

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
<p>411 COFFEE HOUSE FRIDAY 8TH & 22ND @ 7:30 PM DOORS OPEN AT 7:00 PM</p>	<p>SOCIAL SATURDAY (\$3) SATURDAY, MAY 30TH 10.00 AM TO 12.00 PM</p>			<p>MEDITATION & YOGA 9:30 am – 10:45 am DANCE WORKOUT 11:00 am – 12:30 pm LUNCH AT NOON (\$6) 12:00 pm – 1:00 pm GUITAR LESSONS 1:00 pm – 2:00 pm UKULELE SING-ALONG CIRCLE 2:30 pm – 3:30 pm ART WORKSHOP BY DIMASALANG III ARTIST GROUP 1:00 pm – 3:00 pm WALKING CLUB 2:00 pm</p>
4	5	6	7	8
<p>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 THEATRE: THE ELDERS PROJECT (FULL) 1:30 PM – 4:00 PM</p>	<p>TAI-CHI STRETCHING 9:00 am – 9:45 am LINE DANCING 10:00 am – 11:30 am LUNCH AT NOON (\$6) 12:00 pm – 1:00 PM LEARN, ENGAGE AND CONNECT: WORKSHOP: GUT AND DIGESTIVE HEALTH By: UBC Healthwise program 1:00 pm – 3:00 pm SEWING CLASSES 1:00 pm -3:00 pm</p>	<p>STANDING YOGA W/CHAIR 10:00 am – 11:00 am FRENCH CONVERSATION 10:00 am –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 pm – 1:00 pm BINGO, CARDS & 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 BELLY DANCING 2:15 pm – 3:30 pm</p>	<p>CARDIO EXERCISE 10:00 am – 11:30 am CHESS CLUB 10:00 am – 12:00 pm PNEUMONIA VACCINATION CLINIC 10:30 am – 12:30 pm DROP-IN PING- PONG 11:35 am – 1:35 pm LUNCH AT NOON (\$6) 12:00 pm – 1:00 PM LINE DANCING 1:00 pm – 2:30 pm DROP-IN COFFEE SOCIAL GROUP at KINGSGATE MALL 1:00 pm – 3:00 pm</p>	<p>MEDITATION & YOGA 9:30 am – 10:45 am DANCE WORKOUT 11:00 am – 12:30 pm MOTHER'S DAY CELEBRATION: LUNCH AT NOON (\$12) 12:00 pm – 1:00 pm GUITAR LESSONS 1:00 pm – 2:00 pm UKULELE SING-ALONG CIRCLE 2:30 pm – 3:30 pm ART WORKSHOP BY DIMASALANG III ARTIST GROUP 1:00 pm – 3:00 pm WALKING CLUB 2:00 pm</p>
11	12	13	14	15
<p>TAI-CHI STRETCHING 9:00 am - 10:30 am CHAIR YOGA (CANCELLED) 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 THEATRE: THE ELDERS PROJECT (FULL) 1:30 PM – 4:00 PM</p>	<p>TAI-CHI STRETCHING 9:00 am – 9:45 am LINE DANCING 10:00 am – 11:30 am LUNCH AT NOON (\$6) 12:00 pm – 1:00 PM LEARN, ENGAGE AND CONNECT: WORKSHOP: MOTHER'S DAY BALLET DANCE By: Ballet BC 1:00 pm – 3:00 pm SEWING CLASSES 1:00 pm -3:00 pm</p>	<p>STANDING YOGA W/CHAIR (CANCELLED) FRENCH CONVERSATION 10:00 am –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 pm – 1:00 pm BINGO, CARDS & 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 BELLY DANCING 2:15 pm – 3:30 pm</p>	<p>CARDIO EXERCISE 10:00 am – 11:30 am CHESS CLUB 10:00 am – 12:00 pm DROP-IN PING- PONG 11:35 am – 1:35 pm LUNCH AT NOON (\$6) 12:00 pm – 1:00 PM LINE DANCING 1:00 pm – 2:30 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>MEDITATION & YOGA 9:30 am – 10:45 am DANCE WORKOUT 11:00 am – 12:30 pm LUNCH AT NOON (\$6) 12:00 pm – 1:00 pm GUITAR LESSONS 1:00 pm – 2:00 pm UKULELE SING-ALONG CIRCLE 2:30 – 3:30 pm ART WORKSHOP BY DIMASALANG III ARTIST GROUP 1:00 pm – 3:00 pm WALKING CLUB 2:00 pm</p>
