

December Activities

The 55 Activity Centre 1201, Village Green Way 604.848.6898

BUS TRIPS		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
10	Fleurs de Villes Self-guided walking tour + stop at Stanley Park	Balance & Strength 9-10 am	Dance Fit Fun 9-9:50 am	Balance & Strength 9-10 am	30/30/30 9-10:30 am	
	12	Steveston Village Choose your own adventure	Men on the Move 10:15-11:15 am	Paint and Sketch SELF-LED DROP-IN 9 am-12 pm	Men on the Move 10:15-11:15 am	Sewing/Quilting SELF-LED DROP-IN 10 am-2 pm
			Full Body Fusion 11:30 am-12:30 pm	Line Dancing <i>Beginner-Intermediate</i> 10-11:30 am	Ukulele SELF-LED DROP-IN 10:15 am-12:15 pm	Balance & Stretching: Chair 10:45-11:45 am
	16	Park Royal Shoppin Centre	Chair Fit 1-2 pm	Clogging <i>Beginner</i> 11:30 am-12:30 pm	Full Body Fusion 11:30 am-12:30 pm	Hip and/or Knee Recovery 12-1 pm
18	Burnaby Village Museum / Heritage Christmas	Ukulele SELF-LED DROP-IN 1-3 pm	Hip and/or Knee Recovery 12:30-1:30 pm	Chair Fit 1-2 pm	Carpet Bowling SELF-LED DROP-IN 1:30-3:30 pm	
		Tai Chi - Gentle 2:15-3:15 pm	Hand and/or Arm Recovery 1:45-2:45 pm	Crib Club SELF-LED DROP-IN 1-3 pm	Tai Chi - Gentle 2:15-3:15 pm	<i>All Friday classes ends December 20</i>
Holiday Hours at The 55 Activity Centre December 24 - January 1 CLOSED January 2 - 4 9 am - 4 pm		Tai Chi - Seated 3:15-4:15 pm	Happy Dance 3-4 pm	Learn to Play Ukulele 2-4 pm		
		<i>All Tuesday classes ends December 17</i>	Posture & Balance 4:15-5:15 pm	<i>All Thursday classes ends December 19</i>		
			<i>All Wednesday classes ends December 18</i>			

Westwinds 38275, Third Avenue

December 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 <i>Ends December 17</i></p>	<p>Neuro-Fit Mondays & Wednesdays 9-10 am 10:15-11:15 am 11:30 am-12:30 pm <i>Ends December 18</i></p>	<p>Healthy Hearts 9:30-11:15 am <i>Ends December 12</i></p>	
		<p>Re-Fit Tuesdays & Thursdays 11:50 am-12:50 pm 1-2 pm</p>		<p>DECEMBER 5 ONLY Flower Workshop Winter Centerpieces 12:30 - 2 pm</p> <p>Re-Fit Tuesdays & Thursdays 11:50 am-12:50 pm 1-2 pm <i>Ends December 19</i></p>	

Brennan Park Recreation Centre 1009, Centennial Way 604.898.3604

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Water Running Tabata Fusion 9:15-10 am <i>Ends December 15</i></p>	<p>Aquafit 8-9 am <i>Ends December 16</i></p>	<p>Aquafit 12-1 pm <i>Ends December 17</i></p>	<p>Aquafit 8-9 am <i>Ends December 18</i> Seniors' Social on Ice 9:45-10:45 am <i>Ends December 18</i> Water Running 2:30-3:15 pm <i>Ends December 11</i></p>	<p>Aquafit 12-1 pm <i>Ends December 19</i></p>	<p>Aquafit 8-9 am <i>Ends December 20</i></p> <p>Deep Water Tabata 12-12:45 pm <i>Ends December 13</i></p>