

JANUARY 2019 - SENIORS CONNECT CENTRE CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Centre Closed New Year's Day	2 Drop in 10am – 3pm	3 • EngAGE Chair Yoga – SC #9: 11am – 11:45am • Relaxing/Meditation circle followed by an exercise of writing with Suzanne 12:30pm – 2pm	4 • Cooking with Seniors Connect 10am – 12pm • Light Exercise with Brian 1pm – 2pm
7	8	9	10	11
• Drop in 10am – 3pm • Weekly Chinese Calligraphy with LiLi 1pm – 3pm	• Drop in 10am – 3pm	• Drop in 10am – 3pm • Weekly Ukulele Practice with Peers 1pm – 2:30pm	• EngAGE Chair Yoga – SC #9: 11am – 11:45am • First Nation Beading with Louisa 1pm – 3pm	• Light Exercise with Brian 1pm – 2pm
14	15	16	17	18
• Drop in 10am – 3pm • Weekly Chinese Calligraphy with LiLi 1pm – 3pm	• Drop in 10am – 3pm	• Drop in 10am – 3pm • Weekly Ukulele Practice with Peers 1pm – 2:30pm	• EngAGE Chair Yoga – SC #9: 11am – 11:45am • Relaxing/Meditation circle followed by an exercise of writing with Suzanne 12:30pm – 2pm	• Cooking with Seniors Connect 10am – 12pm • Light Exercise with Brian 1pm – 2pm • Foot Care Information Session with Christine, LPN and Tammy, LPN 2:10pm – 3:40pm
21	22	23	24	25
• Drop in 10am – 3pm • Weekly Chinese Calligraphy with LiLi 1pm – 3pm	• Drop in 10am – 3pm	• Drop in 10am – 3pm • Weekly Ukulele Practice with Peers 1pm – 2:30pm	• Vision Board Creation with Sarah 9am – 10:30am • EngAGE Chair Yoga – SC #10: 11am – 11:45am	• Hearing Loss Information Session with Miracle-Ear 11am – 12:30pm • Light Exercise with Brian 1pm – 2pm
28	29	30	31	31
• Drop in 10am – 3pm • Weekly Chinese Calligraphy with LiLi 1pm – 3pm	• Drop in 10am – 3pm	• Drop in 10am – 3pm • Weekly Ukulele Practice with Peers 1pm – 2:30pm	• Vision Board Creation with Sarah 9am – 10:30am • EngAGE Chair Yoga – SC #10: 11am – 11:45am • First Nation Beading with Louisa 1pm – 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. **250-591-2924**

JANUARY 2019 - SENIORS CONNECT CALENDAR – CITY WIDE

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
7	8 Gentle Hawaiian Dance with Susan 12pm – 1pm <i>Library – 90 Commercial Street (2nd floor - Large Meeting Room)</i>	9 Writing Your Family Story 3pm – 4:30pm <i>Library – 90 Commercial Street (Small Meeting Room)</i>	10	11
14	15 Chair Yoga with Sheila 12pm – 1pm <i>Library – 90 Commercial Street (2nd floor - Large Meeting Room)</i>	16	17	18
21	22 Zumba® Gold with Tamara 12pm - 1pm <i>Library – 90 Commercial Street (2nd floor - Large Meeting Room)</i>	23 Writing Your Family Story 3pm – 4:30pm <i>Library – 90 Commercial Street (Small Meeting Room)</i>	24	25
28	29	30	31	

Register for the free workshops above by calling the Seniors Connect Centre

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