

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOCIAL SATURDAY (\$3) <u>CANCELED UNTIL SEPTEMBER</u>		1 Canada Day Centre Closed	2 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/\$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	3 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 UKULELE SING-ALONG CIRCLE 2:30 pm – 3:30 pm <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 <u>Trip: VanDusen Garden 12:30am – 4:00pm</u>
6 TAI-CHI STRETCHING 9:10 am - 10:45 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 ENGLISH FOR BEGINNERS 1:15 pm – 3:00 pm SEWING CLASSES (\$1) 10:00 am – 12:00 pm Gardening Workshop (\$5) 10:30am – 12:00pm	7 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:</u> Osteoarthritis by Chris Lamb, MPT, PHD Candidate – 1:00 PM – 3:00 PM	8 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/\$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 pm BELLY DANCING 2:15 pm – 3:30 pm	9 CARDIO EXERCISE 10:00 am – 11:30 am CHESS CLUB 10:00 am – 12:00 pm Workshop: Practical Tips for Staying Safe at Home: 11:00 am – 12:00 PM DROP-IN PING- PONG 11:35 am – 1:35 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	10 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 UKULELE SING-ALONG CIRCLE 2:30 pm – 3:30 pm <u>1-On-1 Digital Literacy (\$3) 1:00 – 3:00 pm</u> CYCLING CLUB (\$1) STARTING AT 10 am WALKING CLUB (\$1) STARTING AT 2 pm
13 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 (\$1) 10:00 am – 12:00 pm	14 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> Nutrition & Healthy Eating – Adrianna Chow, Dietetics Student 1:00– 3:00pm	15 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/\$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 pm BELLY DANCING 2:15 pm – 3:30 pm	16 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/\$8) 12:00 pm – 1:00 PM LINE DANCING 1:00 pm – 2:30 pm RAINBOW CAFÉ (2SLGBTQ+) 1:30 pm – 3:00 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	17 DANCE WORKOUT 11:00 am – 12:30 pm GUITAR LESSONS 1:00 pm – 2:00 pm UKULELE SING-ALONG CIRCLE 2:30 – 3:30 pm LUNCH (\$6/\$8) 12:00 pm – 1:00 PM <u>1-On-1 Digital Literacy (\$3) 1:00 – 3:00 pm</u> CYCLING CLUB (\$1) STARTING AT 10 am WALKING CLUB (\$1) STARTING AT 2 pm <u>Trip: Bird Sanctuary 9:30 am – 4:00 pm</u>
20 TAI-CHI STRETCHING 9:10 am - 10:45 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 (\$1) 10:00 am – 12:00 pm	21 TAI-CHI STRETCHING 9:10 am – 9:55 am LINE DANCING 10:00 am – 11:30 am Drop-In Clinic Ministry of Social Development & Poverty Reduction 10:00 am – 1:00 pm <u>Jewelry and Clothes Bazaar 11AM – 3:30 PM</u> LUNCH (\$6/\$8) 12:00 pm – 1:00 PM <u>Workshop: Pharmacy and Healthy Aging By Ahmed Mahklouf, 1:00 PM – 3:00 PM</u>	22 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/\$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	23 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/\$8) 12:00 pm – 1:00 PM LINE DANCING 1:00 pm – 2:30 pm <u>1-On-1 Digital Literacy (\$3) 1:00pm – 3:00pm</u> <u>Trip: Blueberry U Pick 9:30 am 4:00 pm</u> DROP-IN COFFEE SOCIAL GROUP at KINGSGATE MALL 1:00 pm – 3:00 pm	24 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 UKULELE SING-ALONG CIRCLE 2:30 – 3:30pm <u>1-On-1 Digital Literacy (\$3) 1:00 – 3:00pm</u> CYCLING CLUB (\$1) STARTING AT 10 am WALKING CLUB (\$1) STARTING AT 2 pm
27 TAI-CHI STRETCHING 9:10 am - 10:45 am <u>(CANCELLED) CHAIR YOGA</u> BOOK CLUB 10:00 am – 12:00 pm KNITTING 1:00 pm – 3:00 pm ENGLISH FOR BEGINNERS 1:15 pm – 3:00 pm SEWING CLASSES (\$1) 10:00 am – 12:00 pm <u>Trip: Belcarra Park 9:30 am – 4:00 pm</u>	28 TAI-CHI STRETCHING 9:10 am – 9:55 am LUNCH (\$6/\$8) 12:00 pm – 1:00 PM LINE DANCING 10:00 am – 11:30 am <u>Workshop:</u> Philosophers Café "What Does It Mean to Be Canadian" 1:00 PM – 3:00 PM	29 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/\$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	30 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/\$8) 12:00 pm – 1:00 PM LINE DANCING 1:00 pm – 2:30 pm DROP-IN COFFEE SOCIAL GROUP <u>1-On-1 Digital Literacy (\$3) – 1:00 – 3:00 pm</u> DROP-IN COFFEE SOCIAL GROUP at KINGSGATE MALL 1:00 pm – 3:00 pm	31 DANCE WORKOUT 11:00 am – 12:30 pm GUITAR LESSONS 1:00 pm – 2:00 pm UKULELE SING-ALONG CIRCLE 2:30 – 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 <u>1-On-1 Digital Literacy (\$3) 1:00 – 3:00 pm</u>