

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>1</div> <div>LABOUR DAY CENTRE CLOSED</div>	<div>2</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: “MUSIC & HEALTHY BRAIN AGING” By: Dr Sarah Faber, SFU Gerontology program. 1:00 – 3:00 PM </div>	<div>3</div> <div> STANDING YOGA W/CHAIR 10:00 – 11:00 am FRENCH CONVERSATION 10:00 –11:00am SPANISH CLASS (beginner) 11:10 am – 12:10 am SPANISH CONVERSATION Intermediate: 11:15 am – 12:15 pm NEW – LUNCH AT NOON (\$6) 12:00 – 1:00 pm BINGO, CARDS & GAMES 1:30 – 2:30 pm UKULELE Level C 2:00 – 3:30 pm </div>	<div>4</div> <div> CARDIO EXERCISE 10:00 – 11:30 am KARAOKE, SING-ALONG & 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>5</div> <div> 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 CANCELLED WALKING CLUB 2:00 pm UKULELE SING-ALONG CIRCLE 2:30 – 3:30 pm </div>
<div>8</div> <div> TAI-CHI STRETCHING WITH MASTER YIP 9:00 - 10:30am AFRO-LATINO DANCE 10:45 – 11:45 pm CANASTA CARD GAME 12:00 – 3:00 pm CHAIR YOGA 12:00 – 1:00 pm DROP-IN 1-ON-1 TECH CAFÉ 1:00 – 3:00 pm KNITTING & CROCHET 1:00 – 3:00 pm STORYTELLING 1:15 – 3:15 pm ENGLISH FOR BEGINNERS 1:30 – 3:00 pm M.E.L.T – 1:00 – 4:00 pm </div>	<div>9</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: “MEMORY AND AGING” BY: COSCO 1:00 – 3:00 pm </div>	<div>10</div> <div> STANDING YOGA W/CHAIR 10:00 – 11:00 am FRENCH CONVERSATION 10:00 –11:00am SPANISH CLASS (beginner) 11:10 am – 12:10 am SPANISH CONVERSATION Intermediate: 11:15 am – 12:15 pm NEW – LUNCH AT NOON (\$6) 12:00 – 1:00 pm BINGO, CARDS & GAMES 1:30 – 2:30 pm UKULELE Level C 2:00 – 3:30 pm </div>	<div>11</div> <div> CARDIO EXERCISE 10:00 – 11:30 am KARAOKE, SING-ALONG & 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: VAN DUSEN** 1:30 pm – 4:00 pm </div>	<div>12</div> <div> DROP-IN CLINIC WITH THE MINISTRY OF SOCIAL DEVELOPMENT & POVERTY REDUCTION 10:00 am – 2:00 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 DIGITAL LITERACY 8-SESSION COURSE CANCELLED WALKING CLUB 2:00 pm </div>
<div>15</div> <div> TAI-CHI STRETCHING WITH MASTER YIP 9:00 - 10:30am AFRO-LATINO DANCE GROUP 10:45 – 11:45 pm CANASTA CARD GAME 12:00 – 3:00 pm CHAIR YOGA 12:00 – 1:00 pm DROP-IN 1-ON-1 TECH CAFÉ 1:00 – 2:00 pm KNITTING & CROCHET 1:00 – 3:00 pm STORYTELLING 1:15 – 3:15 pm ENGLISH FOR BEGINNERS 1:30 – 3:00 pm M.E.L.T – 1:00 – 4:00 pm </div>	<div>16</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: “KNEE OSTEOARTHRITIS: A STORY FROM THE KNEE TO THE BRAIN BY: Chris Lam, Physical Therapist & PhD student 1:00 – 3:00 pm </div>	<div>17</div> <div> STANDING YOGA W/CHAIR 10:00 – 10:55 am FRENCH CONVERSATION 10:00 –11:00am SPANISH CLASS (beginner) 11:10 am – 12:10 am SPANISH CONVERSATION Intermediate: 11:15 am – 12:15 pm NEW – LUNCH AT NOON (\$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 </div>	<div>18</div> <div> CARDIO EXERCISE 10:00 – 11:30 am BIRTHDAY CELEBRATION 10:00 am -- 12:00 pm KARAOKE, SING-ALONG & 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>19</div> <div> DROP-IN CLINIC WITH THE MINISTRY OF SOCIAL DEVELOPMENT & POVERTY REDUCTION 10:00 am – 2:00 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 GUITAR LESSONS 1:00 – 2:00 pm UKULELE SING-ALONG CIRCLE 2:30 – 3:30 pm DIGITAL LITERACY 8-SESSION COURSE CANCELLED CHOWN ADULT DAY CENTRE PRESENTATION BY: Renfrew Collingwood Seniors' Society 2:30 – 4:00 pm WALKING CLUB 2:00 pm </div>
<div>22</div> <div> TAI-CHI STRETCHING WITH MASTER YIP 9:00 - 10:30am AFRO-LATINO DANCE GROUP 10:45 – 11:45 pm CHAIR YOGA 12:00 – 1:00 pm DROP-IN 1-ON-1 TECH CAFÉ 1:00 – 2:00 pm KNITTING & CROCHET 1:00 – 3:00 pm ENGLISH FOR BEGINNERS 1:30 – 3:00 pm M.E.L.T – 1:00 – 4:00 pm </div>	<div>23</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: “STAY CONNECTED: PREVENTING SOCIAL ISOLATION AND LONELINESS” BY: Linda Yauk 1:00 – 3:00 pm </div>	<div>24</div> <div> <div>411 SENIORS CENTRE OPEN HOUSE CELEBRATION (\$5) 10:00 am to 3:00 pm MUST REGISTER</div> <div>ALL CLASSES ARE CANCELED</div> </div>	<div>25</div> <div> CARDIO EXERCISE 10:00 – 11:30 am KARAOKE, SING-ALONG & 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 **DAY TRIP: VAN DUSEN** 1:30 pm – 4:00 pm </div>	<div>26</div> <div> DROP-IN CLINIC WITH THE MINISTRY OF SOCIAL DEVELOPMENT & POVERTY REDUCTION 10:00 am – 2:00 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 DIGITAL LITERACY 8-SESSION COURSE CANCELLED GUITAR LESSONS 1:00 – 2:00 pm ART WORKSHOP BY DIMASALANG III ARTIST GROUP 1:00 – 3:00 pm WALKING CLUB 2:00 pm </div>
<div>29</div> <div> TAI-CHI STRETCHING WITH MASTER YIP 9:00 - 10:30am BOOK CLUB 10:00 am – 12:00 pm AFRO-LATINO DANCE GROUP 10:45 – 11:45 pm ANNUAL GENERAL MEETING 1:00 – 4:00 PM. </div>	<div>30</div> <div> <div>TRUTH & RECONCILIATION DAY CENTRE CLOSED</div> </div>			<div> SOCIAL SATURDAY (\$3) SEPTEMBER 27TH 10:00 AM – 12:00 PM Coffee, treats & games! Registration needed, Walk-ins are also welcome </div>