


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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	BUS TRIPS
<p>20/20/20 9-10 am</p> <p><b>Knitting Together</b> SELF-LED DROP-IN 10 am - 12 pm</p> <p><b>Reduced Mobility Movements</b> 10:10 am-11:10 pm</p> <p><b>Shoulder/Hand Recovery</b> 11:15-12:15 pm</p> <p><b>Hip and/or Knee Recovery</b> 12:30-1:30 pm</p> <p><b>Tech Coaching</b> <i>By Squamish Library</i> May 4, 1-3 pm</p> <p><b>Clogging Advanced</b> 2 - 3:30 pm</p>	<p><b>Strength &amp; Balance</b> 9-10 am</p> <p><b>Men on the Move</b> 10:10-11:10 am</p> <p><b>Ukulele Beginner Slow Jam</b> SELF-LED DROP-IN 10-11:45 am</p> <p><b>Ukulele Practice Performance</b> SELF-LED DROP-IN 12-2 pm</p> <p><b>Chair Fit</b> 12:30-1:30 pm</p> <p><b>Tai Chi-inspired – Flow</b> 1:45-2:45 pm</p> <p><b>Tai Chi-inspired – Seated</b> 3-4 pm</p>	<p><b>Line Dance - Beginner Level 1</b> 9-9:45 am</p> <p><b>Paint and Sketch</b> SELF-LED DROP-IN 9 am-12 pm</p> <p><b>Line Dance - Beginner Level 2</b> 10-11:15 am</p> <p><b>Line Dance - Level 3</b> 11:30 am - 12:15 pm</p> <p><b>Squamish Swans 55+ Ballet</b> 1:45-2:45 pm</p> <p><b>Beginner Folk Dance</b> 4-5:15 pm</p>	<p>20/20/20 9-10 am</p> <p><b>French Conversation</b> 10 am-12 pm</p> <p><b>Men on the Move</b> 10:10-11:10 am</p> <p><b>Balance/Posture</b> 11:15 am-12:15 pm</p> <p><b>Chair Fit</b> 12:30-1:30 pm</p> <p><b>Ukulele</b> SELF-LED DROP-IN 12-2 pm</p> <p><b>Crib Club</b> SELF-LED DROP-IN 1-3 pm</p> <p><b>Tai Chi-inspired - Flow</b> 1:45-2:45 pm</p>	<p><b>Strong Body</b> 9-10 am</p> <p><b>Dance Fitness</b> 10-10:50 am</p> <p><b>Sewing/Quilting</b> SELF-LED DROP-IN 10 am-2 pm</p> <p><b>Healthy Bones &amp; Joints</b> 11 am-12 pm</p> <p><b>Hip &amp; Knee Recovery</b> 12:15-1:15 pm</p> <p><b>Carpet Bowling</b> SELF-LED DROP-IN 1:30-3:30 pm</p>	 <p><b>May 3</b> VanDusen Gardens</p> <p><b>May 12</b> Downtown Vancouver <i>(Schedule around Stars on Ice)</i></p> <p><b>May 28</b> Granville Island</p> <p><b>May 31</b> Vancouver Canadians baseball game <i>(Ticket included)</i></p> <p>squamish.ca/rec</p>
<p><b>HOURS</b></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: <i>Closed</i></p>					<p><b>Tuesday activities at BRENNAN PARK RECREATION CENTRE:</b></p> <p><b>FREE!</b> International Dance 7:15-8:30 pm</p>
					<p><b>Legend</b></p> <p>Registration required, drop-in not available.</p> <p>Self-Led activity.</p>

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Schedule is subject to change.</b></p> <p><b>Registration is recommended for our programs however, some programs offer drop-in, space permitting.</b></p>	<p><b>Neuro-Fit</b> Mondays &amp; Wednesdays 9–10 am 10:15–11:15 am 11:30 am–12:30 pm</p> <p><b>Re-Fit</b> Mondays &amp; Wednesdays 1–2 pm</p>	<p><b>Circuit Training 101</b> 10–11 am</p> <p><b>O.W.L.S</b> 10:30 am - 12:30 pm</p> <p><b>Seniors Open Gym</b> 11:15 am–12:30 pm</p>	<p><b>Neuro-Fit</b> Mondays &amp; Wednesdays 9–10 am 10:15–11:15 am 11:30 am–12:30 pm</p> <p><b>Re-Fit</b> Mondays &amp; Wednesdays 1–2 pm</p>	<p><b>Healthy Hearts</b> 9:30–11:30 am</p> <p><b>Weight Training &amp; Mobility</b> 11 am–12 pm</p> <p><b>Seniors Open Gym</b> 12:15–1:30 pm</p>	<p><b>Making Connections</b> 10 am–1 pm</p> <p><b>Reduced Mobility Dance</b> 1–2 pm</p>
	<div style="border: 2px solid orange; padding: 10px; text-align: center;"> <p><b>PLEASE NOTE</b>  <b>Seniors Open Gym</b>                      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> </div>				



**Brennan Park Recreation Centre**

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**Renovations Update**

# Welcome!

Most spaces are ready to use. Improvements are still in progress.  
 Furniture, signage and coffee shop are coming soon!



This project was made possible thanks to an **\$11.7M grant** from the **Green and Inclusive Community Buildings program** to support **energy efficiency** and **accessibility improvements**.