18	19	20	21	22
<p>VICTORIA DAY CENTRE CLOSED</p>	<p>TAI-CHI STRETCHING 9:00 am – 9:45 am LINE DANCING 10:00 am – 11:30 am LUNCH AT NOON (\$6) 12:00 pm – 1:00 PM LEARN, ENGAGE AND CONNECT: WORKSHOP: BEING SAFE AT HOME By: Empower Me 1:00 pm – 3:00 pm SEWING CLASSES 1:00 pm -3:00 pm</p>	<p>STANDING YOGA W/CHAIR (CANCELLED) FRENCH CONVERSATION 10:00 am –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 pm – 1:00 pm BINGO, CARDS & 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 BELLY DANCING 2:15 pm – 3:30 pm</p>	<p>BIRTHDAY CELEBRATION 10:00 am - 12:00 pm CARDIO EXERCISE 10:00 am – 11:30 am CHESS CLUB 10:00 am – 12:00 pm DROP-IN PING- PONG 11:35 am – 1:35 pm LUNCH AT NOON (\$6) 12:00 pm – 1:00 pm LINE DANCING 1:00 pm –2:30 pm DROP-IN COFFEE SOCIAL GROUP at KINGSGATE MALL 1:00 pm – 3:00 pm</p>	<p>MEDITATION & YOGA 9:30 am – 10:45 am DANCE WORKOUT 11:00 am – 12:30 pm LUNCH AT NOON (\$6) 12:00 pm – 1:00 pm GUITAR LESSONS 1:00 pm – 2:00 pm UKULELE SING-ALONG CIRCLE 2:30 – 3:30pm ART WORKSHOP BY DIMASALANG III ARTIST GROUP 1:00 pm – 3:00 pm WALKING CLUB 2:00 pm</p>
25	26	27	28	29
<p>TAI-CHI STRETCHING 9:00 am - 10:30 am BOOK CLUB 10:00 am – 12:00 pm CHAIR YOGA (CANCELLED) 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 THEATRE: THE ELDERS PROJECT (FULL) 1:30 PM – 4:00 PM</p>	<p>DROP-IN CLINIC WITH THE MINISTRY OF SOCIAL DEVELOPMENT & POVERTY REDUCTION 10:00am-2:00 pm TAI-CHI STRETCHING 9:00 am – 9:45 am LINE DANCING 10:00 am – 11:30 am 411 SENIORS CENTRE SOCIETY (1977) EXTRAORDINARY GENERAL MEETING For members ONLY, no registration needed In person only 1:00 pm</p>	<p>STANDING YOGA W/CHAIR 10:00 am – 11:00 am FRENCH CONVERSATION 10:00 am –11:00am SPANISH CLASS (beginner) 11:10 am – 12:10 pm SPANISH CONVERSATION 11:15 am – 12:15 pm LUNCH AT NOON (\$6) 12:00 pm – 1:00 pm BINGO, CARDS & 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 BELLY DANCING 2:15 pm – 3:30 pm BOWEN ISLAND TRIP (\$15) 7:30 AM – 5:00 PM</p>	<p>CARDIO EXERCISE 10:00 am – 11:30 am CHESS CLUB 10:00 am – 12:00 pm DROP-IN PING- PONG 11:35 am – 1:35 pm LUNCH AT NOON (\$6) 12:00 pm – 1:00 pm LINE DANCING 1:00 pm –2:30 pm DROP-IN COFFEE SOCIAL GROUP at KINGSGATE MALL 1:00 pm – 3:00 pm</p>	<p>MEDITATION & YOGA 9:30 am – 10:45 am DANCE WORKOUT 11:00 am – 12:30 pm LUNCH AT NOON (\$6) 12:00 pm – 1:00 pm UKULELE SING-ALONG CIRCLE 2:30 – 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>