

November Activities

The 55 Activity Centre 1201, Village Green Way 604.848.6898

BUS TRIPS		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 Downtown Vancouver Circle Craft Holiday Market 		Balance & Strength 9-10 am Men on the Move 10:15-11:15 am Full Body Fusion 11:30 am-12:30 pm Chair Fit 1-2 pm	Dance Fit Fun 9-9:50 am Paint and Sketch SELF-LED DROP-IN 9 am-12 pm Line Dancing <i>Beginner-Intermediate</i> 10-11:30 am Clogging <i>Beginner</i> 11:30 am-12:30 pm	Balance & Strength 9-10 am French Conversation 10 am-12 pm Men on the Move 10:15-11:15 am Ukelele SELF-LED DROP-IN 10:15 am-12:15 pm	30/30/30 9-10:30 am Sewing/Quilting SELF-LED DROP-IN 10 am-2 pm Balance & Stretching: Chair 10:45-11:45 am Hip and/or Knee Recovery 12-1 pm
	19 IKEA - Richmond 	Tai Chi - Gentle 2:15-3:15 pm Tai Chi - Seated 3:15-4:15 pm	Hip and/or Knee Recovery 12:30-1:30 pm Hand and/or Arm Recovery 1:45-2:45 pm Happy Dance 3-4 pm Posture & Balance 4:15-5:15 pm	Full Body Fusion 11:30 am-12:30 pm Chair Fit 1-2 pm Crib Club SELF-LED DROP-IN 1-3 pm Tai Chi - Gentle 2:15-3:15 pm Learn to Play Ukelele 2-4 pm	Carpet Bowling SELF-LED DROP-IN 1:30-3:30 pm
27 Granville Island 					

Westwinds 38275, Third Avenue

November Activities

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Schedule is subject to change.</p> <p>Registration is recommended for most of our programs but drop-in may be available, space permitting.</p>	<p>Neuro-Fit Mondays & Wednesdays 9 am-10 am 10:15-11:15 am 11:30 am-12:30 pm</p>	<p>O.W.L.S. VCH Program 10:30 am-12:30 pm</p>	<p>Neuro-Fit Mondays & Wednesdays 9-10 am 10:15-11:15 am 11:30 am-12:30 pm</p>	<p>Healthy Hearts 9:30-11:15 am</p> <p>Re-Fit Tuesdays & Thursdays 11:50 am-12:50 pm 1-2 pm</p>	
		<p>Last Tues of the month Caregiver Support Group Sea to Sky Hospice Society Program 11:30 am-2 pm</p>			
		<p>Re-Fit Tuesdays & Thursdays 11:50 am-12:50 pm 1-2 pm</p>			

Brennan Park Recreation Centre 1009, Centennial Way 604.898.3604

November Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Water Running Tabata Fusion 9:15-10 am</p>	<p>Aquafit 8-9 am</p>	<p>Aquafit 12-1 pm</p> <p>International Traditional Dance 7-8:30 pm</p>	<p>Aquafit 8-9 am</p> <p>Seniors' Social on Ice 9:45-10:45 am</p> <p>Water Running 2:30-3:15 pm</p>	<p>Aquafit 12-1 pm</p>	<p>Aquafit 8-9 am</p> <p>Deep Water Tabata 12-12:45 pm</p>