

MARCH 2018 - SENIORS CONNECT CENTRE CALENDAR


| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|---------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | | | 1 | 2 |
| | | | <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 |
| 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"> The Intergenerational Women’s Day Breakfast 9am – 10:30am EngAGE Chair Yoga – SC #2: 11am – 11:45am Cowichan Knitting with Joanne 1pm – 2:30pm | <ul style="list-style-type: none"> Advanced Care Planning with Nanaimo Community Hospice 10:30am – 12:30pm Light Exercise with Brian 1pm – 2pm |
| 12 | 13 | 14 | 15 | 16 |
| <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 #2: 11am – 11:45am Seniors Will and Estate Planning Information Session with Michael Warsh, BA, MA, LLB, LLM, Barrister & Solicitor, Warsh Law 1pm – 2:30pm | <ul style="list-style-type: none"> Training Your Helper Dog 10:30am – 12:30pm Light Exercise with Brian 1pm – 2pm |
| 19 | 20 | 21 | 22 | 23 |
| <ul style="list-style-type: none"> Drop in 10am – 3pm 3M Music Night 7pm – 9pm | <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"> Hospice 101 - with Nanaimo Hospice Society 10:30am – 12:30pm Light Exercise with Brian 1pm – 2pm Introduction to Watercolours with Dan (Part one) 2:30pm – 4pm |
| 26 | 27 | 28 | 29 | 30 |
| <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 #3: 11am – 11:45am | Good Friday - Centre Closed |

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



MARCH 2018 - SENIORS CONNECT CALENDAR – CITY WIDE

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| |  | Register for these FREE workshops by calling the Seniors Connect Centre 250-591-2924 | 1 | 2 |
| 5 | 6 | 7 | 8 | 9 |
| | Gentle Hawaiian Dance with Susan 12pm – 1pm <i>Nanaimo Women’s Centre Boardroom 150 Wallace Street</i> | Golden Gamers 2pm – 4pm <i>Library – 90 Commercial Street</i> | Living History Speaker Series 6:30pm – 8pm <i>Wellington Community Hall – 3922 Corunna Ave</i> No registration required for this event only | EngAGE Chair Yoga – BOB #1: 9am – 9:45am <i>Bend Over Backwards Yoga - 335 Wesley Street, Suite 106</i> |
| 12 | 13 | 14 | 15 | 16 |
| | Chair Yoga with Sheila 12pm – 1pm <i>Library – 90 Commercial Street (2nd floor - Large Meeting Room)</i> | Writing Your Family Story 3pm – 4pm <i>Library – 90 Commercial Street (Small Meeting Room)</i> | Living History Speaker Series 6:30pm – 8pm <i>Wellington Community Hall – 3922 Corunna Ave</i> No registration required for this event only | EngAGE Chair Yoga – BOB #2: 9am – 9:45am <i>Bend Over Backwards Yoga - 335 Wesley Street, Suite 106</i> |
| 19 | 20 | 21 | 22 | 23 |
| | Zumba® Gold with Tamara 12pm - 1pm <i>Library – 90 Commercial Street (2nd floor - Large Meeting Room)</i> | Beginners Ukulele Practice Meetup with Donna 10:30am – 11:45am <i>Nanaimo Women’s Centre Boardroom - 150 Wallace Street</i> Monthly Tech Help 2pm – 3pm <i>Nanaimo Women’s Centre Boardroom - 150 Wallace Street</i> Golden Gamers 2pm – 4pm <i>Library – 90 Commercial Street</i> | Living History Speaker Series 6:30pm – 8pm <i>Wellington Community Hall – 3922 Corunna Ave</i> Do you have questions about the Living History Speaker Series? Call 250-755-4491 No registration required for this event only | EngAGE Chair Yoga – BOB #2: 9am – 9:45am <i>Bend Over Backwards Yoga - 335 Wesley Street, Suite 106</i> |
| 26 | 27 | 28 | 29 | 30 |
| | | Writing Your Family Story 3pm- 4pm <i>Library – 90 Commercial Street (Small Meeting Room)</i> | Living History Speaker Series 6:30pm – 8pm <i>Wellington Community Hall – 3922 Corunna Ave.</i> No registration required for this event only | |