




February Activities

The 55 Activity Centre 1201, Village Green Way 604.848.6898

BUS TRIPS		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	Vancouver Chinatown Choose your own adventure	Balance & Strength 9-10 am	Paint and Sketch SELF-LED DROP-IN 9 am-12 pm	Balance & Strength 9-10 am	20/20/20 9-10 am
12	Granville Island Choose your own adventure	Men on the Move 10:15-11:15 am	Line Dancing <i>Beginner-Intermediate</i> 9:30-11 am	French Conversation 10 am-12 pm	Sewing/Quilting SELF-LED DROP-IN 10 am-2 pm
	We are looking for volunteer drivers to help provide more out-trip	Full Body Fusion 11:30 am-12:30 pm	Clogging <i>Beginner</i> 11:15 am-12:30 pm	Men on the Move 10:15-11:15 am	Balance & Stretching: Floor 10-10:55 am
If you are dynamic, community-minded, and ready to make a difference, we'd love to hear from you! Call 604.848.6898 or email recreation@squamish.ca		Chair Fit 1-2 pm	Hip and/or Knee Recovery 12:30-1:30 pm	Full Body Fusion 11:30 am-12:30 pm	Balance & Stretching: Chair 11-11:55 am
NEW HOURS Now open 6 days a week!		Practice and Performance Ukulele DROP-IN 1-3 pm	Hand and/or Arm Recovery 1:45-2:45 pm	Ukulele SELF-LED DROP-IN 12-2 pm	Choir 11am-1:30 pm
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		Tai Chi - Gentle 2:15-3:15 pm	February 12 Flower Bouquet Workshop 7-8:30 pm	Chair Fit 1-2 pm	Hip and/or Knee Recovery 12-1 pm
		Tai Chi - Seated 3:15-4:15 pm		Crib Club SELF-LED DROP-IN 1-3 pm	Ping Pong Social SELF-LED DROP-IN 1:30-3 pm
				Tai Chi - Gentle 2:15-3:15 pm	Carpet Bowling SELF-LED DROP-IN 1:30-3:30 pm
				Beginner Ukulele 2-4 pm	

Westwinds 38275, Third Avenue

February 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>Seniors Open Gym 10-11:30 am</p> <p>O.W.L.S. VCH Program 10:30 am-12:30 pm</p> <p>Caregiver Support Group <i>Last Tuesday of the month</i> 10:45 am-1:15 pm</p> <p>Re-Fit <i>Tuesdays Only</i> 11:50 am-12:50 pm 1-2 pm</p>	<p>Neuro-Fit Mondays & Wednesdays 9-10 am 10:15-11:15 am 11:30 am-12:30 pm</p> 	<p>Healthy Hearts 9:30-10:30 am</p> <p>February 13</p> <p>Valentine Flower Workshop 10-11:30 am</p> <p>Seniors Open Gym 12-1:30 pm</p>	<p>PLEASE NOTE Seniors Open Gym</p> <p>Westwinds does not have a payment counter, so pre-payment for drop-ins is required.</p> <p>You can prepay at The 55 Activity Centre, Brennan Park Recreation Centre, or online at squamish.ca/rec.</p>

Brennan Park Recreation Centre 1009, Centennial Way 604.898.3604

February Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Water Running Tabata Fusion 9:15-10 am</p>	<p>Aquafit 8-9 am</p> <p>Senior / Parent and Child Skate 9:30-11 am</p>	<p>Aquafit 12-1 pm</p> <p>Senior / Parent and Child Skate 2-3 pm</p> <p>International Traditional Dance 7:15-8:45 pm</p>	<p>Aquafit 8-9 am</p> <p>Senior / Parent and Child Skate 9:45-10:45 am</p> <p>Deep Water Running 2:30-3:15 pm</p>	<p>Senior / Parent and Child Skate 9:45-10:45 am</p> <p>Aquafit 12-1 pm</p>	<p>Aquafit 8-9 am</p> <p>Seniors' Social on ice 9:30-10:30 am</p> <p>Deep Water Tabata 12-12:45 pm</p>