

JANUARY 2018 - SENIORS CONNECT CENTRE CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
1 Centre Closed New Year's Day	2 • Drop in 10am – 3pm	3 • Drop in 10am – 3pm	4 • Chair Yoga with Sheila 11am – 11:45am	5 • Cooking with Seniors Connect 10am – 12pm • Light Exercise with Brian 1pm – 2pm
8	9	10	11	12
• Drop in 10am – 3pm	• Drop in 10am – 3pm	• Drop in 10am – 3pm	• Chair Yoga with Sheila 11am – 11:45am • Cowichan Knitting with Joanne 1pm – 2:30pm	• Falling in Love with Creation - Photography as a Spiritual Path with Judy 11am – 12:15pm • Light Exercise with Brian 1pm – 2pm
15	16	17	18	19
• Drop in 10am – 3pm • 3M Music Night 3:30pm – 5:30pm	• Drop in 10am – 3pm	• Drop in 10am – 3pm	• Chair Yoga with Sheila 11am – 11:45am • Kefir Demo with Ingy 1pm – 2:30pm	• Cooking with Seniors Connect 10am – 12pm • Light Exercise with Brian 1pm – 2pm • Tips and Tricks for Foot Care with Christine Shaw, LPN 2:30pm – 3:30pm
22	23	24	25	26
• Drop in 10am – 3pm	• Drop in 10am – 3pm	• Drop in 10am – 3pm	• Chair Yoga with Sheila 11am – 11:45am • Registered Disability Savings Plan (RDSP) and The Disability Tax Credit (DTC) with Outreach Coordinator for Disability Alliance, Justine Little 1:30pm – 3pm	• Light Exercise with Brian 1pm – 2pm • Reading from "The Dwindling" by Janet Dunnnett including a discussion on Care Giver Support Groups 2:30pm – 3:30pm
29	30	31		
• Drop in 10am – 3pm	• Drop in 10am – 3pm	• Drop in 10am – 3pm		

Please note workshops are subject to change, please visit our website www.nanaimoseniorsconnect.ca for full details. The **Seniors Connect Centre** is located at **150 Wallace Street, Nanaimo BC - Free workshops for Adults 55+** You can register for workshops by calling the Seniors Connect Centre. **250-591-2924**

JANUARY 2018 - SENIORS CONNECT CALENDAR – CITY WIDE

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Gentle Hawaiian Dance with Susan 12pm – 1pm <i>Library – 90 Commercial Street (2nd floor - Large Meeting Room)</i>	3 Golden Gamers 2pm – 4pm <i>Library – 90 Commercial Street</i>	4	5 Chair Yoga with Sheila 9am – 9:45am <i>Bend Over Backwards Yoga - 335 Wesley Street, Suite 106</i>
8	9 Chair Yoga with Sheila 12pm – 1pm <i>Library – 90 Commercial Street (2nd floor - Large Meeting Room)</i>	10 Writing Your Family Story 3pm – 4pm <i>Library – 90 Commercial Street (Small Meeting Room)</i>	11	12 Chair Yoga with Sheila 9am – 9:45am <i>Bend Over Backwards Yoga - 335 Wesley Street, Suite 106</i>
15	16 Zumba® Gold with Tamara 12pm - 1pm <i>Library – 90 Commercial Street (2nd floor - Large Meeting Room)</i>	17 Golden Gamers 2pm – 4pm <i>Library – 90 Commercial Street</i> Monthly Tech Help 2pm – 3pm <i>Nanaimo Women’s Centre Boardroom, 150 Wallace Street. Please enter via the Seniors Connect Centre.</i>	18	19 Chair Yoga with Sheila 9am – 9:45am <i>Bend Over Backwards Yoga - 335 Wesley Street, Suite 106</i>
22	23	24 Writing Your Family Story 3pm – 4pm <i>Library – 90 Commercial Street (Small Meeting Room)</i>	25	26 Chair Yoga with Sheila 9am – 9:45am <i>Bend Over Backwards Yoga - 335 Wesley Street, Suite 106</i>
29	30	31		

Register for the free workshops above by calling the Seniors Connect Centre

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