

The 55 Activity Centre 1201 Village Green Way 604-848-6898

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	BUS TRIPS
20/20/20 9:30-10:30 am Full Body Fusion 10:35-11:35 am Reduced Mobility Movements 12:15-1:15 pm Hip and/or Knee Recovery 1:30-2:30 pm Folk Dance Beginner 2:45-4 pm No programs September 7 due to Statutory Holiday facility closure. FALL HOURS <i>Effective September 8</i> 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: Closed Sunday: Closed	Strength & Balance 9:30-10:30 am Men on the Move 10:35-11:35 am Chair Fit 12:15-1:15 pm Practice Performance Ukulele SELF-LED DROP-IN 1-3 pm Tai Chi-inspired – Flow 1:30-2:30 pm Tai Chi-inspired – Seated 2:45-3:45 pm UPCOMING CLOSURES September 7 Labour Day September 9 Annual Pool Closure September 30 National Day for Truth and Reconciliation	Paint and Sketch SELF-LED DROP-IN 9 am-12 pm International Folk Dance - Intermediate 9:30-11 am <i>During Line Dance hiatus</i> Squamish Swans 1:45-2:45 pm <i>(Starts September 16)</i> No programs September 30 due to Statutory Holiday facility closure.	Strength & Mobility 9:30-10:30 am Beginner Ukulele 10-11:30 am Men on the Move 10:35-11:35 am Ukulele SELF-LED DROP-IN 12-2 pm Chair Fit 12:15-1:15 pm Tai Chi-inspired – Flow 1:30-2:30 pm Crib Club SELF-LED DROP-IN 1-3 pm Balanced Upper Body Exercises 2:45-3:45pm	Strong Body 9:30-10:15 am Sewing/Quilting SELF-LED DROP-IN 10 am-2 pm Dance Fitness 10:15-11 am Sunshine Choir 11 am-12:15 pm Healthy Bones & Joints - Chair 11:10 am-12:10 pm Hip/Knee Recovery Exercises 12:15-1:15 pm Carpet Bowling SELF-LED DROP-IN 1:30-3:30 pm	 BRACKENDALE FALL FAIR  Brackendale Fall Fair Saturday, September 12 FREE shuttle from The 55/ Westwinds and back (no other stops)  Park Royal Shopping Centre followed by Ron Andrews Pool or Trails Thursday, September 15 Reserve your seat quickly: squamish.ca/rec

PLEASE NOTE...

2026 Fall classes have new start times; please double-check the start/end time of your class.

Healing Fitness classes:

New pricing structure reflects smaller class maximums and more customized exercises. Class must meet minimum numbers (4 participants) in order to run. Drop-in available for \$10.50

Westwinds 38275 Third Avenue

September Activities

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pre-payment is required for all programs taking place at the Westwinds.	Neuro-Fit <i>Mondays & Wednesdays</i> 9-10 am 10:15-11:15 am 11:30 am-12:30 pm Re-Fit <i>Mondays & Wednesdays</i> 1-2 pm	Circuit Training 101 10-11 am Seniors Open Gym 11:15 am-12:15 pm	Neuro-Fit <i>Mondays & Wednesdays</i> 9-10 am 10:15-11:15 am 11:30 am-12:30 pm Re-Fit <i>Mondays & Wednesdays</i> 1-2 pm	VCH - Healthy Hearts 9-10:30 am Weight Training & Mobility 11 am-12 pm Seniors Open Gym 11:15 am-12:15 pm	Making Connections Community Society Dementia-inclusive social program 10 am-12:30 pm

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](https://www.squamish.ca/rec).

Thursday, October 1

Seniors Day at The 55 Activity Centre

Come see us at **The Squamish
Chief's Seniors Expo**. Free tours over
to Westwinds fitness room/Open Gym.

Try a FREE
Seniors Skate
11:45-1 p.m.

Try a FREE
Aquafit Class
12-1 p.m.

Try a FREE
30-minute
fitness class in
the morning



Squamish

OCT 2026 **VOTES**

Advance Polls at The 55 Activity Centre

October 7: 8 am-8 pm
October 8: 12-8 pm

Classes will not run on those days, or the
previous day (Oct 6), for Election BC to set up.

General Voting Day

October 17: 8 a.m.-8 p.m.
Brennan Park Recreation Centre