


MARCH 2019 - SENIORS CONNECT CENTRE CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
				1 <ul style="list-style-type: none"> • Cooking with Seniors Connect 10am – 12pm • Light Exercise with Brian 1pm – 2pm • Foot Care Information Session with Tammy and Christine LPN 2pm – 3:30pm
4	5	6	7	8
<ul style="list-style-type: none"> • Drop in 10am – 3pm 	<ul style="list-style-type: none"> • Drop in 10am – 3pm 	<ul style="list-style-type: none"> • Drop in 10am – 3pm 	<ul style="list-style-type: none"> • EngAGE Chair Yoga – SC #11: 11am – 11:45am • Advanced Care Planning with Hospice 12:30pm – 2pm • Relaxing/Meditation circle with Suzanne 2:30pm – 3:10pm 	<ul style="list-style-type: none"> • Cooking with Seniors Connect 10am – 12pm • Light Exercise with Brian 1pm – 2pm • Fun Acrylics with Jackie 2:30pm – 4pm
11	12	13	14	15
<ul style="list-style-type: none"> • Drop in 10am – 3pm 	<ul style="list-style-type: none"> • Drop in 10am – 3pm 	<ul style="list-style-type: none"> • Drop in 10am – 3pm 	<ul style="list-style-type: none"> • EngAGE Chair Yoga – SC #11: 11am – 11:45am • First Nation Beading with Louisa 1pm – 3pm 	<ul style="list-style-type: none"> • Cedar Bark Weaving with Dave 10am – 12pm • Light Exercise with Brian 1pm – 2pm • Fun Acrylics with Jackie 2:30pm – 4pm
18	19	20	21	22
<ul style="list-style-type: none"> • Drop in 10am – 3pm 	<ul style="list-style-type: none"> • Drop in 10am – 3pm 	<ul style="list-style-type: none"> • Drop in 10am – 3pm 	<ul style="list-style-type: none"> • EngAGE Chair Yoga – SC #11: 11am – 11:45am 	<ul style="list-style-type: none"> • Cedar Bark Weaving with Dave 10am – 12pm • Light Exercise with Brian 1pm – 2pm
25	26	27	28	29
<ul style="list-style-type: none"> • Drop in 10am – 3pm 	<ul style="list-style-type: none"> • Drop in 10am – 3pm 	<ul style="list-style-type: none"> • Drop in 10am – 3pm 	<ul style="list-style-type: none"> • EngAGE Chair Yoga – SC #11: 11am – 11:45am • First Nation Beading with Louisa 1pm – 3pm 	<ul style="list-style-type: none"> • Free Hearing Screening/Hearing aid cleanings with Miracle-Ear 11am – 12pm • Light Exercise with Brian 1pm – 2pm

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**

MARCH 2019 - SENIORS CONNECT CALENDAR – CITY WIDE

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5	6	7	8
11	12 Chair Yoga with Sheila 12pm – 1pm <i>Library – 90 Commercial Street (2nd floor - Large Meeting Room)</i>	13	14	15
18	19	20	21	22
25	26	27	28	

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

250-591-2924