


# June Activities

The 55 Activity Centre 1201, Village Green Way 604.848.6898

BUS TRIPS	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>9 Italian Day on the Drive</b></p>  	<p>Balance &amp; Strength 9-10 am</p> <p>Men on the Move 10:15-11:15 am</p> <p><b>O.W.L.S. VCH program 10:30 am-12:30 pm</b></p> <p>Full Body Fusion 11:30 am-12:30 pm</p>	<p>Dance Fit Fun 9-9:50 am</p> <p>Paint and Sketch <b>SELF-LED DROP-IN</b> 9 am-12 pm</p> <p>Beginner-Intermediate Line Dancing 10-11:30 am</p>	<p>Balance &amp; Strength 9-10 am</p> <p>Men on the Move 10:15-11:15 am</p> <p>Full Body Fusion 11:30 am-12:30 pm</p> <p>Ukelele <b>SELF-LED DROP-IN</b> 10:15 am - 12 pm</p>	<p>30/30/30 9-10:30 am</p> <p>Sewing/Quilting <b>SELF-LED DROP-IN</b> 10 am-2 pm</p> <p>Balance &amp; Stretching: Chair 10:45-11:45 am</p>
<p><b>11 False Creek</b></p> 	<p>Chair Fit 1-2 pm</p> <p>Tai Chi - Gentle 2:15-3:15 pm</p> <p>Tai Chi - Seated 3:30 - 4:30 pm</p>	<p>Line Dancing Troupe 11:30 - 12:30 am</p> <p>Hand and Arm Stroke Recovery 12:30 -1:30 pm</p> <p>Hip and/or Knee Recovery 1:45-2:45 pm</p>	<p>Chair Fit 1-2 pm</p> <p>Crib Club <b>SELF-LED DROP-IN</b> 1-3 pm</p> <p>Tai Chi - Gentle 2:15-3:15 pm</p>	<p>Hip and/or Knee Recovery 12-1 pm</p> <p>Carpet Bowling <b>SELF-LED DROP-IN</b> 1:30-3:30 pm</p>
<p><b>26 UBC Newly opened Museum of Anthropology</b></p> 		<p>Happy Dance 3:15-4:15 pm</p>		


# Westwinds 38275, Third Avenue

## June Activities

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Schedule is subject to change.</b></p> <p><b>Registration is recommended for most of our programs but drop-in may be available, space permitting.</b></p>	<p><b>Neuro-Fit</b> Mondays &amp; Wednesdays 9 am-10 am 10:15-11:15 am 11:30 am-12:30 pm</p>	<p><b>VCH Mental Health Program</b> 9:30-11:30 am Until June 4</p> <p><b>Re-Fit</b> Tuesdays &amp; Thursdays 11:50 am-12:50 pm 1-2 pm</p>	<p><b>Neuro-Fit</b> Mondays &amp; Wednesdays 9-10 am 10:15-11:15 am 11:30 am-12:30 pm</p> <p><b>Flower Bouquet Workshop</b> 11 am-12:30 pm June 26 only</p>	<p><b>Healthy Hearts</b> 9:30-10:30 am</p> <p><b>Re-Fit</b> Tuesdays &amp; Thursdays 11:50 am-12:50 pm 1-2 pm</p>	<p><b>FREE Astronomy</b> 1-2 pm Until June 7</p>
					

# Brennan Park Recreation Centre 1009, Centennial Way 604.898.3604

## June Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Tabata Fusion Water Running</b> 9:15 - 10 am Until June 23</p>	<p><b>Aquafit</b> 8-9 am</p> 	<p><b>Aquafit</b> 12-1 pm</p>	<p><b>Aquafit</b> 8-9 am</p>	<p><b>Aquafit</b> 12-1 pm</p>	<p><b>Aquafit</b> 8-9 am</p> <p><b>Tabata Deep Water Running</b> 12-12:45 pm Until June 21</p>