


# January Activities

The 55 Activity Centre 1201, Village Green Way 604.848.6898

BUS TRIPS		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
22	<b>Lonsdale/Shipyards</b> Choose your own adventure	Balance & Strength 9-10 am	Paint and Sketch <b>SELF-LED DROP-IN</b> 9 am-12 pm	Balance & Strength 9-10 am	20/20/20 9-10 am
	28	<b>Whistler Village</b> Choose your own adventure	Men on the Move 10:15-11:15 am	Line Dancing <i>Beginner-Intermediate</i> 9:30-11 am	Men on the Move 10:15-11:15 am
 <p><b>We are looking for volunteer drivers to help provide out-trip opportunities for our members.</b> 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 <a href="mailto:recreation@squamish.ca">recreation@squamish.ca</a></p>		Full Body Fusion 11:30 am-12:30 pm	Clogging <i>Beginner</i> 11:15 am-12:30 pm	Full Body Fusion 11:30 am-12:30 pm	Balance & Stretching: Floor 10-10:55 am
<p><b>NEW HOURS</b> Now open 6 days a week!</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>		Chair Fit 1-2 pm	Hip and/or Knee Recovery 12:30-1:30 pm	Ukulele <b>SELF-LED DROP-IN</b> 12-2 pm	Balance & Stretching: Chair 11-11:55 am
		Practice and Performance Ukulele <b>DROP-IN</b> 1-3 pm	Hand and/or Arm Recovery 1:45-2:45 pm	Chair Fit 1-2 pm	Hip and/or Knee Recovery 12-1 pm
		Tai Chi - Gentle 2:15-3:15 pm	Happy Dance 3-4 pm	Crib Club <b>SELF-LED DROP-IN</b> 1-3 pm	Ping Pong Social <b>SELF-LED DROP-IN</b> 1:30-3 pm
		Tai Chi - Seated 3:15-4:15 pm	Posture & Balance 4:15-5:15 pm	Tai Chi - Gentle 2:15-3:15 pm	Carpet Bowling <b>SELF-LED DROP-IN</b> 1:30-3:30 pm
				Beginner Ukulele 2-4 pm	

# Westwinds 38275, Third Avenue

## January 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> <i>Mondays &amp; Wednesdays</i> 9 am-10 am 10:15-11:15 am 11:30 am-12:30 pm</p>	<p><b>Seniors Open Gym</b> 10-11:30 am</p>	<p><b>Neuro-Fit</b> <i>Mondays &amp; Wednesdays</i> 9-10 am 10:15-11:15 am 11:30 am-12:30 pm</p>	<p><b>Healthy Hearts</b> 9:30-10:30 am</p>	<p><b>PLEASE NOTE</b> <b>Seniors Open Gym</b></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 <a href="http://squamish.ca/rec">squamish.ca/rec</a>.</p>
		<p><b>O.W.L.S.</b> VCH Program 10:30 am-12:30 pm</p>		<p><b>Seniors Open Gym</b> 12-1:30 pm</p>	
		<p><b>Re-Fit</b> <i>Tuesdays &amp; Thursdays</i> 11:50 am-12:50 pm 1-2 pm</p>			

# Brennan Park Recreation Centre 1009, Centennial Way 604.898.3604

## January Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Water Running</b> <b>Tabata Fusion</b> 9:15-10 am <i>Starts January 19</i></p>	<p><b>Aquafit</b> 8-9 am</p> <p><b>Senior / Parent and Child Skate</b> 9:30-11 am</p>	<p><b>Aquafit</b> 12-1 pm</p> <p><b>Senior / Parent and Child Skate</b> 2-3 pm</p>	<p><b>Aquafit</b> 8-9 am</p> <p><b>Senior / Parent and Child Skate</b> 9:45-10:45 am</p> <p><b>Deep Water Running</b> 2:30-3:15 pm <i>Starts January 22</i></p>	<p><b>Senior / Parent and Child Skate</b> 9:45-10:45 am</p> <p><b>Aquafit</b> 12-1 pm</p>	<p><b>Aquafit</b> 8-9 am</p> <p><b>Senior's Social on ice</b> 9:30-10:30 am</p> <p><b>Deep Water Tabata</b> 12-12:45 pm <i>Starts January 17</i></p>