

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>411 COFFEE HOUSE</b> <b>FRIDAY 10<sup>TH</sup> &amp; 24<sup>TH</sup> @ 7:30 PM</b> <b>DOORS OPEN AT 7:00 PM</b></p>		<p>1 STANDING YOGA W/CHAIR 10:00 am – 11:00 pm FRENCH CONVERSATION 10:00 am – 11:00 am SPANISH CLASS (beginner) 11:10 am – 12:10 am SPANISH CONVERSATION 11:15 am – 12:15 pm <b>SPECIAL: EASTER LUNCH AT NOON (\$10)</b> 12:00 pm – 1:00 pm BINGO, CARDS &amp; GAMES 1:30 pm – 2:30 pm UKULELE Level B Tutorial 12:45 pm – 1:45 pm UKULELE Level C 2:00 pm – 3:30 pm</p>	<p>2 CARDIO EXERCISE 10:00 am – 11:30 am CHESS CLUB 10:00 am – 12:00 pm KARAOKE, SING-ALONG &amp; MUSIC CLUB 11:35 am – 1:35 pm <b>LUNCH AT NOON (\$6)</b> 12:00 pm – 1:00 PM LINE DANCING 2:00 pm – 3:30 pm DROP-IN COFFEE SOCIAL GROUP at KINGSGATE MALL 1:00 pm – 3:00 pm</p>	<p>3 <b>Good Friday</b> <b>CENTRE CLOSED</b></p>
<p>6 <b>Easter Monday</b> <b>CENTRE CLOSED</b></p>	<p>7 TAI-CHI STRETCHING 9:00 am – 9:45 am LINE DANCING 10:00 am – 11:30 am <b>LUNCH AT NOON (\$6)</b> 12:00 pm – 1:00 PM COFFEE DROP-IN: LEARN, ENGAGE AND CONNECT <b>WORKSHOP: DIABETES AWARENESS</b> By: UBC Healthwise program 1:00 pm – 3:00 pm <b>NEW SCHEDULE SEWING CLASSES</b> 1:00 pm -3:00 pm</p>	<p>8 STANDING YOGA W/CHAIR 10:00 am – 11:00 pm FRENCH CONVERSATION 10:00 am – 11:00 am SPANISH CLASS (beginner) 11:10 am – 12:10 am SPANISH CONVERSATION 11:15 am – 12:15 pm <b>LUNCH AT NOON (\$6)</b> 12:00 pm – 1:00 pm BINGO, CARDS &amp; GAMES 1:30 pm – 2:30 pm UKULELE Level B Tutorial 12:45 pm – 1:45 pm UKULELE Level C 2:00 pm – 3:30 pm</p>	<p>9 CARDIO EXERCISE 10:00 am – 11:30 am CHESS CLUB 10:00 am – 12:00 pm KARAOKE, SING-ALONG &amp; MUSIC CLUB 11:35 am – 1:35 pm <b>LUNCH AT NOON (\$6)</b> 12:00 pm – 1:00 PM LINE DANCING 2:00 pm – 3:30 pm DROP-IN COFFEE SOCIAL GROUP at KINGSGATE MALL 1:00 pm – 3:00 pm</p>	<p>10 MEDITATION &amp; YOGA 9:30 am – 10:45 am DANCE WORKOUT 11:00 am – 12:30 pm <b>LUNCH AT NOON (\$6)</b> 12:00 pm – 1:00 pm GUITAR LESSONS 1:00 pm – 2:00 pm UKULELE SING-ALONG CIRCLE 2:30 pm – 3:30 pm WALKING CLUB 2:00 pm</p>
<p>13 TAI-CHI STRETCHING 9:00 am - 10:30 am CHAIR YOGA 12:00 pm – 1:00 pm CANASTA CARD GAME 12:00 pm – 3:00 pm KNITTING 1:00 pm – 3:00 pm ENGLISH FOR BEGINNERS 1:15 pm – 3:00 pm M.E.L.T – 1:00 pm – 4:00 pm</p>	<p>14 TAI-CHI STRETCHING 9:00 am – 9:45 am LINE DANCING 10:00 am – 11:30 am <b>DROP-IN CLINIC W/MINISTRY OF SOCIAL DEVELOPMENT &amp; POVERTY REDUCTION</b> 10:00 am – 2:00 pm <b>LUNCH AT NOON (\$6)</b> 12:00 pm – 1:00 PM COFFEE DROP-IN: LEARN, ENGAGE AND CONNECT <b>WORKSHOP: DEMENTIA CARE</b> By: Brian Huffsmith Nurse practitioner 1:00 pm – 3:00 pm <b>NEW SCHEDULE SEWING CLASSES</b> 1:00 pm -3:00 pm</p>	<p>15 STANDING YOGA W/CHAIR 10:00 am – 11:00 am FRENCH CONVERSATION 10:00 am – 11:00 am SPANISH CLASS (beginner) 11:10 am – 12:10 am SPANISH CONVERSATION 11:15 am – 12:15 pm <b>LUNCH AT NOON (\$6)</b> 12:00 pm – 1:00 pm BINGO, CARDS &amp; GAMES 1:30 pm – 2:30 pm UKULELE Level B Tutorial 12:45 pm – 1:45 pm UKULELE Level C 2:00 pm – 3:30 pm</p>	<p>16 <b>BIRTHDAY CELEBRATION 10:00 am - 12:00 pm</b> CARDIO EXERCISE 10:00 am – 11:30 am CHESS CLUB 10:00 am – 12:00 pm <b>LUNCH AT NOON (\$6)</b> 12:00 pm – 1:00 PM LINE DANCING 2:00 pm – 3:30 pm RAINBOW CAFÉ (2SLGBTQ+) 1:30 pm – 3:00 PM DROP-IN COFFEE SOCIAL GROUP at KINGSGATE MALL 1:00 pm – 3:00 pm</p>	<p>17 MEDITATION &amp; YOGA 9:30 am – 10:45 am DANCE WORKOUT 11:00 am – 12:30 pm <b>LUNCH AT NOON (\$6)</b> 12:00 pm – 1:00 pm GUITAR LESSONS 1:00 pm – 2:00 pm UKULELE SING-ALONG CIRCLE 2:30 pm – 3:30 pm WALKING CLUB 2:00 pm</p>
