

March Activities

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The 55 Activity Centre 1201, Village Green Way 604.848.6898

BUS TRIPS	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
13 Bowen Island 	Balance & Strength 9-10 am Men on the Move 10:15-11:15 am O.W.L.S. <i>VCH program</i> 10:30 am-12:30 pm	Dance Fit Fun 9-9:50 am Paint and Sketch SELF-LED DROP-IN 9 am-12 pm Beginner Line Dancing 10-11:30 am Line Dancing 11:30 a.m. - 1 p.m. Neuro Fit Hand and Arm Stroke Recovery 12:30 -1:30 pm Hip and/or Knee Recovery 1:45-2:45 pm Happy Dance 3:15-4:15 pm SMaRT Back Exercises 4:30-5:30 pm	Balance & Strength 9-10 am Scrapbooking <i>CapU program</i> 10-11:30 am Men on the Move 10:15-11:15 am French Conversation 10 am - 12 pm Full Body Fusion 11:30 am-12:30 pm Ukelele SELF-LED DROP-IN 12:15 - 2:15 pm Chair Fit 1-2 pm Crib Club SELF-LED DROP-IN 1-3 pm Tai Chi - Gentle 2:15-3:15 pm	30/30/30 9-10:30 am Sewing/Quilting SELF-LED DROP-IN 10 am-2 pm Balance & Stretching: Chair 10:35-11:35 am Carpet Bowling SELF-LED DROP-IN 1:30-3:30 pm
20 Burnaby Lake Regional Park 	Full Body Fusion 11:30 am-12:30 pm Chair Fit 1-2 pm Tai Chi - Gentle 2:15-3:15 pm			
30 Big Pic Nic at Cherry Blossom Festival or Bloedel Conservatory 				