





The 55 Activity Centre 1201, Village Green Way 604.848.6898

BUS TRIPS		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16 White Rock Pier 		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 Hand and Arm Stroke Recovery 12:30 -1:30 pm Hip and/or Knee Recovery 1:45-2:45 pm Happy Dance 3-4 pm	Balance & Strength 9-10 am Men on the Move 10:15-11:15 am Chair Fit 11:30 am-12:30 pm Ukelele SELF-LED DROP-IN 10:15 am - 12 pm Crib Club SELF-LED DROP-IN 1-3 pm Tai Chi - Gentle 1-2 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 Carpet Bowling SELF-LED DROP-IN 1:30-3:30 pm
	21 Special Package Vancouver Canadians vs Spokane 		Chair Fit 11:30 am-12:30 pm Tai Chi - Gentle 1-2 pm Tai Chi - Seated 2:15-3:15 pm		
23 Whistler OR Pemberton 					
	28 Shipyards OR Cleveland Dam 				


Westwinds 38275, Third Avenue

July 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>Re-Fit Tuesdays & Thursdays 11:50 am-12:50 pm 1-2 pm</p> <p>Space available! Pre-approval required.</p> <p>Contact recreation@squamish.ca to apply today.</p>	<p>Neuro-Fit Mondays & Wednesdays 9-10 am 10:15-11:15 am 11:30 am-12:30 pm</p>	<p>Re-Fit Tuesdays & Thursdays 11:50 am-12:50 pm 1-2 pm</p> <p>Space available! Pre-approval required.</p> <p>Contact recreation@squamish.ca to apply today.</p>	

Brennan Park Recreation Centre 1009, Centennial Way 604.898.3604

July Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Aquafit 8 am</p> <p>Self-Led Restorative Exercise 11 am - 12 pm</p>	<p>Aquafit 8 am</p> <p>Self-Led Restorative Exercise 11 am - 12 pm</p>	<p>Aquafit 8 am</p> <p>Self-Led Restorative Exercise 11 am - 12 pm</p>	<p>Aquafit 8 am</p> <p>Self-Led Restorative Exercise 11 am - 12 pm</p>	<p>Aquafit 8 am</p> <p>Self-Led Restorative Exercise 11 am - 12 pm</p>