

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 BC DAY (CENTRE CLOSED)	4 TAI-CHI STRETCHING 9:10 am – 9:55 am LINE DANCING 10:00 am – 11:30 am Ministry of Social Development Drop-in clinic 10:00 am – 1:00 pm LUNCH (\$6/\$8) 12:00 pm – 1:00 PM <u>Workshop: 1:00 – 3:00 pm</u> Heart Health and Exercise by Bonnie MacCoy, Cardiac & Exercise Specialist	5 STANDING YOGA W/CHAIR 10:00am–11:00am SPANISH CLASS (beginner) 11:10am – 12:10pm LUNCH (\$6/\$8) 12:00 pm – 1:00 PM BINGO, CARDS & GAMES 1:15 pm – 2:15 pm UKULELE Level C (Drop in \$1) 12:45pm-2:10pm BELLY DANCING 2:15 pm – 3:30 pm	6 CARDIO EXERCISE 10:00 am – 11:30 am DROP-IN PING- PONG 11:35 am – 12:45 pm LUNCH (\$6/\$8) 12:00 pm – 1:00 PM LINE DANCING 1:00 pm – 2:30 pm <u>1-On-1 Digital Literacy (\$3) 1:00 pm – 3:00 pm</u> DROP-IN COFFEE SOCIAL GROUP at KINGSGATE MALL 1:00 pm – 3:00 pm	7 CHESS CLUB 10:00 am – 12:00 pm DANCE WORKOUT 11:00 am – 12:30 pm LUNCH (\$6/\$8) 12:00 pm – 1:00 PM GUITAR LESSONS 1:00 pm – 2:00 pm Karaoke & UKULELE SING-ALONG 2:00pm-3:30pm <u>1-On-1 Digital Literacy (\$3) 1:00 pm – 3:00 pm</u> CYCLING CLUB (\$1) STARTING AT 10 am WALKING CLUB (\$1) STARTING AT 2 pm
10 TAI-CHI STRETCHING 9:10 am - 10:45 am Breakfast (\$6/\$8) 9:30 am – 11:00 am CHAIR YOGA 12:00 pm – 1:00 pm CANASTA CARD GAME (\$1)–12:00pm–3:00pm KNITTING 1:00 pm – 3:00 pm M.E.L. T (\$5) – 1:00 pm – 4:00 pm ENGLISH FOR BEGINNERS 1:15 pm – 3:00 pm SEWING CLASSES (\$3) 10:00 am – 12:00 pm <u>Creative Dance for Seniors with Ballet BC 1:00 PM – 3:00 PM</u>	11 TAI-CHI STRETCHING 9:10 am – 9:55 am LINE DANCING 10:00 am – 11:30 am LUNCH (\$6/\$8) 12:00 pm – 1:00 PM <u>Workshop:</u> Fall Prevention by Cam Fielding, Fall Prevention Program Coordinator 1:00 PM – 3:00 PM	12 STANDING YOGA W/CHAIR 10:00 am–11:00am SPANISH CLASS (beginner) 11:10am–12:10pm LUNCH (\$6/\$8) 12:00 pm – 1:00 PM BINGO, CARDS & GAMES 1:15pm – 2:15pm UKULELE Level C (Drop in \$1) 12:45pm-2:10pm BELLY DANCING 2:15 pm – 3:30 pm	13 CARDIO EXERCISE 10:00 am – 11:30 am DROP-IN PING- PONG 11:35 am – 12:45 pm LUNCH (\$6/\$8) 12:00 pm – 1:00 PM LINE DANCING 1:00 pm – 2:30 pm <u>1-On-1 Digital Literacy (\$3) 1:00 pm – 3:00 pm</u> DROP-IN COFFEE SOCIAL GROUP at KINGSGATE MALL 1:00 pm – 3:00 pm	14 411 Summer BBQ (\$12) at Robson Park 10:00am – 4:00 pm CYCLING CLUB (\$1) STARTING AT 10 am WALKING CLUB (\$1) STARTING AT 2 pm
