

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	1 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 Tuesday Workshop: 1:00 pm – 3:00 pm Cities of the Salish Sea (History and Archaeology Research) by PhD Candidate Sarah Holma, Leiden University	2 STANDING YOGA W/CHAIR 10:00 am – 11:00 am FRENCH CONVERSATION 10:00 am –11:00am 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 SPANISH CLASS (beginner) 2:00 pm – 3:00 pm UKULELE Level C 2:15 pm – 3:45 pm BELLY DANCING 2:15 pm – 3:30 pm	3 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 (CANCELLED) DROP–IN COFFEE SOCIAL GROUP at KINGSGATE MALL 1:00 pm – 3:00 pm	4 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 1:30 pm – 3:30 pm CYCLING CLUB (\$1) STARTING AT 10 am WALKING CLUB (\$1) STARTING AT 2 pm	
Labour Day (Centre Closed)	7	8 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>Tuesday Workshop:</u> 1:00 pm – 3:00 pm Exercise and Arthritis by Vancouver Health Authority	10 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 (CANCELLED) DROP–IN COFFEE SOCIAL GROUP at KINGSGATE MALL 1:00 pm – 3:00 pm	11 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 1:30 pm – 3:30 pm CYCLING CLUB (\$1) STARTING AT 10 am WALKING CLUB (\$1) STARTING AT 2 pm	
	14 TAI-CHI STRETCHING 9:10 am - 10:45 am BREAKFAST BRUNCH (\$6/\$8) 9:30 am - 11:00 am (NEW) STRENGTH EXERCISE (\$3) 10:50 am – 11:50 am SEWING CLASSES (\$3) 10:00 am – 12:00 pm CHAIR YOGA - Ballet BC: Creative Dance for Seniors (\$3) 12:00 PM – 1:30 PM KNITTING 1:00 pm – 3:00 pm CANASTA CARD GAME (\$1) 12:00 pm – 3:00 pm ENGLISH FOR BEGINNERS 1:15 pm – 3:00 pm M.E.L.T (\$5) – 1:00 pm – 4:00 pm	15 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>Tuesday Workshop:</u> 1:00 pm – 3:00 pm Arthritis and Pain Management by Vancouver Health authority	16 STANDING YOGA W/CHAIR 10:00 am – 11:00 am FRENCH CONVERSATION 10:00 am –11:00am 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 SPANISH CLASS (beginner) 2:00 pm – 3:00 pm UKULELE Level A 1:00 pm – 2:00 pm UKULELE Level B 1:00 pm – 2:00 pm UKULELE Level C 2:15 pm – 3:45 pm BELLY DANCING 2:15 pm – 3:30 pm	17 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 (CANCELLED) DROP–IN COFFEE SOCIAL GROUP at KINGSGATE MALL 1:00 pm – 3:00 pm	18 DANCE WORKOUT 11:00 am – 12:30 pm GUITAR LESSONS 1:00 pm – 2:00 pm UKULELE SING-ALONG CIRCLE 1:30 – 3:30 pm LUNCH (\$6/\$8) 12:00 pm – 1:00 PM CYCLING CLUB (\$1) STARTING AT 10 am WALKING CLUB (\$1) STARTING AT 2 pm
	21 TAI-CHI STRETCHING 9:10 am - 10:45 am (NEW)STRENGTH EXERCISE (\$3) 10:50 am – 11:50 am SEWING CLASSES (\$3) 10:00 am – 12:00 pm CHAIR YOGA 12:00 pm – 1:00 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	22 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>Tuesday Workshop:</u> 1:00 pm – 3:00 pm City of Vancouver Municipal Election Information. by City of Vancouver staff member	23 STANDING YOGA W/CHAIR 10:00 am – 11:00 am FRENCH CONVERSATION 10:00 am –11:00am 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 SPANISH CLASS (beginner) 2:00 pm – 3:00 pm UKULELE Level A 1:00 pm – 2:00 pm UKULELE Level B 1:00 pm – 2:00 pm UKULELE Level C 2:15 pm – 3:45 pm BELLY DANCING 2:15 pm – 3:30 pm	24 CANADA REVENUE & SERVICE CANADA (by appointment) 10:00 AM – 3:00 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 (CANCELLED) DROP–IN COFFEE SOCIAL GROUP at KINGSGATE MALL 1:00 pm – 3:00 pm	25 411 Senior Centre Society Annual General Meeting At 1:00 pm LUNCH (\$6/\$8) 11:00 am – 12:30 pm (NO PROGRAMS)
28 TAI-CHI STRETCHING 9:10 am - 10:45 am BREAKFAST BRUNCH (\$6/\$8) 9:30 am - 11:00 am (NEW) STRENGTH EXERCISE (\$3) 10:50 am – 11:50 am SEWING CLASSES (\$3) 10:00 am – 12:00 pm CHAIR YOGA 12:00 pm – 1:00 pm BOOK CLUB 10:00 am – 12:00 pm CANASTA CARD GAME (\$1) 12:00 pm–3:00pm 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	29 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>Tuesday Workshop:</u> 1:00 pm – 3:00 pm Philosophers Café: "What Is Happiness in Life"	30 Truth and Reconciliation (Centre Closed)	SOCIAL SATURDAY Saturday September 26 10:00 AM to 12:00 PM	411 COFFEE HOUSE FRIDAY 11TH & 25TH @ 7:30 PM DOORS OPEN AT 7:00 PM	