

# SEPTEMBER 2018 - SENIORS CONNECT CENTRE CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<p><b>Centre CLOSED - LABOUR DAY</b></p>	<ul style="list-style-type: none"> <li>• <b>Drop in</b> 10am – 3pm</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Drop in</b> 10am – 3pm</li> <li>• Right Neighborly Walking Program: 2:30pm – 4pm</li> </ul>		<ul style="list-style-type: none"> <li>• Cooking with Seniors Connect 10am – 12pm</li> <li>• Set #6 - Light Exercise with Brian for Adults 55+ 1pm – 2pm</li> </ul>
10	11	12	13	14
<ul style="list-style-type: none"> <li>• <b>Drop in</b> 10am – 3pm</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Drop in</b> 10am – 3pm</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Drop in</b> 10am – 3pm</li> <li>• Right Neighborly Walking Program: 2:30pm – 4pm</li> </ul>	<ul style="list-style-type: none"> <li>• Chair yoga with Sheila – Set #7 - 11am – 11:45am</li> <li>• Poetry Slam with Nikky Davies 1:50pm – 3pm</li> </ul>	<ul style="list-style-type: none"> <li>• Set #6 - Light Exercise with Brian for Adults 55+ 1pm – 2pm</li> <li>• Fun Acrylics with Jackie 2:30pm – 4pm</li> </ul>
17	18	19	20	21
<ul style="list-style-type: none"> <li>• <b>Drop in</b> 10am – 3pm</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Drop in</b> 10am – 3pm</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Drop in</b> 10am – 3pm</li> <li>• Right Neighborly Walking Program: 2:30pm – 4pm</li> </ul>	<ul style="list-style-type: none"> <li>• Chair yoga with Sheila – Set #7 - 11am – 11:45am</li> <li>• First Nations Beading with Louisa 1:45pm – 3:15pm</li> </ul>	<ul style="list-style-type: none"> <li>• Cooking with Seniors Connect 10am – 12pm</li> <li>• Fun Acrylics with Jackie 2:30pm – 4pm</li> </ul>
24	25	26	27	28
<ul style="list-style-type: none"> <li>• <b>Drop in</b> 10am – 3pm</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Drop in</b> 10am – 3pm</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Drop in</b> 10am – 3pm</li> <li>• Right Neighborly Walking Program: 2:30pm – 4pm</li> </ul>	<ul style="list-style-type: none"> <li>• Chair yoga with Sheila – Set #7 - 11am – 11:45am</li> <li>• First Nations Beading with Louisa 1pm – 3pm</li> </ul>	<ul style="list-style-type: none"> <li>• Cedar Bark Head Ban Weaving with Dave 10am – 12pm</li> <li>• Set #7 - Light Exercise with Brian for Adults 55+ 1pm – 2pm</li> <li>• Fun Acrylics with Jackie 2:30pm – 4pm</li> </ul>

**Please note workshops are subject to change**, please visit our website [www.nanaimoseniorsconnect.ca](http://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 Monday – Friday between 10am – 3pm **250-591-2924**



# SEPTEMBER 2018 - SENIORS CONNECT CALENDAR – CITY WIDE

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>4</b> Gentle Hawaiian Dance with Susan 12pm – 1pm <i>Library – 90 Commercial Street (2<sup>nd</sup> floor - Large Meeting Room)</i>  Ukulele Practice for Beginners with Dave 1:20pm – 2:20pm <i>Library – 90 Commercial Street (2<sup>nd</sup> floor - Large Meeting Room)</i>	<b>5</b>	<b>6</b>	<b>7</b>
<b>10</b>	<b>11</b> Chair Yoga with Sheila 12pm – 1pm <i>Library – 90 Commercial Street (2<sup>nd</sup> floor - Large Meeting Room)</i>	<b>12</b> Writing Your Family Story <i>3pm – 4:30pm Library – 90 Commercial Street (Small Meeting Room)</i>	<b>13</b>	<b>14</b>
<b>17</b>	<b>18</b> Zumba® Gold with Tamara 12pm - 1pm <i>Library – 90 Commercial Street (2<sup>nd</sup> floor – Large Meeting Room)</i>	<b>19</b>	<b>20</b>	<b>21</b>
<b>24</b>	<b>25</b>	<b>26</b> Writing Your Family Story <i>3pm – 4:30pm Library – 90 Commercial Street (Small Meeting Room)</i>	<b>27</b>	<b>28</b>

**Register for FREE external workshops by calling the Seniors Connect Centre 250-591-2924**

