

FEBRUARY 2018 - SENIORS CONNECT CENTRE CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			<ul style="list-style-type: none"> • Making Pizza with Bertha 9am – 10:15am • EngAGE Chair Yoga – SC #1: 11am – 11:45am 	<ul style="list-style-type: none"> • Light Exercise with Brian 1pm – 2pm • Fun with Acrylics with Jackie 2:30pm – 4pm
5	6	7	8	9
<ul style="list-style-type: none"> • Drop in 10am – 3pm 	<ul style="list-style-type: none"> • Drop in 10am – 3pm 	<ul style="list-style-type: none"> • Drop in 10am – 3pm 	<ul style="list-style-type: none"> • EngAGE Chair Yoga – SC #1: 11am – 11:45am • Cowichan Knitting with Joanne 1pm – 2:30pm 	<ul style="list-style-type: none"> • Hospice 101 - with Nanaimo Hospice Society 10:30am – 12:30pm • Light Exercise with Brian 1pm – 2pm • Fun with Acrylics with Jackie 2:30pm – 4pm
12	13	14	15	16
Centre Closed <hr/> Family Day	<ul style="list-style-type: none"> • Drop in 10am – 3pm 	<ul style="list-style-type: none"> • Drop in 10am – 3pm 	<ul style="list-style-type: none"> • EngAGE Chair Yoga – SC #2: 11am – 11:45am • First Nation Beading with Louisa 1pm – 2:30pm 	<ul style="list-style-type: none"> • Light Exercise with Brian 1pm – 2pm • Fun with Acrylics with Jackie 2:30pm – 4pm
19	20	21	22	23
<ul style="list-style-type: none"> • Drop in 10am – 3pm • 3M Music Night 3:30pm – 5:30pm 	<ul style="list-style-type: none"> • Drop in 10am – 3pm 	<ul style="list-style-type: none"> • Drop in 10am – 3pm 	<ul style="list-style-type: none"> • EngAGE Chair Yoga – SC #2: 11am – 11:45am 	<ul style="list-style-type: none"> • Light Exercise with Brian 1pm – 2pm • 55+ How to Ace the Interview 2:30pm – 3:30pm
26	27	28		
<ul style="list-style-type: none"> • Drop in 10am – 3pm 	<ul style="list-style-type: none"> • Drop in 10am – 3pm 	<ul style="list-style-type: none"> • 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 at

250-591-2924

FEBRUARY 2018 - SENIORS CONNECT CALENDAR – CITY WIDE

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2 EngAGE Chair Yoga – BOB #1: 9am – 9:45am <i>Bend Over Backwards Yoga - 335 Wesley Street, Suite 106</i>
5	6 Gentle Hawaiian Dance with Susan 12pm – 1pm <i>Library – 90 Commercial Street (2nd floor - Large Meeting Room)</i>	7 Golden Gamers 2pm – 4pm <i>Library – 90 Commercial Street</i>	8	9 EngAGE Chair Yoga – BOB #1: 9am – 9:45am <i>Bend Over Backwards Yoga - 335 Wesley Street, Suite 106</i>
12	13 Chair Yoga with Sheila 12pm – 1pm <i>Library – 90 Commercial Street (2nd floor - Large Meeting Room)</i>	14 Writing Your Family Story 3pm – 4pm <i>Library – 90 Commercial Street (Small Meeting Room)</i>	15	16 EngAGE Chair Yoga – BOB #2: 9am – 9:45am <i>Bend Over Backwards Yoga - 335 Wesley Street, Suite 106</i>
19	20 Zumba® Gold with Tamara 12pm - 1pm <i>Library – 90 Commercial Street (2nd floor - Large Meeting Room)</i>	21 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>	22	23 EngAGE Chair Yoga – BOB #2: 9am – 9:45am <i>Bend Over Backwards Yoga - 335 Wesley Street, Suite 106</i>
26	27	28 Writing Your Family Story 3pm- 4pm <i>Library – 90 Commercial Street (Small Meeting Room)</i>		

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

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