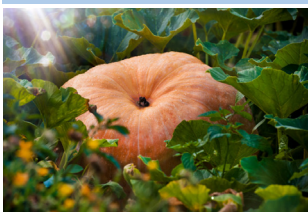


The 55 Activity Centre 1201 Village Green Way 604-848-6898

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 October 5 Tech Coaching <i>by Squamish Public Library</i> 1-3 pm Hip and/or Knee Recovery 1:30-2:30 pm Folk Dance Beginner 2:45-4 pm FALL HOURS 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 Monday, October 12 Stat Holiday: Thanksgiving CLOSED	Strength & Balance 9:30-10:30 am Men on the Move 10:35-11:35 am Practice Performance Ukulele SELF-LED DROP-IN 12-2 pm Chair Fit 12:15-1:15 pm Tai Chi-inspired – Flow 1:30-2:30 pm Tai Chi-inspired – Seated 2:45-3:45 pm BRENNAN PARK RECREATION CENTRE International Traditional Dance 7:15-8:30 pm	Paint and Sketch SELF-LED DROP-IN 9 am-12 pm International Folk Dance - Intermediate 9:30-11 am Squamish Swans 1:45-2:45 pm UPCOMING IMPACTS TO REGULAR PROGRAMMING Squamish Chief's Ageless 55+ Seniors Expo Thursday, October 1 1:30-5 pm Municipal Election Advance Poll October 6-7-8 Classes cancelled View details on page 2	Strength & Mobility 9:30-10:30 am French Conversation 10 am-12 pm 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 2:45-3:45 pm	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	 Monday October 19 Whistler OR Pemberton Pumpkin Patch & Beer Farm  Wednesday October 28 Granville Island  <i>Reserve your seat quickly:</i> squamish.ca/rec

Westwinds 38275 Third Avenue

October 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 12:15-1:15 pm	Making Connections Community Society Dementia-inclusive social program 10 am-12:30 pm Reduced Mobility Dance (AKA Chair Dancing) 1-2 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 .			

Thursday, October 1. 1:30-5 p.m.

Seniors Day at The 55 Activity Centre

Come see us at The Squamish Chief's Ageless 55+ Seniors Expo. Free tours over to Westwinds fitness room/open gym.

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

Try a FREE 20-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