDS & 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: WHISTLER** 8:30 am – 7:00 pm	31 CARDIO EXERCISE 10:00 – 11:30 am DROP-IN PING-PONG 12:30 – 1:55 pm LINE DANCING 2:00 – 3:30 pm MAHJONG 1:00 – 4:00 pm RAINBOW CAFÉ (ZSLGBTQ+) 1:30 – 3:00 PM DROP-IN COFFEE SOCIAL GROUP at KINGSGATE MALL 1:00 – 3:00 pm	