

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>TAI-CHI STRETCHING 9:00 - 10:30 am BREAKFAST BRUNCH (\$6) 10.30 – 12.30 pm AFRO-LATINO DANCE GROUP 10:45 - 11:45 am CHAIR YOGA 12:00 – 1:00 pm SEWING CLASSES 1:00 -3:00 pm KNITTING & CROCHET 1:00 – 3:00 pm ENGLISH FOR BEGINNERS 1:30 – 3:00 pm</p>	<p>2</p> <p>TAI-CHI STRETCHING 9:00 – 9:45 am LINE DANCING All Levels: 10:00 – 11:30 am LUNCH AT NOON (\$6) 12:00 – 1:00 PM COFFEE DROP-IN LEARN, ENGAGE AND CONNECT WORKSHOP: SEASONAL AFFECTIVE DISORDER By: Indigo Pharmacy 1:00 – 3:00 pm</p>	<p>3</p> <p>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 LUNCH AT NOON (\$6) 12:00 – 1:00 pm BINGO, CARDS & GAMES 1:30 – 2:30 pm UKULELE Christmas Sing & Strum Level A 12:45 – 1:45 pm UKULELE Christmas Sing & Strum Level C 2:00 – 3:30 pm</p>	<p>4</p> <p>CARDIO EXERCISE 10:00 – 11:30 am KARAOKE, SING-ALONG & MUSIC CLUB 11:35 am – 1:35 pm 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</p>	<p>5</p> <p>DROP-IN CLINIC W/MINISTRY OF SOCIAL DEVELOPMENT & POVERTY REDUCTION 10:00 am – 1:00 pm DANCE WORKOUT 11:00 – 12:30 pm LUNCH (\$6) 12:00 – 1:00 pm WALKING CLUB 2:00 pm CENTRE CLOSSES AT 1 PM</p>
<p>8</p> <p>TAI-CHI STRETCHING 9:00 - 10:30 am AFRO-LATINO DANCE GROUP 10:45-11:45 am CHAIR YOGA 12:00 – 1:00 pm Canasta Card Game 12.00 – 2.30 pm SEWING CLASSES 1:10 -3:00 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</p>	<p>9</p> <p>TAI-CHI STRETCHING 9:00 – 9:45 am LINE DANCING All Levels: 10:00 – 11:30 am LUNCH AT NOON (\$6) 12:00 – 1:00 PM COFFEE DROP-IN LEARN, ENGAGE AND CONNECT WORKSHOP: STROKE By: Cosco 1:00 – 3:00 pm</p>	<p>10</p> <p>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 11:15 am – 12:15 pm LUNCH AT NOON (\$6) 12:00 – 1:00 pm BINGO, CARDS & GAMES 1:30 – 2:30 pm UKULELE Christmas Sing & Strum Level A 12:45 – 1:45 pm UKULELE Christmas Sing & Strum Level C 2:00 – 3:30 pm</p>	<p>11</p> <p>CARDIO EXERCISE 10:00 – 11:30 am KARAOKE, SING-ALONG & MUSIC CLUB 11:35 am – 1:35 pm 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 BURNABY VILLAGE CHRISTMAS OUTING (\$10) 11:00 am – 3:00 pm</p>	<p>12</p> <p>DANCE WORKOUT 11:00 – 12:30 pm LUNCH AT NOON (\$6) 12:00 – 1:00 pm GUITAR LESSONS 1:00 – 2:00 pm WALKING CLUB 2:00 pm UKULELE SING-ALONG CIRCLE 2:30 – 3:30 pm ART WORKSHOP BY DIMASALANG III ARTIST GROUP 1.00 – 3.00pm</p>
<p>15</p> <p>TAI-CHI STRETCHING 9:00 - 10:30 am BREAKFAST BRUNCH (\$6) 10.30 – 12.30 pm AFRO-LATINO DANCE GROUP 10:45 -fv11:45 pm CHAIR YOGA 12:00 – 1:00 pm SEWING CLASSES 1:00 -3:00 pm KNITTING & CROCHET 1:00 – 3:00 pm ENGLISH FOR BEGINNERS 1:30 – 3:00 pm</p>	<p>16</p> <p>TAI-CHI STRETCHING 9:00 – 9:45 am LINE DANCING All Levels: 10:00 – 11:30 am JEWELLERY BAZZAR 11:00 am – 3.00 pm LUNCH AT NOON (\$6) / 12:00 – 1:00 PM COFFEE DROP-IN LEARN, ENGAGE AND CONNECT WORKSHOP: "Christmas is for the Birds" MAKING CHRISTMAS DECORATIONS By: Sally Grant 1:00 – 3:00 pm VANDUSEN FESTIVAL OF CHRISTMAS LIGHTS (\$15) 4.30 – 6.00 pm</p>	<p>17</p> <p>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 11:15 am – 12:15 pm LUNCH AT NOON Montessori Pre-school Christmas Concert (\$6) 12:00 – 1:00 pm BINGO, CARDS & GAMES 1:30 – 2:30 pm UKULELE Christmas Sing & Strum Level A & C 2:00 – 3:30 pm</p>	<p>18</p> <p>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 LUNCH (\$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</p>	<p>19</p> <p>DROP-IN CLINIC W/MINISTRY OF SOCIAL DEVELOPMENT & POVERTY REDUCTION 10:00 am – 1:00 pm HOLIDAY LUNCH MUST REGISTER 11:30 am – 12:30 pm FIRST SEATING 1:30 pm – 2:30 PM SECOND SEATING NO PROGRAMS WILL BE HAPPENING ON THIS DAY</p>
<p>22</p> <p>SANTA'S BREAKFAST BRUNCH (\$12) 10:30 – 12:30 pm – MUST REGISTER NO PROGRAMS WILL BE HAPPENING ON THIS DAY</p>	<p>23</p> <p>LUNCH AT NOON (\$6) 12:00 – 1:00 PM COFFEE DROP-IN LEARN, ENGAGE AND CONNECT EVENT: GRANDPARENTS AND GRANDCHILDREN CHRISTMAS COOKIE DECORATION (\$2) 1:00 – 3:00 pm</p>	<p>24</p> <p>BREAKFAST BRUNCH (\$6) 9:30 – 11:00 am CENTRE CLOSSES AT 12.00 PM</p>	<p>25</p> <p>HOLIDAY WEEK CENTRE CLOSED</p>	<p>26</p> <p>HOLIDAY WEEK CENTRE CLOSED</p>
<p>29</p> <p>HOLIDAY WEEK CENTRE CLOSED</p>	<p>30</p> <p>HOLIDAY WEEK CENTRE CLOSED</p>	<p>31</p> <p>HOLIDAY WEEK CENTRE CLOSED from 9:00 AM to 4.00 PM * * * * * We invite you for a Special Event here at the Centre after hours. NEW YEAR'S CELEBRATION IN NOVA SCOTIA (\$20) 5:30 PM – 8:30 PM</p>	<p>SOCIAL SATURDAY Saturday the 27th 10:00 to 12:00 pm.</p>	