

# NOVEMBER 2018 - SENIORS CONNECT CENTRE CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			<ul style="list-style-type: none"> <li>• Set #8 Chair Yoga with Sheila 11am – 11:45am</li> <li>• Relaxing/Meditation circle followed by an exercise of writing with Suzanne 12:30pm – 2pm</li> </ul>	<ul style="list-style-type: none"> <li>• Set #7 Light Exercise with Brian 1pm – 2pm</li> <li>• Fun with Acrylics with Jackie 2:30pm – 4pm</li> </ul>
5	6	7	8	9
<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>• Weekly Ukulele Practice with Peers 1:30pm – 2:30pm</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Drop in</b> 10am – 3pm</li> </ul>	<ul style="list-style-type: none"> <li>• Set #8 Chair Yoga with Sheila 11am – 11:45am</li> <li>• Valuable Letters; How has Seniors Connect impacted your life? Share your story/experience. 12:15pm – 1:30pm</li> </ul>	<ul style="list-style-type: none"> <li>• Fun with Acrylics with Jackie 2:30pm – 4pm</li> </ul>
12	13	14	15	16
<b>Centre Closed</b>	<ul style="list-style-type: none"> <li>• <b>Drop in</b> 10am – 3pm</li> <li>• Weekly Ukulele Practice with Peers 1:30pm – 2:30pm</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Drop in</b> 10am – 3pm</li> </ul>	<ul style="list-style-type: none"> <li>• Set #8 Chair Yoga with Sheila 11am – 11:45am</li> <li>• Cowichan Cooking with Joanne Bob and Daughter 1:15pm – 3pm</li> </ul>	<ul style="list-style-type: none"> <li>• Foot Care Information Session 10am – 11:30am</li> <li>• Set #8 Light Exercise with Brian 1pm – 2pm</li> <li>• (Beginners Class) – Android Workshop with Bruce 2:15pm – 3:15pm</li> </ul>
19	20	21	22	23
<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>• Weekly Ukulele Practice with Peers 1:30pm – 2:30pm</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Drop in</b> 10am – 3pm</li> </ul>	<ul style="list-style-type: none"> <li>• Set #8 Chair Yoga with Sheila – 11am – 11:45am</li> <li>• First Nations Beading with Louisa 1:45pm – 3:15pm</li> </ul>	<ul style="list-style-type: none"> <li>• Hearing loss information session with Miracle-Ear 10:15am – 11:15am</li> <li>• Set #8 Light Exercise with Brian 1pm – 2pm</li> <li>• (Intermediate Class) – Android Workshop with Bruce 2:15pm – 3:15pm</li> </ul>
26	27	28	29	30
<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>• Weekly Ukulele Practice with Peers 1:30pm – 2:30pm</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Drop in</b> 10am – 3pm</li> </ul>	<ul style="list-style-type: none"> <li>• Set #8 Chair Yoga with Sheila – 11am – 11:45am</li> <li>• First Nations Beading with Louisa 1pm – 3pm</li> </ul>	<ul style="list-style-type: none"> <li>• Set #8 Light Exercise with Brian 1pm – 2pm</li> <li>• (Advanced Class) – Android Workshop with Bruce 2:15pm – 3:15pm</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**

# NOVEMBER 2018 - SENIORS CONNECT CALENDAR – CITY WIDE

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7	8	9
	Gentle Hawaiian Dance with Susan 12pm – 1pm <i>Library – 90 Commercial Street (2<sup>nd</sup> floor - Large Meeting Room)</i>			
12	13	14	15	16
	Chair Yoga with Sheila 12pm – 1pm <i>Library – 90 Commercial Street (2<sup>nd</sup> floor - Large Meeting Room)</i>	Writing Your Family Story 3pm – 4:30pm <i>Library – 90 Commercial Street (2<sup>nd</sup> floor - Small Meeting Room)</i>		
19	20	21	22	23
	Zumba® Gold with Tamara 12pm - 1pm <i>Library – 90 Commercial Street (2<sup>nd</sup> floor - Large Meeting Room)</i>			
26	27	28	29	30
		Writing Your Family Story 3pm – 4:30pm <i>Library – 90 Commercial Street (2<sup>nd</sup> floor - Small Meeting Room)</i>		

Register for City Wide Workshops by Calling the Seniors Connect Centre

**250-591-2924**