17 TAI-CHI STRETCHING 9:10 am - 10:45 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 (\$5) – 1:00 pm – 4:00 pm SEWING CLASSES (\$3) 10:00 am – 12:00 pm Gardening Workshop (\$10) 10:15am–12:00pm	18 TAI-CHI STRETCHING 9:10 am – 9:55 am LINE DANCING 10:00 am – 11:30 am Ministry of Social Development Drop-in clinic 10:00 am – 1:00 pm LUNCH (\$6/\$8) 12:00 pm – 1:00 PM <u>Workshop: 1:00 PM – 3:00 PM</u> Sleeping Disorders by Pierce Nelson	19 STANDING YOGA W/CHAIR 10:00am–11:00 am SPANISH CLASS (beginner) 11:10 am–12:10 pm LUNCH (\$6/\$8) 12:00 pm – 1:00 PM BINGO, CARDS & GAMES 1:15 pm – 2:15 pm UKULELE Level C (Drop in \$1) 12:45pm-2:10pm BELLY DANCING 2:15 pm – 3:30 pm	20 CARDIO EXERCISE 10:00 am – 11:30 am DROP-IN PING- PONG 11:35 am – 12:45 pm LUNCH (\$6/\$8) 12:00 pm – 1:00 PM <u>1-On-1 Digital Literacy (\$3) 1:00 pm – 3:00 pm</u> 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	21 CHESS CLUB 10:00 am – 12:00 pm DANCE WORKOUT 11:00 am – 12:30 pm <u>1-On-1 Digital Literacy (\$3) 1:00 pm – 3:00 pm</u> GUITAR LESSONS 1:00 pm – 2:00 pm Karaoke & UKULELE SING-ALONG 2:00-3:30pm LUNCH (\$6/\$8) 12:00 pm – 1:00 PM CYCLING CLUB (\$1) STARTING AT 10 am WALKING CLUB (\$1) STARTING AT 2 pm
24 TAI-CHI STRETCHING 9:10 am - 10:45 am Breakfast (\$6/\$8) 9:30 am – 11:00 am CHAIR YOGA 12:00 pm – 1:00 pm CANASTA CARD GAME (\$1) 12:00 pm–3:00 pm KNITTING 1:00 pm – 3:00 pm M.E.L. T (\$5) – 1:00 pm – 4:00 pm ENGLISH FOR BEGINNERS 1:15 pm – 3:00 pm SEWING CLASSES (\$3) 10:00 am – 12:00 pm	25 TAI-CHI STRETCHING 9:10 am – 9:55 am LINE DANCING 10:00 am – 11:30 am LUNCH (\$6/\$8) 12:00 pm – 1:00 PM <u>Workshop:</u> Philosophers Café "Don't Worry, Be Happy". 1:00 PM – 3:00 PM	26 STANDING YOGA W/CHAIR 10:00 am–11:00am SPANISH CLASS (beginner) 11:10 am–12:10 pm LUNCH (\$6/\$8) 12:00 pm – 1:00 PM BINGO, CARDS & GAMES 1:15 pm – 2:15 pm UKULELE Level C (Drop in \$1) 12:45 pm – 2:10 BELLY DANCING 2:15 pm – 3:30 pm TRIP TO OAKRIDGE PARK (\$5) : 1:30 PM - 4:00 PM	27 CARDIO EXERCISE 10:00 am – 11:30 am DROP-IN PING- PONG 11:35 am – 12:45 pm LUNCH (\$6/\$8) 12:00 pm – 1:00 PM <u>1-On-1 Digital Literacy (\$3) 1:00 pm – 3:00 pm</u> LINE DANCING 1:00 pm – 2:30 pm DROP-IN COFFEE SOCIAL GROUP at KINGSGATE MALL 1:00 pm – 3:00 pm	28 CHESS CLUB 10:00 am – 12:00 pm DANCE WORKOUT 11:00 am – 12:30 pm LUNCH (\$6/\$8) 12:00 pm – 1:00 PM <u>1-On-1 Digital Literacy (\$3) 1:00 pm – 3:00 pm</u> GUITAR LESSONS 1:00 pm – 2:00 pm Karaoke & UKULELE SING-ALONG 2:00-3:30pm CYCLING CLUB (\$1) STARTING AT 10 am WALKING CLUB (\$1) STARTING AT 2 pm
31 TAI-CHI STRETCHING 9:10 am - 10:45 am (CANCELLED) CHAIR YOGA BOOK CLUB 10:00 am – 12:00 pm M.E.L. T (\$5) – 1:00 pm – 4:00 pm KNITTING 1:00 pm – 3:00 pm ENGLISH FOR BEGINNERS 1:15 pm – 3:00 pm SEWING CLASSES (\$3) 10:00 am – 12:00 pm		COFFEE HOUSE CANCELLED UNTIL SEPTEMBER	SOCIAL SATURDAY CANCELLED UNTIL SEPTEMBER	