<p>20 TAI-CHI STRETCHING 9:00 am - 10:30 am CHAIR YOGA 12:00 pm – 1:00 pm KNITTING 1:00 pm – 3:00 pm ENGLISH FOR BEGINNERS 1:15 pm – 3:00 pm M.E.L.T – 1:00 pm – 4:00 pm</p>	<p>21 TAI-CHI STRETCHING 9:00 am – 9:45 am LINE DANCING 10:00 am – 11:30 am <b>LUNCH AT NOON (\$6)</b> 12:00 pm – 1:00 PM COFFEE DROP-IN: LEARN, ENGAGE AND CONNECT <b>WORKSHOP: EARTH DAY (LOVE, IMAGINE, ACT)</b> By: David Suzuki Foundation 1:00 pm – 3:00 pm <b>NEW SCHEDULE SEWING CLASSES</b> 1:00 pm -3:00 pm</p>	<p>22 STANDING YOGA W/CHAIR 10:00 am – 11:00 am FRENCH CONVERSATION 10:00 am – 11:00 am SPANISH CLASS (beginner) 11:10 am – 12:10 am SPANISH CONVERSATION 11:15 am – 12:15 pm <b>LUNCH AT NOON (\$6)</b> 12:00 pm – 1:00 pm BINGO, CARDS &amp; GAMES 1:30 pm – 2:30 pm UKULELE Level B Tutorial 12:45 pm – 1:45 pm UKULELE Level C 2:00 pm – 3:30 pm</p>	<p>23 CARDIO EXERCISE 10:00 am – 11:30 am CHESS CLUB 10:00 am – 12:00 pm <b>LUNCH AT NOON (\$6)</b> 12:00 pm – 1:00 pm LINE DANCING 2:00 pm – 3:30 pm DROP-IN COFFEE SOCIAL GROUP at KINGSGATE MALL 1:00 pm – 3:00 pm</p>	<p>24 MEDITATION &amp; YOGA 9:30 am – 10:45 am DANCE WORKOUT 11:00 am – 12:30 pm <b>LUNCH AT NOON (\$6)</b> 12:00 pm – 1:00 pm UKULELE SING-ALONG CIRCLE 2:30 pm – 3:30 pm GUITAR LESSONS 1:00 pm – 2:00 pm ART WORKSHOP BY DIMASALANG III ARTIST GROUP 1:00 pm – 3:00 pm WALKING CLUB 2:00 pm</p>
<p>27 TAI-CHI STRETCHING 9:00 am - 10:30 am BOOK CLUB 10:00 am – 12:00 pm CHAIR YOGA 12:00 pm – 1:00 pm CANASTA CARD GAME 12:00 pm – 3:00 pm KNITTING 1:00 pm – 3:00 pm ENGLISH FOR BEGINNERS 1:15 pm – 3:00 pm M.E.L.T – 1:00 pm – 4:00 pm</p>	<p>28 TAI-CHI STRETCHING 9:00 am – 9:45 am LINE DANCING 10:00 am – 11:30 am <b>DROP-IN CLINIC W/MINISTRY OF SOCIAL DEVELOPMENT &amp; POVERTY REDUCTION</b> 10:00 am – 2:00 pm <b>CHEF'S SPECIAL (\$12)</b> 12:00 pm – 1:00 PM COFFEE DROP-IN   LEARN, ENGAGE AND CONNECT <b>PHILOSOPHER CLUB: CLIMATE CHANGE: What Can We Do About It?</b> 1:00 pm – 3:00 pm <b>NEW SCHEDULE SEWING CLASSES</b> 1:00 pm -3:00 pm</p>	<p>29 STANDING YOGA W/CHAIR 10:00 am – 11:00 am FRENCH CONVERSATION 10:00 am – 11:00 am SPANISH CLASS (beginner) 11:10 am – 12:10 am SPANISH CONVERSATION 11:15 am – 12:15 pm <b>LUNCH AT NOON (\$6)</b> 12:00 pm – 1:00 pm BINGO, CARDS &amp; GAMES 1:30 pm – 2:30 pm UKULELE Level B Tutorial 12:45 pm – 1:45 pm UKULELE Level C 2:00 pm – 3:30 pm <b>BOWEN ISLAND TRIP (\$15)</b> 7:30 AM – 5:00 PM</p>	<p>30 CARDIO EXERCISE 10:00 am – 11:30 am CHESS CLUB 10:00 am – 12:00 pm <b>LUNCH AT NOON (\$6)</b> 12:00 pm – 1:00 pm LINE DANCING 2:00 pm – 3:30 pm DROP-IN COFFEE SOCIAL GROUP at KINGSGATE MALL 1:00 pm – 3:00 pm</p>	<p><b>SOCIAL SATURDAY</b> <b>SATURDAY, APRIL 25TH</b> <b>10.00 AM TO 12.00 PM</b></p>