



April Activities

The 55 Activity Centre 1201, Village Green Way 604.848.6898

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	BUS TRIPS
<p>20/20/20 9-10 am</p> <p>Reduce Mobility Movements 10:15-11:15 am</p> <p>Hip and/or Knee Recovery 11:30 am-12:30 pm</p> <p>Monday Friday 2:45-3:45 pm</p>  <p>Monday April 28</p> <p>Brennan Park Recreation Centre 7 am - 7 pm</p> <p>Advance Voting Friday, April 18 Saturday, April 19 Sunday, April 20 Monday, April 21</p> <p>The 55 Activity Centre 9 am - 9 pm</p>	<p>Balance & 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>Chair Fit 1-2 pm</p> <p>Practice Performance Ukulele DROP-IN 1-3 pm</p> <p>Tai Chi - Gentle 2:15-3:15 pm</p> <p>Tai Chi - Seated 3:15-4:15 pm</p>	<p>Paint and Sketch SELF-LED DROP-IN 9 am-12 pm</p> <p>Wellness through Creativity 10:15-11:45 am</p> <p>Line Dancing <i>Beginner-Intermediate</i> 9:30-11 am</p> <p>Clogging <i>Beginner</i> 11:30 am-12:30 pm</p> <p>Hand and/or Arm Recovery 12:30-1:30 pm</p> <p>Hip and/or Knee Recovery 1:45-2:45 pm</p> <p>Posture and Balance 3-4 pm</p> <p>April 9</p> <p>Flower Bouquet Workshop 7-8:30 pm</p>	<p>Balance & Strength 9-10 am</p> <p>French Conversation 10 am-12 pm</p> <p>Men on the Move 10:15-11:15 am</p> <p>Full Body Fusion 11:30 am-12:30 pm</p> <p>Ukulele SELF-LED DROP-IN 12-2 pm</p> <p>Chair Fit 1-2 pm</p> <p>Crib Club SELF-LED DROP-IN 1-3 pm</p> <p>Tai Chi - Gentle 2:15-3:15 pm</p> <p>Beginner Ukulele 2-4 pm</p>	<p>20/20/20 9-10 am</p> <p>Sewing/Quilting SELF-LED DROP-IN 10 am-2 pm</p> <p>Balance & Stretching: Floor 10-10:55 am</p> <p>Balance & Stretching: Chair 11:05 am-12 pm</p> <p>Choir 11am-1:30 pm</p> <p>Healthy Bones and Joints 12-1 pm</p> <p>Ping Pong Social SELF-LED DROP-IN 1:30-3 pm</p> <p>Carpet Bowling SELF-LED DROP-IN 1:30-3:30 pm</p>	 <p>9 West Vancouver Library: TEDx2025 screening</p> <p>22 Steveston Village</p> <p>HOURS</p> <p>Monday: 9 am - 4 pm Tuesday: 9 am - 8 pm Wednesday: 9 am - 8 pm Thursday: 9 am - 8 pm Friday: 9 am - 4 pm Saturday: <i>Programs only</i> Sunday: Closed</p> <p>Easter Holiday Hours Friday, April 18 to Monday, April 21 <i>No programs offered during this time.</i></p>

Westwinds 38275, Third Avenue

April 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>Seniors Open Gym 11:30 am - 12:55 pm</p> <p>Caregiver Support Group <i>Last Tuesday of the month</i> 11:45 am-1:15 pm</p> <p>Re-Fit <i>Tuesdays Only</i> 1-2 pm</p>	<p>Neuro-Fit <i>Mondays & Wednesdays</i> 9-10 am 10:15-11:15 am 11:30 am-12:30 pm</p>	<p>Healthy Hearts 9:30-11:30 am</p> <p>April 17 Flower Workshop 10-11:30 am</p> <p>Seniors Open Gym 12-1:30 pm</p> <p>PLEASE NOTE Seniors Open Gym Westwinds does not have a payment counter, so pre-payment for drop-ins is required. You can prepay at The 55 Activity Centre, Brennan Park Recreation Centre, or online at squamish.ca/rec.</p>	<p>Circuit Training 101 10:15-11:15 am</p> <p>Reduced Mobility Folk Dance 1-2 pm</p>

Brennan Park Recreation Centre 1009, Centennial Way 604.898.3604

April Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Aquafit 8-9 am</p> <p>Hydrotherapy with Heidi 9-10 am</p> <p>Senior / Parent and Child Skate 9:30-11 am</p>	<p>Aquafit 12-1 pm</p> <p>International Traditional Dance 7:15-8:45 pm</p>	<p>Aquafit 8-9 am</p> <p>Overtime Hockey for 60+ yrs 11am-12:30 pm</p>	<p>Aquafit 12-1 pm</p>	<p>Aquafit 8-9 am</p>