

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>BC SENIORS WEEK 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 (\$5) THEATRE: ELDERS PROJECT (FULL)</p>	<p>2</p> <p>BC SENIORS WEEK TAI-CHI STRETCHING 9:00 am – 9:45 am LINE DANCING 10:00 am – 11:30 am LUNCH (\$6) 12:00 pm – 1:00 PM Workshop: Nutrition & Arthritis 1:00–3:00 PM <i>by OASIS Vancouver Coastal Health</i> SEWING CLASSES 1:00–3:00 PM</p>	<p>3</p> <p>BC SENIORS WEEK 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 (\$6) 12:00 pm – 1:00 pm BINGO, CARDS & GAMES 1:15 pm – 2:15 pm UKULELE Level B Tutorial 2:25 pm – 3:30 pm UKULELE Level C 12:45 pm – 2:10 pm BELLY DANCING 2:15 pm – 3:30 pm</p>	<p>4</p> <p>BC SENIORS WEEK 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 (\$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 1-On-1 Digital Literacy (\$3) 1:00 – 3:00 pm</p>	<p>5</p> <p>B.C. SENIORS WEEK CONFERENCE: "BREAK THROUGH THE CLIMATE SILENCE" By: BC Hub For Seniors For Climate 9:30 AM – 4:00PM CYCLING CLUB (\$1) Starting AT 10 am WALKING CLUB (\$1) Starting AT 2 pm</p>
<p>8</p> <p>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 VanDusen TRIP (\$15) 1:00 PM – 4:00 PM THEATRE: THE ELDERS PROJECT (FULL)</p>	<p>9</p> <p>TAI-CHI STRETCHING 9:00 am – 9:45 am LINE DANCING 10:00 am – 11:30 am Ministry of Social Development Drop-in clinic 10:00 am – 2:00 pm LUNCH (\$6) 12:00 pm – 1:00 PM Workshop: Heart Health & Cardiovascular Health 1:00 pm – 3:00 pm SEWING CLASSES 1:00 pm -3:00 pm</p>	<p>10</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 (\$6) 12:00 pm – 1:00 pm BINGO, CARDS & GAMES 1:15 pm – 2:15 pm UKULELE Level B Tutorial 2:25 pm – 3:30 pm UKULELE Level C 12:45 pm – 2:10 pm BELLY DANCING 2:15 pm – 3:30 pm</p>	<p>11</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 (\$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 1-On-1 Digital Literacy (\$3) 1:00 – 3:00 pm</p>	<p>12</p> <p>PHILIPPINES INDEPENDENCE DAY 10:30 am – 3:30 pm (\$12 by registration) CYCLING CLUB (\$1) Starting AT 10 am WALKING CLUB (\$1) Starting AT 2 pm</p>
<p>15</p> <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 (\$5) THEATRE: ELDERS PROJECT (FULL)</p>	<p>16</p> <p>TAI-CHI STRETCHING 9:00 am – 9:45 am LINE DANCING 10:00 am – 11:30 am LUNCH (\$6) 12:00 pm – 1:00 PM LEARN, ENGAGE AND CONNECT: Workshop: Parkinson’s, Dementia, and Music Therapy, By Gloria Rahgozar (Neuroscience student) 1:00 pm – 3:00 pm SEWING CLASSES 1:00 pm – 3:00 pm</p>	<p>17</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 (\$6) 12:00 pm – 1:00 pm BINGO, CARDS & GAMES 1:15 pm – 2:15 pm UKULELE Level C 12:45 pm – 2:10 pm BELLY DANCING 2:15 pm – 3:30 pm</p>	<p>18</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 (\$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 STEVESTON TRIP (\$15) 7:30 AM – 5:00 PM 1-On-1 Digital Literacy (\$3) 1:00 – 3:00 pm</p>	<p>19</p> <p>MEDITATION & YOGA 9:30 am – 10:45 am DANCE WORKOUT 11:00 am – 12:30 pm FATHER’S LUNCH SPECIAL (\$12) 12:00 pm – 1:00 pm GUITAR LESSONS 1:00 pm – 2:00 pm UKULELE SING-ALONG CIRCLE 2:30 – 3:30 pm CYCLING CLUB (\$1) STARTING AT 10 am WALKING CLUB (\$1) STARTING AT 2 pm 1-On-1 Digital Literacy (\$3) 1:00 – 3:00 pm</p>
<p>22</p> <p>TAI-CHI STRETCHING 9:00 am - 10:30 am CHAIR YOGA 12:00 pm – 1:00 pm BOOK CLUB 10:00 am – 12:00 pm CANASTA CARD GAME 12:00 pm – 3:00 pm KNITTING 1:00 pm – 3:00 pm M.E.L. T – 1:00 pm – 4:00 pm (\$5) ENGLISH FOR BEGINNERS 1:15 pm – 3:00 pm Gardening Workshop – 10:30am – 12:00 pm (\$5) THEATRE: ELDERS PROJECT (FULL)</p>	<p>23</p> <p>TAI-CHI STRETCHING 9:00 am – 9:45 am LINE DANCING 10:00 am – 11:30 am Drop-in Clinic Ministry of Social Development & Poverty Reduction 10:00 am – 2:00 pm LUNCH (\$6) 12:00 pm – 1:00 PM Workshop: National Indigenous Peoples Day 1:00 pm – 3:00 pm by SEWING CLASSES 1:00 pm -3:00 pm</p>	<p>24</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 (\$6) 12:00 pm – 1:00 pm BINGO, CARDS & GAMES 1:15 pm – 2:15 pm UKULELE Level C (Drop in) 12:45 pm – 2:10 BELLY DANCING 2:15 pm – 3:30 pm BOWEN ISLAND TRIP (\$15) 7:30 AM – 5:00 PM</p>	<p>25</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 (\$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 1-On-1 Digital Literacy (\$3) 1:00 – 3:00 pm</p>	<p>26</p> <p>MEDITATION & YOGA 9:30 am – 10:45 am DANCE WORKOUT 11:00 am – 12:30 pm LUNCH (\$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 CYCLING CLUB (\$1) STARTING AT 10 am WALKING CLUB (\$1) STARTING AT 2 pm 1-On-1 Digital Literacy (\$3) 1:00 – 3:00 pm</p>
<p>29</p> <p>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 LUNCH & LIVE THEATRE: Origins of the Heart: From There to Here 2:30 PM – 4:00 PM</p>	<p>30</p> <p>TAI-CHI STRETCHING 9:00 am – 9:45 am LINE DANCING 10:00 am – 11:30 am LUNCH (\$6) 12:00 pm – 1:00 PM PHILOSOPHER CAFÉ: Do We Need Leaders? 1:00 pm – 3:00 pm SEWING CLASSES 1:00 pm -3:00 pm</p>		<p>SOCIAL SATURDAY (\$3) SATURDAY, JUNE 27TH 10:00 AM TO 12:00 PM</p>	<p>411 COFFEE HOUSE FRIDAY 12TH & 26TH @ 7:30 PM DOORS OPEN AT 7:00 PM</p>