

APRIL 2018 - SENIORS CONNECT CENTRE CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
2 Centre Closed	3 • Drop in 10am – 3pm	4 • Drop in 10am – 3pm	5 • EngAGE Chair Yoga – Set #3: 11am – 11:45am	6 • Light Exercise with Brian 1pm - 2pm • Introduction to Watercolours with Dan (Part two) 2:30pm – 4pm CLASS FULL
9	10	11	12	13
• Drop in 10am – 3pm	• Drop in 10am – 3pm	• Drop in 10am – 3pm	• EngAGE Chair Yoga – Set #3: 11am – 11:45am • Cowichan Knitting with Joanne 1pm – 2:30pm	• Light Exercise with Brian 1pm – 2pm • Removing Ageism from your Resume 2:30pm – 4pm
16	17	18	19	20
• Drop in 10am – 3pm • 3M Music Night 7pm – 9pm	• Drop in 10am – 3pm	• Drop in 10am – 3pm	• Pizza Making with Bertha 9am – 10:15am • EngAGE Chair Yoga – Set #3: 11am – 11:45am • First Nations Beading with Louisa 1pm – 2:30pm	• Light Exercise with Brian 1pm – 2pm
23	24	25	26	27
• Drop in 10am – 3pm	• Drop in 10am – 3pm	• Drop in 10am – 3pm	• EngAGE Chair Yoga – Set #3: 11am – 11:45am	• Cross Canada Adventures Reading with Ralph Martin 11am – 12pm • Light Exercise with Brian 1pm – 2pm • Better Together Champions Training 2pm – 3:30pm
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• 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



APRIL 2018 - SENIORS CONNECT CALENDAR – CITY WIDE

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Gentle Hawaiian Dance with Susan 12pm – 1pm <i>Nanaimo Women’s Centre Boardroom 150 Wallace Street</i>	4	5	6
9	10 Chair Yoga with Sheila 12pm – 1pm <i>Library – 90 Commercial Street (2nd floor - Large Meeting Room)</i>	11 Writing Your Family Story 3pm – 4pm <i>Library – 90 Commercial Street (Small Meeting Room)</i>	12	13
16	17 Zumba® Gold with Tamara 12pm - 1pm <i>Library – 90 Commercial Street (2nd floor - Large Meeting Room)</i>	18 Monthly Tech Help 2pm – 3pm <i>Nanaimo Women’s Centre Boardroom - 150 Wallace Street</i>	19	20
23	24	25 Writing Your Family Story 3pm – 4pm <i>Library – 90 Commercial Street (Small Meeting Room)</i>	26	27
30				

Register for these FREE workshops by calling the Seniors Connect Centre

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