

DECEMBER 2018 - SENIORS CONNECT CENTRE CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
3 • Drop in 10am – 3pm	4 • Drop in 10am – 3pm	5 • Drop in 10am – 3pm • Weekly Ukulele Practice with Peers 1pm – 2:30pm	6 • Chair Yoga with Sheila 11am – 11:45am • Special Occasion Cards with Suzanne 12:30pm – 2pm • First Nations Beading with Louisa 2:15pm – 3:30pm	7 • Chair Chi with Sheila 11am – 11:30am • Light Exercise with Brian 1pm – 2pm • Fun with Acrylics with Jackie 2:30pm – 4pm
10	11	12	13	14
10 • Drop in 10am – 3pm	11 • Drop in 10am – 3pm	12 • Drop in 10am – 3pm • Weekly Ukulele Practice with Peers 1pm – 2:30pm	13 • Chair Yoga with Sheila 11am – 11:45am • First Nations Beading with Louisa 1:45pm – 3:15pm	14 • Chair Chi with Sheila 11am – 11:30am • Light Exercise with Brian 1pm – 2pm • Fun with Acrylics with Jackie 2:30pm – 4pm
17	18	19	20	21
17 • Drop in 10am – 3pm	18 • Drop in 10am – 3pm	19 • Drop in 10am – 3pm • Weekly Ukulele Practice with Peers 1pm – 2:30pm	20 • Chair Yoga with Sheila 11am – 11:45am • Relaxing/Meditation circle followed by an exercise of writing with Suzanne 12:30pm – 2pm	21 • Chair Chi with Sheila 11am – 11:30am • Light Exercise with Brian 1pm – 2pm • (Advanced Class) – Android Workshop with Bruce 2:15pm – 3:15pm
24	25	26	27	28
24 • Drop in 10am – 3pm	25 Centre Closed  Christmas	26 Centre Closed Boxing Day	27 Centre Closed <i>No scheduled workshops</i>	28 Centre Closed <i>No scheduled workshops</i>
31				
31 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: **250-591-2924**

DECEMBER 2018 - SENIORS CONNECT CALENDAR – CITY WIDE

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Register for free workshops by calling the Seniors Connect Centre 250-591-2924</p>			
3	4	5	6	7
	<p>Gentle Hawaiian Dance with Susan 12pm – 1pm <i>Harbourfront Library – 90 Commercial Street (2nd floor - Large Meeting Room)</i></p>			
10	11	12	13	14
	<p>Chair Yoga with Sheila 12pm – 1pm <i>Harbourfront Library – 90 Commercial Street (2nd floor - Large Meeting Room)</i></p>	<p>Writing Your Family Story 3pm – 4:30pm <i>Harbourfront Library – 90 Commercial Street (Small Meeting Room)</i></p>		
17	18	19	20	21
	<p>Zumba® Gold with Tamara 12pm - 1pm <i>Harbourfront Library – 90 Commercial Street (2nd floor - Large Meeting Room)</i></p>			
24	25	26	27	28
31				